

# CELEBRATE “STRESS FREE” DIWALI



Diwali is just round the corner and so are those sinful delicious snacks and sweets. Can't stop drooling just thinking of the kheer, laddoos, chaklis and what not. Face it, during Diwali most of us tend to binge and gain at least a couple of kgs along with an inch or two around the waist. After all, the weather is delightfully crispy, people are happy and that food platter is just winking mischievously at us. So we eat, then we eat some more and then a little more.

And guilt comes crashing down in no easy manner! Staying away from sweets and savories during Diwali is like asking to not watch your favorite movie or that totally nail biting cricket match. Indulging in some good food and desserts makes the festivities all worth it, but it is equally important to know when to stop and not over indulge. With literally just a few days left for Diwali to ring in, we bring you certain tips and options here are a couple of tips to keep your guilt & stress at the bay and not overindulge yourself.

1. Don't skip any meals or starve yourself. Try to cut down extra calories possibly, have breakfast options like idli-sambhar, paneer sandwich, sprouts upma instead of samosas, wadas, pakodas. It will help to keep you energetic throughout the day.

2. Avoid eating your food in hurry, chew your food slowly & properly. It will release the digestive enzyme in your saliva which will help in better digestion therefore easing the process of metabolizing food particles.

3. Have only one cup of tea, coffee, kava, thandai instead of more than one servings. Choose infused water, green tea, lemon water & coconut water for easy digestion.

4. Avoid choosing deep fried food items like samosa, wadas, chakali etc. instead choose baked samosa, sweet potato wedges, whole wheat shakapara, whole wheat mathri's & sevs.

## Choose your options in smart way-

CHOOSE	AVOID
2 Kaju katlis (114 kcal)	1 Malpua (210 kcal)
1 Besan laddoo (85 kcal )	1 Shahi tukda (169 kcal)
1 Rasgulla (95 kcal)	1 Gulab jamun (145 kcal)
1 Sandesh (90 kcal)	1 Jalebi (150 kcal)
1 Til ka laddoo (43 kcal)	1 kalakand (226 kcal)
1 White peda (82 kcal)	1 Malai sandwich (160 kcal)

CHOOSE	AVOID
1 Tandoori roti (147 kcal)	1 Butter naan (235 kcal)
1 Missi roti (133 kcal)	1 Lacha paratha (270 kcal)
1 Paneer paratha [low in oil] (120 kcal)	1 Aloo paratha (177 kcal)
2 Canapes (50-60 kcal)	2 Aloo tikki (200 kcal)

CHOOSE	AVOID
3-4 pcs Paneer tikka (85-100 kcal)	4 pcs fried pakodas (280-300 kcal)
3-4 pcs Mushroom tikka (40-45 kcal)	1 Samosa (280-300 kcal)
2 Momos (40-50 kcal)	1 khasta kachori (201 kcal)
1 Katori paneer (190-200 kcal)	1 katori chicken/paneer Mughlai (350-390 kcal)
1 Katori veg kolhapuri (155-165 kcal)	1 Katori malai kofta curry (385-430 kcal)

5. Opt for fresh lime juice, sodas without sugar or buttermilk instead of aerated drinks, sweet sherbets & canned juices as they are nothing but empty calories.

6. Maintain your portion size choose smaller plate rather than large plate.

7. Add salads, fruits, sprouts or soups before heavy meal in order to avoid over binging & saves you from hunger pangs.

8. Diwali is incomplete without sweets & desserts choose 1 besanladoo, rasmalai, rasgulla, sandesh, and 1 spoonful of phirni or kheer instead of barfis, jalebi, gulab jamun, ghevar which are high calorie sweets.

9. Keep yourself well hydrated throughout the day. Avoid eating 2 hours before you go to sleep.

10. If you have already consumed a lot of calories throughout the day then go for some light stomach dinner, avoid starving yourself in terms to save or compensate calories.

11. Choose smart cooking methods like steaming, grilling, roasting instead of deep frying. This cut down your calorie intake.

12. Do go out for walk post your dinner this will help to burn your calories.