

# HEALTHY EATING



Special edition for  
Lockdown

## Diet tips

**Establish a Routine:** Try to set regular meal times across the day –breakfast, lunch and evening meal is a great start. Stick to this structure to help regulate your appetite and avoid unhelpful eating times and snacking behaviors setting in.

**Try to cut back on salt:** Excess intake of salt is linked to water retention or weight; therefore, it is best to take only the required amount.

**Try to cut down on refined carbs and sugary goods:** It is important to distinguish between good quality carbs from bad. Refined goods like white breads, refined cereals pasta and sugary goods like cookies, doughnuts and cakes are not the kind of carbs that will help you lose weight. Include more whole wheat products and foods with complex carbs and fiber. Complex carbs do not get digested too soon and help keep cravings at bay.

**Say no to Sugar:** Limiting your sugar intake can help you reach your weight loss goals easily as it is just adding unnecessary calories in meals. As we are lacking of active routine lifestyle.

**Try to have most meals before 7 p.m.:** If you eat most of you food hours before you sleep, your body is able to digest it better. Good digestion is key for healthy weight-management.

**Stay hydrated:** At times your body intermixes signals of thirst and hunger. Drinking plenty of water helps you keep away from unhealthy snacking, and is good for digestion, healthy kidneys and skin. If plain water bores you, you can try herbal tea and infused water as well.

**Don't forget the nuts and seeds.** Nuts and seeds are a treasure of antioxidants, vitamins and minerals. Almonds, walnuts,

**Try to stick to a balanced diet:** Make sure you include all essential macronutrients and micronutrients in your diet. Good carbs, good fats and good quality protein are crucial to keep us healthy and fortified. Do not eliminate a nutrient from your diet without understanding its impact

flaxseeds, chia seeds, pumpkin seeds - are particularly very beneficial for weight loss.

**Divide large meals in small meals:** It is a good idea to split your large meals into multiple small meals, this helps you watch calories and is also good for metabolism.





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**Cut back on processed food, ready to eat mixes, tinned cans:** All these foods are mostly filled with fats that do no good to your body. It is also a good idea to avoid trans-fats from junk food and fast food.

**Have a hearty breakfast:** In addition to refuelling you, breakfast keeps you full till lunch, which prevents you from noshing too much during afternoon and grabbing an oily snack in

between. A good breakfast may also do wonders for your metabolism.

**Start your day with honey, lemon and cinnamon water:** It supposedly helps rejuvenate you, rid your body of toxins and revs up your metabolism.

**Include as many seasonal fruits and vegetables if possible:** Make it a habit to have at least 2-3 fruits every day. Seasonal fruits come with a range of healthy antioxidants. Most of these fruits and vegetables are also enriched with fibre that promotes weight loss.

## Control erratic eating

Be mindful when you eat so your body registers that it's full.

Keep a food diary to see how much you are actually eating.

Get a sleep routine going so that you have plenty of rest.

Work out what's causing you to overeat and solve the problem a different way.

Structure meals with filling ingredients like protein and try new recipes

Kindly contact us for further assistance with our Nutritionist

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