

Nutrition Facts

Serving Size Entire Recipe 187g (187 g)

Amount Per Serving

Calories _____ Calories from Fat 31

_____ % Daily Value*

Total Fat

Saturated Fat

Trans Fat

Cholesterol 0mg

_____mg

_____%



HEALTHY OR GIMMICKY?

Kohila Govindaraju
Nutritionist

The Berries Nutrition Consulting

Staying healthy and managing your weight can be pretty simple if you make smart food choices. Whole foods ensure a healthy weight for anyone looking for a healthy life.

Choosing whole grains, fresh fruits and vegetables instead of processed food plays a major part in weight management. Processed food products that contain whole grains will not act the same way that whole grain does. For example, oatmeal cookies will not be as filling as a bowl of rolled oats. The reason is that whole grains in their pure form break down slowly and help to stabilise the blood sugar.

Sugar is hidden in everything from tomato sauce to salad dressings, and in many places where you would least expect it, even health foods like yoghurt. So, do not be fooled by marketing gimmicks!

Gluten free

People easily confuse gluten free with healthy foods. Those who have true intolerance of gluten will benefit from cutting out gluten. For people with celiac disease, a gluten-free diet is essential. For others, a gluten-free diet can lack vitamins, minerals and fibre.

Many people do not know what gluten is and have been completely eliminating this protein! Gluten is a protein that shows up in many whole grains including wheat, rye,

kamut, barley, etc. It is the binding protein that makes your cakes fluffy.

The key is to vary your carbohydrates. Ancient grains like quinoa, millet, buckwheat, chia seeds, bulgur, sorghum are high in fibre. They help to prevent some cancers, heart disease and blood pressure. Grains are highly beneficial. Do buy them in their natural, unprocessed form.

Organic

A very hot word these days is 'organic'. We happily grab those products, because they are pesticide free. But it is very hard to bear that there is no additional nutritional value for the price this word 'organic' carries.

"All Natural"

Be wary of products marketed as "All Natural" as the phrase is quite meaningless. These foods are often high in sugar. Drinking water is still the best.

"Low fat"

Low fat yoghurt may be low in fat but loaded with sugar. The "sugar overload," is not exactly what people are looking for in something touted as probiotic-rich healthy food. Go for plain yoghurt with no sugar added. Top it with fresh fruit or nuts.

Fruitless fruit juice

It is really very hard to know that some drinks contain only the food dye that gives the drink an appealing and attractive colour.

Such drinks contain neither fruit juice nor chopped fruits in it despite the name of the drink. In fact, artificial food dyes may cause hyperactivity in some children!

Always balance your meal with vibrant fresh fruits. Whole fruits are rich in vitamins, minerals and fibre.

Shakes

Some manufacturers of chocolate or strawberry shakes claim they boost nutrition. But if you read the nutrition label you will find sugar is the second ingredient.

Sugar listed in the second place indicates that the product is high in sugar. It is obvious that these drinks are most likely high in calories, and certainly too much for children.

You might want to try making your own shake with low fat milk or yoghurt and fruit such as banana, papaya, strawberry, and blueberry that not only give colour but also add flavour to the drink!