Vegans are networking to come up with interesting dishes to compensate for the absence of meat and dairy products in their diet, reports Shikha Kumar

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The simplest of food cooked with love and devotion can make all the difference to its taste. Two chefs try to replicate these principles in the modern kitchen. R Krishna reports

Eat, drink and be slim

Rajendra Tyagi

The last three months of the year are likeled to a new year of fitness. It’s time to make a change in our routine and cut back on calorie-dense food. But the world is full of choices, and it’s easy to get caught up in the temptation of unhealthy options. So, it’s important to plan your meals and choose healthy alternatives. A balanced diet can help you achieve your fitness goals and maintain a healthy weight. Here are some tips to help you eat healthy and stay slim.

1. Plan your meals

Create a meal plan for the week and stick to it. This will help you avoid eating out and make healthier choices. Choose from a variety of fruits, vegetables, whole grains, and lean proteins. Include a balance of healthy fats, such as monounsaturated and polyunsaturated fats. Stay away from unhealthy fats, such as saturated and trans fats.

2. Choose healthy snacks

Healthy snacks are essential to keep your energy levels up and satisfy your hunger. Choose from healthy options, such as fruits, vegetables, nuts, and seeds. Avoid snacks that are high in sugar and unhealthy fats, such as chips, cookies, and candy.

3. Drink plenty of water

Water is essential for keeping you hydrated and metabolism. Aim to drink at least 8 glasses of water per day. This will help you avoid overeating and make healthier food choices.

4. Get enough sleep

Getting enough sleep is crucial for maintaining a healthy weight. Aim for 7-9 hours of sleep per night. Lack of sleep can lead to increased hunger and craving for unhealthy foods.

5. Exercise regularly

Regular exercise is essential for maintaining a healthy weight. Aim for at least 30 minutes of moderate-intensity exercise per day. This can include activities such as walking, jogging, cycling, or swimming.

By following these tips, you can eat healthy and be slim. Remember, it’s not about denying yourself healthy fats, but making healthier choices. By choosing healthy fats, you can still enjoy your favorite foods and maintain a healthy weight. So, let’s make this a year of fitness and healthy eating. Good luck!

Divine food

The food-mind connection

There are several things that go into making a delicious dish—from selecting the right ingredients, using unique techniques and flavors, and the presentation. However, it’s the taste that matters most. When you eat a dish, your mind instantly goes to work, trying to identify the flavors and textures. This is the brain’s way of connecting the food to your memories, experiences, and emotions.

According to Hermann Ober, executive chef at Taj Mahal Palace, Mumbai, “Taste is more important than visual appeal. A dish that looks good but tastes bad will not be remembered. On the other hand, a dish that looks bad but tastes delicious will be remembered forever.”

Ober knows that the taste is the key to any successful dish. He believes that the taste is what makes a dish memorable. “If a dish is not delicious, it will not be remembered. But if it is delicious, it will be remembered forever.”

So, let’s make this a year of delicious food and delicious memories. Let’s make this a year of exploring new flavors and textures. Let’s make this a year of connecting our minds with our food.

What’s cooking in Mumbai

October 20th

Sous-vide

This method of cooking food is done in airtight containers and placed in a water bath at a specific temperature. The food is then cooked at that temperature for a set amount of time. This method is perfect for cooking meats, seafood, and vegetables. The result is a perfectly cooked dish, with a juicy texture and a flavorful taste.

What’s the health factor

We are surrounded by processed foods, fast foods, and sugary snacks. These foods are high in calories, sugar, and unhealthy fats. They can lead to weight gain, heart disease, and other health problems. But there is a way to avoid these problems. One way is to focus on healthy foods and avoid processed foods.

Ones guide to the health benefits of healthy eating

Joel Fuhrman

The key to a healthy diet is to focus on whole foods and avoid processed foods. Whole foods are foods that are minimally processed and contain all of the natural nutrients. Foods like fruits, vegetables, whole grains, and lean proteins are all examples of whole foods.

Processed foods are foods that have been modified in some way. This can include things like adding sugar, salt, or preservatives. Processed foods are often high in calories, sugar, and unhealthy fats. They can lead to weight gain, heart disease, and other health problems.

By focusing on whole foods, you can avoid these problems and maintain a healthy weight. You can also avoid the risk of chronic diseases, such as heart disease, diabetes, and cancer. So, let’s make this a year of focusing on whole foods and avoiding processed foods. Let’s make this a year of healthy eating and healthy living.