

11.08.2023

Samvid Gyan Patra

August Edition

Healthy Eating Hacks for Professionals



Nutrition is critical part of our health. It is the process of obtaining and providing the body with the required nutrients necessary for growth and development.

Good nutrition is achieved through healthy and balanced diet. The biochemical and physiological processes in the body makes those nutrients useful to us

This helps us accomplish the following:

- Maintain a healthy weight
- Support our growth
- Improve our mental health
- Maintain good energy levels
- Drastically reduce our risk for certain diseases
- Help us live longer and healthier lives

BUT..

We are living in an era where everyone is so busy chasing their dreams, making money or multitasking that we often forget to prioritize our health. Not getting time to cook, to eat meals, not eating on time, skipping meals are most common traits observed in working professionals. If this continues for long time, it can lead to a various health issues like:

- **Being Overweight or Obese**
- **Tooth Decay**
- **High Blood Pressure**
- **High Cholesterol**
- **Heart Disease and Stroke**
- **Type-2 Diabetes**
- **Osteoporosis**
- **Some Cancers**
- **Depression**
- **Eating Disorders.**

How can we take Steps towards Good Nutrition ..

Here are some health tips which will help you to set your eating habits right:

- **Set the Morning Right**: The most common habit is having tea, coffee first thing in the morning. Doing so, can stimulate stomach acids leading to digestive disorders in long term. Having tea, coffee as first meal can also interfere with kickstarting good metabolism. As a nutritionist, I would recommend starting your day with herbal tea, soaked nuts, seeds ,fruit etc. In case you are someone who workout in the morning, having a good pre-workout meal with a combination of carbohydrate and protein is recommended according to one's workout type and intensity.
- **Don't Forget Breakfast**: Breakfast is the most important meal of the day. Have a good, healthy and heavy breakfast. This especially helps the working professional on the move as the next meal maybe a late afternoon lunch. So it is perfect that you leave home on a full stomach. This way you are not hungry that much longer and can avoid any unnecessary in between snacks.



- **Mindful Eating at Evening Snacks:** Evening tea time is when most working professionals feel hungry and binge eat on fast foods like dabeli, samosas, biscuits, cakes, etc. To reduce the calorie pile up, one can replace the milk tea with green tea and along with it take some healthy seeds like sunflower, pumpkin, nut mixes or even kurmura chiwda, chana will do the trick. This will keep you full longer.
- **Eating Late Dinners:** Another problem most working professional face is eating late at night . Having late dinners usually leaves not enough time to digest food before you sleep. This leads to disturbed sleep, bloating, indigestion and weight gain. Try to eat dinner atleast 2 hours before bedtime and make sure it is healthy and balanced. Last meal of your day need not be too heavy and carbohydrate rich like a huge serving of rice or chapatis, breads, pastas, pizzas, etc. It should be balanced with fibre and protein rich food too. E.g try to include more of veggies, pulses and lentils.
- **Limit Alcohol Intake:** Alcohol dehydrates you, causes spike in blood sugar and increases your appetite. So on weekends when you consume alcohol to relax and de-stress check on the consumption. Or better avoid it.

Sticking to a healthy lifestyle might be hard. But it is even harder handling high work pressure with low energy levels. So, choose wisely and eat well !!



Ashuta Rathod (MSc, Dietetics, CDE, Nutraceutical Expert)

Founder, AAHAR - Nutrition and wellness clinic

Ashuta Rathod is a qualified dietitian and nutritionist. Over 13+ years in the field of Nutrition and dietetics, she has catered to clients in various sectors as hospitals, gyms and fitness centres, corporates etc. She has delivered nutrition seminars to various corporate and social organisations. .

Ashuta uses her expertise in Diet and Nutrition to help clients lose extra pounds and to prevent illnesses or help cure ailments. Her Diet plans are scientific, customised, easy to follow and sustainable. She believes that every client is unique and so should be their diet.