

What was Kashmera thinking?



# Bombay Times

Who will win tonight?



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## Is your scale stuck?

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Maybe you are cutting the wrong calories...

**Y**ou have been trying to lose weight for a long time. And, you feel that you are doing most of the things that are right and are supposed to take you towards a lighter, fitter body, yet, your weighing machine does not agree. Why? Are you cutting the wrong calories?

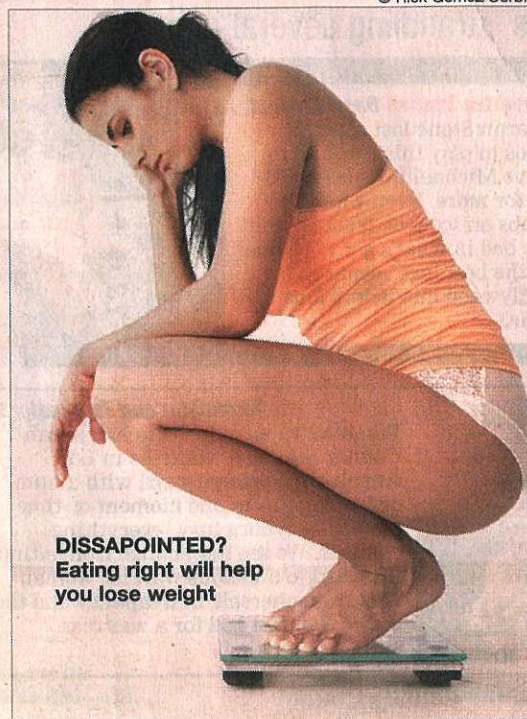
A recent study says that reducing liquid calories from beverages like soda, fruit drinks and sweetened iced teas is five times more effective for weight loss than cutting back on calories from solid foods. The researchers say that because swallowing liquids does not satiate the body the way chewing solid food does, it causes people to overeat. Clinical nutritionist Dr Nupur Krishnan explains, "Fruits are a source of sugar like fructose and glucose and canned fruits are steeped in sugar and additives. If you eat any of that you are bound to put on weight. Have fruit juices that are freshly made, without sweetener or sugar to it." And of course, most of us know that having whole fruits is definitely a healthier option than having juices because they have fibre.

Having a fruit whole, is better than having it's juice



### FRUITS WITH HIGH GLYCEMIC INDEX

- >> Banana >> Sugarcane
- >> Chiku >> Grapes,
- >> Sitaphal >> Mango



DISSAPOINTED?  
Eating right will help you lose weight

Deepshikha Agarwal, dietitian and sports nutritionist says, "Cold drinks and carbonated beverages are definitely not allowed if you want to lose weight because they are loaded with empty calories. Fruit juices are also of not much help because they do not satisfy you and even when you have had your quota of calories for the day, in the form of juices and soups, you still crave for solids, and so end up going overboard and eating much more than required."

So, just by reducing your intake of liquid calories you stand to lose much more weight. Don't starve yourself at meals but just go easy on the sweetened drinks, sodas and iced teas!

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