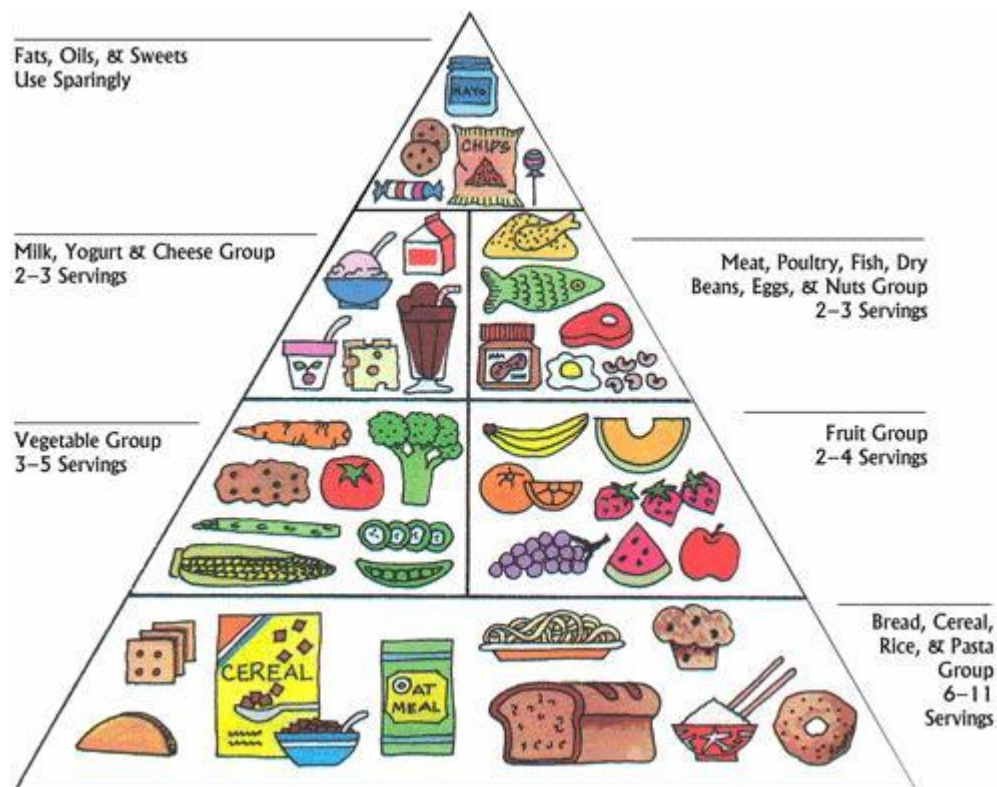


## ***EAT RIGHT & LIGHT***

*A good diet is a key to healthy lifestyle.* A balanced diet contains different types of foods in such quantities and proportions that the need for calories, minerals, vitamins and other nutrients is adequately met. It ensures that we live more energetic and fulfilling life. Eating right and light is the mantra to live a long and healthy life.

### **Food Pyramid**



Food Pyramid helps in knowing the kind and amount of food that one should consume in a day. Base of the pyramid consists of cereal group which should be consumed in larger quantity, followed by vegetable group and then fruit group. Milk and milk products group and meat products group are consumed in lesser quantity than the previous groups. The top level of the pyramid contains the fat group which should be consumed in the least amount.

Eating the wrong kind of food or eating more food than is required by our body leads to increase in body weight and also makes the body more prone towards disease. Healthy eating habits can prevent diseases, improves quality of life and increase life-expectancy.

### **Keeping Fit:**

- \* *Eat small meals.* Eating big meals tends one to feel sluggish.
- \* Eating smaller meals also means that one *eats just enough.*
- \* *Increase the number of meals.* Eating more meals replenishes the energy reserves.
- \* Consuming a *variety of food* is the base for maintaining a balanced diet.

### **Low calorie cooking methods:**

One can limit the calories without compromising on taste. Here are some cooking methods that will ensure that one is able to restrict calorie intake without losing out on the essential flavor of food.

#### **Baking:**

Baking is the technique of prolonged cooking of food by dry heat acting by convection, and not by radiation. The baking process does not add any fat to the product. It is primarily used for the preparation of bread, cakes and biscuits.

#### **Steaming:**

Steaming eliminates the use of oil to cook food and ensures that the nutrients in raw food are not significantly lost. It is mainly used for cooking fish, puddings and custards, and vegetables like cabbage, peas, beans and carrots.

#### **Boiling:**

This is another excellent non fat method of cooking food, though the loss of nutrients is slightly more as compared to steaming.

**Roasting:**

Roasting intensifies the flavor of food and is used to cook tender meats, chicken, vegetables, potato, tomato, cereals, semolina, broken wheat, and vermicelli.

**Sautéing:**

Sautéing is the process of frying and tossing food, in a small amount of hot fat, in a shallow frying pan. Vegetables like cabbages, beans, carrots, capsicums, bean sprouts, onions, tomatoes, noodles and thin sections of meat are commonly cooked in this manner. Sautéing utilizes less fat than other traditional methods of cooking.

**Stewing:**

Stewing is the process of cooking food slowly in a covered pan, using a small quantity of liquid which is kept simmering. This technique makes the food tender using minimal fat and is commonly used to cook meat, chicken, fruits and vegetables.

**Grilling:**

This type of cooking imparts a smoky flavor to the food. Grilling is commonly used for tender meat, steaks, chops, fish, liver, kidney, chicken, vegetables, stuffed tomatoes, capsicum, cauliflower, bottle gourd etc.

**Poaching:**

Poaching means cooking food in a minimum quantity of water that is kept gently simmering. Adding spices or herbs to the liquid imparts flavor. Eggs and fish are commonly poached.

**Braising:**

Braising is a combined method of roasting and stewing. To braise means to brown meat and vegetables in a minimal amount of fat and subsequently to cover and cook in a small amount of simmering liquid. This technique makes tender sturdy vegetables and tough cuts of meat.