

Snack Smart

on Go!!!

A Harvard review study revealed that substituting "good" unsaturated fats for saturated and trans fats is one of the effective strategy for preventing heart disease.



by Ravinder Nagpal

My friend Kunal a diligent marketing professional for an insurance company often juggles to meet deadlines at work. On the wheels 24x7, he struggles to have meals on time. Whenever I ask him to have timely meals for adequate nutrition, he says, "Who has the time to sit down and have food". He invariably grumbles that staying on track with his diet is a challenge, courtesy his intensely hectic traveling schedule.

It is next to impossible to stick to your diet patterns when you are on the go. Your diet slides on these occasions adding few extra kilos to your body weight. Of course he is plump now, inspite of numerous cues about adequate nutrition and regular exercise. In his hassled schedule there is absolutely no scope for any physical activity, thus additional calories on a daily basis lead to alarming gains in body weight. This is extremely detrimental to your will power and self esteem.

The trick is to make smart snacking choices during your busy days so that you eat sufficiently and avoid those extra calories. Instead of choosing for high calories, high cholesterol kachoris or samosas you can always opt for packaged foods, which have a **labeled** calorie and nutritional content. Thus you definitely know the amount of calories you are popping in your mouths. Street food vendors reuse the oil several times in their preparations which inevitably increases their trans fat content. On the contrary, packaged foods have a labeled fat content

and contain zero trans fats. Of course, you can sit back and relax with no risk of food poisoning in contrast to the unhygienically prepared street foods. University of Delhi conducted a survey of 20 food service establishments to gather information regarding deep fat frying and baking practices. Fast food places, restaurants, bakery shops and halwais included in the survey. Study found that 35% of the establishments used vanaspathi for deep fat frying and the other 65% used.

The idea is to pick the right snacks to fill the hunger gap. Eating between meals cuts down the cravings for fat food or junk food. Improved blood sugar levels boost your mood thus enhancing attention span and concentration. Smart snacking helps you manage hunger, health, weight and energy levels. However, rotate snack food choices among a diverse range of food groups. Avoid the rut of selecting the same snack all the time. Snacking as a result of boredom, frustration or loneliness can have adverse effects on your weight management program. "As Nutritionists say snacks are a classic Jekyll and Hyde – they have two faces".

You can always look up to smart snacking options like Fritolay snacks cooked in rice bran oil which is high in good fats such as unsaturated fats, and low in saturated fats and zero trans fats. If you're one of the many people whose idea of a good snack is something crunchy, salty and a bit spicy then there are smart snack options such as Lays, Kurkure, and Uncle Chips because they are low in fat and have zero trans fat. **GI**