



Restrictions in Diets

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“Restriction” word is quiet common specially when t comes to diet...as lifestyle is undergoing changes. Whether, its sugars/ fats/ carbs or any other nutrient/s are to be restricted.

Since it’s a common practice nowadays so before inviting any guest for dinner or any meal, one has to explore what he/she is restricting...so that you serve cuisines accordingly.

Should you directly ask???

It may hurt the guest. Some of the tricks are:

- Ask whether one is vegetarian/non-vegetarian/vegan?
- Their sometimes religion signifies it.
- You can ask themwhat they generally prefer at particular meal?
- You can give them various options and ask them to select one.
- You can send card with flowers or small gift of their choice in which they select from Menu...mark it and send you back.

So, inviting people are art as well as science...we can say.

Common Restrictions and how to deal with

Sugars: Summers are on in India. And it’s time for consuming lots of cold drinks and so sugars. I have always emphasized certain amount of sugars are needed as per recommendations to keep you going.

If its summer follow the following tips

When you get up in the morning and feel weak and want to gain energy.... Try these:

- Walnuts
- Plums
- Banana with yogurts

When you are exercising...needs energy...Ty these:

- Watermelons

When you feel simply thirsty...try these:

- Drink enough plain/mineral water

You can also enjoy fruit shakes without too much added sugars.

If you follow above you may be rejuvenated with plenty of fluids as well as restrict sugars too.

Eat nuts: If you want nibbling at all between the meals...eat nuts.

Nuts provide you with

- Calories
- Proteins
- Fiber
- Fat
- Give crunchiness to foods
- Makes foods palatable
- And delicious

Go Veggies: you can cook various cuisines with the help of differ-ent vegetables as per your choice.

You should include one of the major parts of your meal with veg-gies...try these:

- Put various salads
- Vegetable soups
- Vegetable curries
- Vegetable pulao or fried rice.

They provide you with:

- Minerals
- Vitamins
- fibers

Should you directly ask???



Figure

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