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A MUSICAL GRAND FINALE

This finale of Ekta Mission's Singer Sitaron Ki Khoj 2018, presented by Malik Music Events, was every bit grand. The event was graced by singer Narender Chanchal, Malik Music Events CMD Sanjay Malik, Ekta Mission president Pawan Monga, and singer Neha Kakkar along with winners, Saloni and Amandeep Singh

Want to better your oral health? Consume wholegrain carbs

One should stick to whole grain carbohydrates and avoid processed ones for better oral health, a recent study has found. The study was commissioned by the World Health Organisation. Although the researchers found no association between the total amount of starch eaten and tooth decay, they did find that more processed forms of starch increased the risk of cavities. This is because of amylase found in saliva. Further findings, although based on weaker data, suggested that whole grains may also offer protection against gum disease. Lead researcher Paula Moynihan said, "The evidence suggests that a diet rich in



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Processed forms of starch increased the risk of cavities

wholegrain carbohydrates is less likely to damage your oral health than one containing processed starches."

In the review, 33 papers were included of studies on foods containing what were characterised as rapidly

digestible starches (e.g. white bread, crackers, biscuits, cakes, pretzels) and slowly digestible starches (e.g. whole grains, legumes), and their relationships with dental caries, oral cancer and gum (periodontal) disease. ANI

The Fourth Meal: Is it time that we treated our routine snacking as a meal instead?

Akanksha Kacker

IS IT HEALTHY?

Ever wondered why fast food places are always so crowded, no matter what the time? Food that is perfect for on-the-go has become something that most millennial's can't imagine their busy lives without. What has been termed as The Fourth Meal is a staple for those who feel pangs of hunger that refuse to be curbed by the breakfast-lunch-dinner cycle.

WHAT IS IT ABOUT?

The Fourth Meal is exactly what it sounds. An addition to the norm of eating three meals a day, it refers to the quick bites that most of us want to sneak in. It could be what you'd eat before work, or with your afternoon tea, or even when you giving in to your midnight cravings. Looking at the amount we end up consuming without realising, though, it is more fitting to call these snacks what they really are: the fourth meal.

BEFORE YOU CONSIDER EATING, DRINK WATER. WHEN YOU'RE SURE IT'S FOOD THAT YOU NEED, GO FOR HEALTHY FOOD

The idea of set times for breakfast, lunch and dinner seems to be fading. Eating a little and often seems to be the current trend. Rather than overeating, it is more to do with adapting and trying to fit our eating schedules into our busy lives.

"Eating small meals frequently, boosts the metabolism of our body", says Munnum Ganeriwala, nutritionist. She explains, "By eating smaller meals, we're making sure that we're eating only that much quantity which our stomach can accommodate and digest well at one time. This ensures that our food doesn't get converted into fats, so that we don't get lifestyle diseases like obesity. This also makes sure that all the nutrients reach our cells the way they're supposed to."

Typically, one should be eating every two to three hours. "Craving for junk happens when we've kept a very long gap between our meals, or because of consuming our food very quickly, due to which our blood sugars tend to spike up, resulting in cravings later," says Ganeriwala.

Treating snacking like the smaller meal that it really is, is perhaps the way to go. Choosing healthy foods over junk is the smart thing to do, suggest experts. "Most of the times, one has cravings because one is not hydrated enough. So, before one starts



out on a plate of food, ensure you have had plenty water. Try drinking a glass of water before considering eating something. And when you are sure it is not a glass of water but food that you want, go for healthier options, such as almonds, walnuts, egg white, whey protein shake in water, seasonal fruits, roasted peanuts, home-set curd. You can also have black coffee, although it should be avoided at night," suggests fitness expert and nutritionist Asheesh Grewal. He adds, "Having four or more meals through the day is advisable. But, make it a priority to have healthy stuff on your platter."

Experts suggest eating small portions of food every two to three hours

PHOTOS: ISTOCK

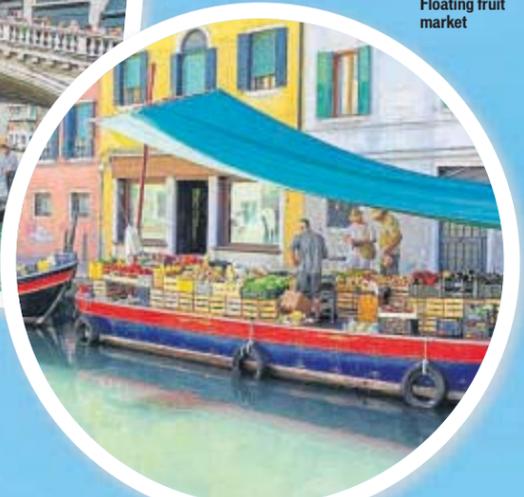


(Bottom) Gelato

PHOTOS: SHRUTI KHAIRNAR; ISTOCK; SHUTTERSTOCK



(Left) Lanes in Venice; Rialto Bridge on the Grand Canal and a gondola ride



Floating fruit market

ON A GREAT GONDOLA RIDE

When in Venice, getting lost in its alleys might just be the best way to explore this marvel of a city

Shruti Khairnar

Floating down the narrow, winding canals, aboard the trademark black gondola. I couldn't help but recollect my first brush with Venice: Amitabh Bachchan and Zeenat Aman's Do Lafzon Ki Hai Dil Ki Kahani (The Great Gambler; 1979), the song that put this charming, rustic city on the map for so many of us.

My whirlwind trip to one of the world's most picturesque cities felt like a romantic affair with the Italian history, culture and gastronomy. As I walked out of Venice's Marco Polo International Airport, I was greeted by a shimmering blue sea and the salty

Venetian breeze. Cruising into the city on a vaporetto (water taxi), my entry felt just like a scene from a film. The moment you enter the first of the many canals, the old buildings engulf you from both the sides of the tiny canal, and you feel like you've been transported to a different world altogether. After all, you don't often come across a city that literally floats on water.

Lovingly known as The Grand Old Lady, no one really knows when this city came into existence. What is known is that the structures have been built on wooden platforms, supported by wooden stakes driven into the ground, and that's how Venice became home to refugees who had fled neighbouring Roman cities. Soon enough, given its

strategic position in the Adriatic Sea, the city was renamed as The Republic of Venice. It was one of the earliest financial capitals of the world — thanks to the flourishing trade. But constant wars towards the end of the 18th century led to its fall, and Venice eventually became part of Italy.

A buzzing, lively place, the San Giacomo Square is lined with trees and red benches, and in the centre is a water fountain that sees a steady stream where tourists line up to quench their thirst. My apartment in Campo San Giacomo was tiny, probably centuries old, and in the heart of the Square. From my balcony, I could see Venetians out and about, following their daily routines. It felt great to

reside in a part of Venice that is home to many locals and is also an area that tourists often call "a hidden gem" in their blogs.

Venice is a city best explored on foot, and so, the first stop was the Rialto Bridge, a short walk from where I stayed. The bridge, resplendent in white, is probably the most famous bridge built over the Grand Canal, which intersects the two halves of this city. Designed by Antonio da Ponte, it has been rebuilt several times and its current incarnation is composed entirely of stone. While many people cast doubts on its design and predicted future ruins, the Rialto Bridge is the city's oldest bridge and stands steadfast more than four centuries later.

My next stop was the heart

of Venice, St Mark's Square, or as the Italians call it, the Piazza San Marco. The bustling centre is a hotspot for tourists, with top attractions such as the Doge's Palace and St Mark's Basilica as well as high-end retail. As I walked, I found myself lost in one of the colourful back alleys behind the square — it is lined with quaint little shops on either side and sells everything from the most luxurious brands to cheap trinkets.

The next day was dedicated to explore the nearby islands of Murano and Burano. Murano is famous for its creative glass-making, a tradition that

spans centuries. The island is full of factories that make stunning artefacts of the finest Murano glass, and I had the privilege of watching a craftsman make glass vases and showpieces in seconds. The island of Burano, a fishing village, is like a splash of colours, and the brightly painted houses make for the prettiest backdrops for pictures. It's no wonder that tourists, especially photographers, are drawn to this island's pleasing vibe and its year-long festival of colour. A visit

to this tiny island is highly recommended.

When in Italy, you must have gelato, and I found the perfect little shop that served a variety of flavours. Soon after, I chanced upon a trattoria (an eating establishment) called Alla Ferratta. It was run by a rather enthusiastic host, and I was ushered into an open-air seating area. The skies were clear blue even at 8pm, and the whole vibe of the place was cosy and inviting. Being a vegetarian, I ordered a Margherita Pizza, a Tomato and Basil Pasta, and a Spaghetti Aglio e Olio with shaved Parmesan cheese —

all recommended by the head chef himself (who, to my surprise, was not an Italian as I first assumed, but a Bangladeshi). To say that the food was delicious would be a huge understatement. And with the warm, welcoming nature of its hosts, this trattoria was the perfect end to my trip.

Venice is a not just a city, it is a historical marvel and a place that has still managed to retain its old-world charm. I felt spellbound by everything that Venice has to offer, and I wouldn't be lying if I said that I want to visit it again.

FACT FILE

- Venice is a city that is sinking by an approximate 2mm every year.
- The city is made up of 117 smaller islands, all connected by bridges — 417 of them, with 72 of them being private.
- Venice did not see its first female gondolier till the year 2010, when Giorgia Boscolo, daughter of a gondolier, passed the stringent exam.
- Venice's narrowest street, Caletta Varisco, is just 53cm wide.
- The first woman in the world to graduate from University, was from Venice. Her name was Elena Piscopia.

Aerial view of the Santa Maria della Salute, Venice

