

HEALTH WISDOM

Quit smoking, maintain
the same body weight

Anjali Mukerjee

Over the years, I have come across many who believe that people tend to gain weight once they stop smoking. For some, this fear of gaining weight may lead to a decision to delay or avoid quitting. Agreed that if we critically evaluate the relations between smoking, body weight, body fat distribution and insulin resistance, as reported in scientific journals, smokers do tend to have a lower body weight than non-smokers and usually, smoking cessation is followed by weight gain. But, the weight gain that follows quitting smoking is generally not much, and poses a far lesser risks to health, than those associated with the continuance of smoking.

If weight gain due to smoking cessation is something you fear, use the tips below to help you control your weight.

■ Drink plenty of fluids including raw vegetable juices. It helps provide antioxidants to reduce the free radical irritation during the detox period. Basil juice is beneficial for lung health. Also, keep sipping on warm water

throughout the day

- Follow a regular physical activity routine to boost your metabolism, burn calories and release the feel good hormone, dopamine. Exercise also breaks down fats, releasing it into the blood stream. Besides walking, other common aerobic exercises would include cycling, swimming, playing squash, tennis, climbing stairs, spot marching, etc.
- Switch to complex carbs from refined and processed ones (maida and products). Include adequate amounts of vegetables, whole pulses, nuts and lean meats (chicken) while having small and fibre-dense foods at regular intervals. This will prevent hunger pangs, provide consistent energy, and maintain metabolism.
- Set a regular meal pattern and avoid skipping meals. Feeling hungry may make you feel like reaching for a cigarette, but if you stick to a healthy pattern of three meals and two or three small snacks, you can avoid that feeling.

Fresh vegetable
smoothie
PHOTO: ISTOCK

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CASSAVA ROYALE

With the rising craze for
tapioca or cassava, here's
a low-down on this
versatile tuber

Sarojini Jose

The latest gluten-free flour that many enthusiasts are opting for is cassava flour. Also known as tapioca or yuca, cassava is rich in soluble fibre and resistant starch. This promotes digestive health, while also being a safe option for diabetics and those with gluten allergy. Apart from versatility in cooking, the fact that it is locally grown makes it appealing to Indians.

"Contrary to its exotic name, you may be surprised to know that cassava root is the raw material that's used to produce tapioca pearls or our very own sabudaana. The sabudaana we know of is actually the starch extracted from cassava plant," says Munmun Ganerwal, nutritionist and founder, Yuktaahaar.

Cassava is great for improving skin condition as it contains a good dose of potassium and vitamin C, which promotes collagen production in the body. It is known to be beneficial in various health conditions like rheumatoid

arthritis, stress, anxiety, high blood pressure, colon cancer, irritable bowel syndrome, cardiovascular disease, and nervous system disorders like Alzheimer's.

Dr Sweedal Trinidad, senior dietician, PD Hinduja Hospital lists some of the other top health benefits of cassava flour:

- It is a calorie-dense starchy tuber with more proteins compared to other tropical food sources like yam, potato, plantains, etc.
- It is a good option for gluten-free starch that can be used in

special food preparations for those with celiac disease or gluten sensitivity

- It is a rich source of folate, thiamine, pyridoxine, riboflavin and pantothenic acid

- It is a rich source of potassium that regulates the heart rate and blood pressure
- It has a good amount of potassium, which also regulates blood pressure and is safe for patients with portal hypertension
- It has low glycaemic index, so it can be recommended to diabetic patients and also to

patients
with
high serum
triglycerides

ANY DRAWBACKS?

While cassava flours that are available in the market are processed and are considered safer options, experts advise against raw cassava. "Cassava should not be consumed raw as it contains cyanide compounds. Therefore, cassava should

always be eaten cooked," says Carlyne Remedios, nutritionist and group manager, Digestive Health Institute by Dr. Muffi.

While the resistant starch is good for gut and aids digestion, the amount of carbs content is more in cassava. "It's probably

not a good idea to replace all wheat products in your diet with cassava, as it does contain a higher amount of carbohydrates. Everything should be eaten in moderation," says Remedios.

Those with people on hormonal replacement therapy, and facing other hormonal disorders such as iodine deficiency, hypothyroidism, pancreatitis, etc. should not consume cassava. Pregnant lactating mothers and the elderly, too, should avoid it.

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KETO CHEESE CAKE
COOKIES

Ingredients:

240gm cream cheese (room temperature), 100gm butter, 100gm sugar, 5gm vanilla extract, 5gm lemon zest, 400gm cassava flour, 10gm sea salt or as per requirement

Method:

- Preheat the oven to 350 degrees Celsius and prepare a cookie sheet with sheet roller
- In the bowl of a mixer, beat cream cheese, butter, and sugar until all the ingredients have blended well. Now, add

in the vanilla extract

- With the mixer still on low, sprinkle in the sea salt, then the cassava flour

- Using a cookie cutter for consistency, drop the dough onto the baking sheet, leaving space for spreading

- Bake in the preheated oven for 12 to 13 minutes as by this time the edges usually start turning golden

- Let it cool on the sheet for five minute to firm up before moving it to cookie sheet to cool all the way.

Health Benefits:

"Cassava flour is an interesting

flour alternative. It is gaining momentum as a go-to gluten-free and grain-free flour. It has a high potential as a substitute for expensive varieties of imported wheat flour. Unlike other gluten-free flours such as almond flour or coconut flour, cassava flour is mild and neutral in flavour. It is also not grainy or gritty in texture, rather, it is soft and powdery. As cassava flour is nutrient dense and the most similar to wheat flour, it can be widely used in various cooking and baking recipes," says Amit Dash, executive chef, Westin Pune Koregaon Park.

Cassava is great
for improving
skin condition
as it contains
vitamin C,
which
promotes
collagen
production

Keto
Cheese Cake
Cookies


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