

ANYONE UP FOR SNACKS?

Dropping temperatures always ensure a rise in the urge to snack. This season, pick the right titbits to stay healthy

Anjali Shetty

With the onset of monsoon, snacks can be hard to resist.

While hot piping items such as vada pav and bhajiya seem like a good option, snacking right according to the season has to be taken into consideration. The change in weather gets us to change the way we eat, particularly, when it comes to street food. The craving for something hot leads us to pick snacks that are high on carbohydrates and oily as well.

Experts share that bringing a balance of protein and fibre in one's diet, especially snacks, will help stay healthy. Having a protein and fibre rich snack will keep a check on our snack cravings and will also focus on providing sustained energy. Preethi Rahul, senior nutrition manager,



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CHANA CHAT

Ingredients: 1 cup kala chana (brown chickpeas), ½ cup boiled, peeled and chopped potatoes, ½ cup soaked, boiled kidney beans (rajma), ¼ cup beetroot, boiled, ¼ cup corn, boiled, ¼ cup jaggery - tamarind pulp, 1tbsp green chilies (finely chopped), 1tbsp finely chopped coriander (dhanial), 1 tsp lemon juice, 1/2tsp ajwain powder ½ tsp, salt to taste, pepper powder

to taste, 2 tsp chaat masala

Method: Soak the kala chana in water in a deep bowl overnight and drain it the next day. Add enough water and cook in a pressure cooker for four whistles. Allow the steam to escape before opening the lid. Drain and keep aside. Mix all the ingredients. Garnish with coriander, sesame, flax seeds and pomegranate.

By Ushakiran Sisodia, dietician, Nanavati Super Speciality Hospital



Max Protein, states, "A high carb snack gives you instant energy and within no time, you crave to eat more. Whereas, when you consume a protein and fibre rich snack, it will make you feel full. Protein signals the release of appetite-suppressing hormones, which slows down digestion and stabilises your blood sugar levels."

It is important to remember that snacking can pile up more calories than we are supposed to consume. So, make sure you snack on

protein and fibre rich foods that are low in calories and high in vitamins, minerals and anti-oxidants.

Mansi Chaudhary, senior dietician, Fortis Hospital, Shalimar Bagh, says, "Monsoon is the time when you can go for long drives, get wet in the rain, enjoy a hot cup of tea with spicy pakoda from your favourite eating joint. Make sure that healthy snacks are inculcated in your diets, which are tasty yet nutritionally balanced. Our diet should include healthy

snacks, which are high in protein and fibre that gives us an immunity boost and a healthier body."

Piping-hot samosas, bhajiyas/pakodas and many other food items are a source of pleasure and satiation during the monsoon season. Parina Joshi, head diet and nutrition, Surya Hospitals, says, "But, at the same time, when we look into the nutritional aspect of these foods, it can be clearly seen how unhealthy it is. Repeated use of same oil for frying, deep-fried foods can form a toxic substance called Acrylamide."

PROTEIN AND FIBRE IN SNACKS

While the focus is on a high protein diet, it does not mean an extremely low or a zero carb snack either. One of the most popular and easily available snacking options is a protein bar. Preethi says, "It's convenient, can be had on the go and when you are rain stuck, or starved in a cabin, this is the handiest snack that you could have. Some of the other protein snacking options could be—brown bread and omelette, moong chillas, paneer bhurji, makhana etc."

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APPLE CINNAMON ENERGY BALLS

Ingredients: 60gm apple, 6 dates, 30gm oats, 5ml honey, 5gm cinnamon, 20gm almonds

Method: Take all the ingredients and add them into the blender. Blend until fully mixed and shape them into balls. Refrigerate for 30 minutes.

By Mansi Chaudhary, senior dietician, Fortis Hospital, Shalimar Bagh



IDEAL SNACKS FOR MONSOON

■ **Khaman dhokla:** Made with chickpea flour, this is a protein-packed flavourful dish that can be had anytime as a snack

■ **Papad/khakhra:** Top them with chopped onions and tomato to make masala papad

■ **Dates stuffed with nuts:** This Arabian delicacy is popular among foodies in India, and the sweetness goes especially well with the spiciness of masala chai

■ **Honey nuts:** Take equal quantity of cashews, almonds, walnuts, peanuts and dry roast them on a pan. In a bowl, mix honey and red chilli powder. Add the roasted nuts to this mixture so that all the nuts get coated well with this mixture. When it comes to room temperature, store in an airtight container

■ **Alu vadi:** Made from the leaves of colocasia (arbi ke patte) — only abundant during the monsoon season. These nutrient-dense leaves are great for your health. The dietary fibres will keep your digestive system flowing free and will give a flatter look to your tummy.

By Shikha Mahajan, holistic nutritionist, Diet Podium and Munmun Ganerwal, nutritionist, Yuktahaar

RED CHANNA PANEER PANCAKE

Ingredients: 1cup soaked and cooked red channa, ½ cup besan, ½ cup rice flour, 2 slits of green chilli, 1s small piece ginger, 4 cubes of paneer, salt as per taste

Method: Grind all the above ingredients into a smooth batter. Heat the griddle. Make the pancakes and serve hot.

By Preethi Rahul, Sr Nutrition Manager, Max Protein

