

# lifestyle



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Yes, you read that right. Often considered the enemy, fats are an essential food ingredient one cannot afford to completely get rid of. Here's how you can have the 'good fats' and stay healthy

**VIDYA PRABHU**

For far too long, the word 'fat' has been a bad word in our lexicon. We do not wish to look fat and hence, we avoid fats or fatty foods. But are all fats our enemy? And do we absolutely have to cut them out from our diet? The answer may come as a surprise to many, for it is in the negative.

Nutritionist and fitness consultant Munmun Ganeriwal emphasises that fats are not all bad. For starters, she shares how adding fats to carb-rich food lowers the overall GI (glycaemic index) of the meal. "Fat basically slows down stomach emptying, delaying the process of converting food to blood sugar. Hence, more the fat, the slower the sugars (carbohydrates) get digested, and the lower is the glycemic index. Lower GI in foods has long been the strategy for insulin resistance, PCOD, diabetes and weight loss," says Ganeriwal, who even recommends pairing hot, fluffy rice with a spoonful of ghee.

## Why Fat Is Good For You

**GOOD FATS AND BAD FATS**

Mumbai-based dietician Zamrud Patel points out that like in the case of most things, fats too can be good or bad. "Chemically, all fats may be the same but the fact remains that good fats include monounsaturated and polyunsaturated fats, whereas the bad fats include saturated and trans fats," she says.

Needless to say, Patel swears by food items that are rich sources of polyunsaturated and monounsaturated fats. "Some good sources of polyunsaturated fats are corn oil, sunflower oil, safflower oil and non-hydrogenated soybean oil. Fish such as salmon, mackerel and sardines, as also flaxseeds and walnuts too are good sources. For monounsaturated fats, one can have olive oil, peanut oil, canola oil, avocados, and most nuts, as well as sunflower oil."

**WHY FATS ARE A MUST**

Ghee aside, fats as such — when consumed in moderate amounts — are said to boost the immune system and reduce inflammation in the gut. Ganeriwal points out that Vitamin D being a fat-soluble vitamin is yet another big plus. "Research has shown that deficiency of Vitamin D is strongly associated with several health problems such as thyroid gland malfunction, mental ill-health, lack of immunity and so on. This means that those looking to increase their low Vitamin D levels can not be fussy about consuming essential fats such as ghee, coconut, white butter, filtered oils etc. In fact, 'low fat' ice-cream, 'skimmed' and 'double toned' milk may actually do just the opposite for such people," she reveals.

Ganeriwal even warns against the phenomenon where people look down upon Vitamin D carriers like *makkhan* (white butter) and replace it with other Vitamin-enriched oils or 'fat free' alternatives. "As a result, such people are not really hungry or undernourished in the physical sense but they still have all the signs of hunger and malnourishment in that they struggle to sleep at night, wake up tired in the morning, suffer from acidity, constipation, irritability and overall low energy that strikes at the core of their health and vitality."

**GHEE IS GOOD**

Ganeriwal, meanwhile, is quick to dispel myths surrounding good old ghee. "Ghee is especially unique amongst all dietary fats due to the presence of SCFA, aka short chain fatty acids. The SCFA in ghee makes it 'lipolytic' — that which breaks down body fat and aids weight loss," she says, adding how ghee's slightly nutty, buttery flavour makes it an easy addition to most meals even as it provides a healthy source of fat to keep one feeling fuller longer between meals.



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— Munmun Ganeriwal, Nutritionist and fitness consultant

## Victoria soothing a war

Posh Spice takes on unwanted animosity as she tries to hire two of the best of Stella McCartney's employees. The latter is reportedly livid

Former Spice Girls, Victoria Beckham, we hear, is on damage-control mode. Reports in the [www.dailymail.co.uk](http://www.dailymail.co.uk) state that Posh Spice fell into wrong books with her fashion designer friend Stella McCartney on hiring the latter's nanny after hearing that she was the best in town. As if that was not enough, Victoria then tried to recruit Stella's head of studio.

Stella, we hear, was so furious at her, she uninvited the Beckhams to a family get-together. Word has it that

Victoria was so upset at being excluded, she sent her an apology mail "begging for forgiveness", fearing how the fallout would affect their familial relationships as well as her daughter Harper's friendship with Stella's daughter Reiley.

What's worse, Posh might seem to have made a habit of peeving Stella. Back in June 2017, for instance, she had posted Reiley's pictures at the Buckingham Palace where they celebrated Harper's birthday. That when Stella is absolute firm she doesn't want her daughter in the spotlight.



Victoria Beckham



Stella McCartney

**KEEP CALM**  
**Stop the vicious cycle of worrying**



PHOTO CREDIT: UNPLASH.COM

**JIM DALY**

I really struggle with worrying about... well, almost everything. Do you have any practical suggestions for controlling my anxiety?

**Jim:** Let me turn back the clock to a well-known author and speaker, Dale Carnegie. Although he died in 1955, his books and seminars continue to sell the world over. He's probably best known for his book *How to Win Friends and Influence People*. But another of Carnegie's classic works, *How to Stop Worrying and Start Living*, is a timely and insightful message for this anxious era in which we live.

Here are Dale Carnegie's seven rules to stop your vicious cycle of worry:

- Fill your mind with thoughts of peace, courage and hope. As a man thinks, so is he.
- Don't waste time trying to get even with an enemy. Let it go.
- Be grateful.
- Count your blessings. Never look at what you have lost — look at what you have left.
- Be yourself — don't imitate. If you do, the best you can ever hope to be is second best.
- Make the best of bad situations. When life gives you lemons, make lemonade.
- Forget about yourself. When you are good to others, you are best to yourself.

I would tack on my own addendum — a spiritual one — to Carnegie's thoughts. There's a real sense of peace in knowing that we're directly connected with something bigger than ourselves. And I believe that "something" is Someone. The Creator who made me knows everything I'll ever face and walks with me on my journey, regardless of what comes along. I hope you connect with Him, too.

(Asia Features)  
(Jim Daly is a husband and father, an author, and president of Focus on the Family and host of the Focus on the Family radio program.)

OFF THE WEB

Before you speak, let your words pass through three gates: Is it true? Is it necessary? Is it kind?