

- Foods

Tips on how to eat healthy this festive season

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With people belonging to varied religions, the country celebrates festivals in different ways and every festival is often associated with certain delicacies. It can be a task to exercise control when a platter full of delicious food is placed in front of you. But, it is important to take care of your health, especially during special occasions. As we inch towards Diwali, let us look at some healthy eating tips that can be followed during special occasions.



HEALTHY EATING TIPS TO STAY FIT

According to Bhakti Samant, chief dietician, Kokilaben Dhirubhai Ambani Hospital Mumbai, here are some tips to eat healthy during Diwali. Portion control can help you keep a check on the extra calorie intake. Take smaller portions and avoid refilling the plate. Most of your plate must have dietary fibre-rich food.

Opt for day parties instead of evening ones.

Eat a fruit or a small meal before going to a gathering. Avoid fasting the whole day before a party. You tend to overeat in such cases. Stay away from sugar-rich beverages.

Try not to indulge in fried savoury snacks and a sweet delicacy at the same time. Opt for milk-based desserts.