

## - Holidays—Diwali

### Healthy eating tips for a guilt-free festive period

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THE countdown to Diwali has begun and preparations are in full swing to celebrate the festival with much enthusiasm.



During the festival, the sweets and dishes are mouth-watering and lip-smacking, and leave many wanting more. However, oily, sweet foods can lead to health issues like bloating, and constipation, and, in the end, most people end up gaining some extra kilos.

Making health a priority this year, below we share some pointers on how you can enjoy the festival of lights, keep your taste buds happy, and also not compromise on health.

**Plan lunch and dinner smartly**

Often the lunches or even the dinners during Diwali are with family and friends. Some of the dishes served could be loaded with calories. At such times, make it a point to start your meals with a good portion of salad, followed by a protein portion like dals with roti or rice. Wrap up the meals with a glass of buttermilk which will be a source of probiotics.

**Replace sugar with natural flavouring agents**

Sugar can be replaced with natural flavouring agents such as cinnamon, nutmeg, dried fruits like dates and raisins, and fresh fruits.

**Priority is key**

Prioritise when offered a fried savoury snack and a sweet delicacy. Avoid indulging in both at the same time. Also if possible opt for roasted or baked savoury snacks instead of deep-fried ones.

**Avoid overeating**

It is that time of the year when your day is all about eating – no matter what you binge on, whether it is sweets or greasy food. But if you seriously want to resist overeating, stick to that and guide your brain and heart accordingly. If you want to eat less, stay hydrated. It will help you feel full. Drink a glass of water before eating. You simply will not eat as much. Another thing you can do to avoid overeating is to skip the extras. Stick to the main course and avoid the side dishes on the plate and snacks.

**Swop the salty nuts with raw nuts**

Keeping a watchful eye on salt cravings is just as important as watching out for a sweet tooth. Reduce salt intake; swop salted nuts for raw nuts since they are packed with heart-healthy fats, fibre, and protein.