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Are You A Glutton?

Overeating is the easiest route to gluttony, but not the only way. Read on to find out the side effects of Gluttony.

Gluttony derived from the latin word 'gluttire' meaning to gulp down or swallow, means to over-indulge and over-consume food, drink, or intoxicants to the point of waste. In Christian denominations, gluttony is considered one of the seven sins. Today on international women's day I would like to throw light on **gluttony in women**. 21st century women have an indispensable position in the society and professional fields. There are shining examples of women entrepreneurs running global corporations. To add to these responsibilities, she may be taking care of her household too. This multitasking has surely left little time and energy on hands for her to care for her own body and health.

Sedentary lifestyle, lack of exercise, consumption of junk food has led to decrease in energy expenditure and an increase in energy intake. Most women indulge in eating food without even realising that they are over indulging to a point where calorie intake is relatively large than energy expenditure leading to obesity. It is important to figure out the reasons behind overeating and how we can consciously make choices to avoid it. Sometimes the cause of overeating is not immediately evident. There can be different reasons and some may be so deep rooted that they cannot be uncovered overnight especially when it comes to emotional eating.

Physical appetites are an analogy of our ability to control ourselves. If we are unable to control our eating habits, we are probably also unable to control other habits, such as those of the mind (lust, covetousness, anger) and unable to keep our mouths from gossip or strife. We are not to let our appetites control us, but we are to have control over our appetites

The most common conditions under which women overeat

1. Mindless eating during socialising: Many times when women meet friends or socialise they indulge into mindless eating without realising they are overeating. Also eating while watching a television is mindless eating.

Tip:

Enjoy food. Eat with all your 5 senses. It is impossible to eat fast and unconsciously when you are eating with all five of your senses.

Restrict Yourself: If you do not learn to restrict yourself, no amount of exercise or diet will ever work. When dining out with friends, learn to say 'no' after you are full. Just do not eat food because it is on the table in front of you. Don't have sweets and cakes for every happy occasion. Even if you are alone, don't consume food more than required and cheat on your healthy eating plan. If you have a goal of slimming down or losing weight, remember all the excess food you eat will take you further away from your goal and make you look worse. The day you learn to avoid eating when you are not really hungry, you will easily overcome the overeating habit.

Low Calorie Meal Starter: Begin your meals with a low calorie starter, rather than jumping on to the full course meal right away. Low calorie meal starter can be bowl of vegetable salad, broth-based soup or a fruit.

2. Emotional eating – boredom, deprivation, stress, depression

Boredom: Sometimes we just want to eat because we are bored or have nothing better to do.

Tip:

Cut veggies, fruits and leave them in the fridge as this will enable you to eat healthy in such situations.

Feeling deprived: Women, who are on weight loss diet, feel deprived of the food they enjoy which creates a strong craving. Because the foods to be avoided are abundantly available, food visibility and availability being powerful eating stimuli, often breaks the "diet plan". Once this happens, overwhelming guilt followed by feelings of low self-esteem leads to over consumption of the avoided food in an attempt to numb these negative feelings.

Tip:

Strike a balance between calorie intake to calorie output Eating high calorie foods in moderation will do no harm. However, if you focus on keeping a balance in your intake along with exercise you will never feel deprived of your favourite food.

Stress, Depression: Most of the time, overeating is the result of depression, anxiety or fear.

Tip:

It is very important for you to understand that you must avoid eating for emotional reasons. You can do so by talking to a close friend about your emotional crisis. It is very important for you to overcome your emotional disturbances in order to avoid emotional overeating. Try to engage in other things, like music, exercise, reading or anything that relaxes you!

3. Leftover food: Many women and specially housewives eat leftover food after a family meal to avoid wastage.

Tip:

Treat your body as temple rather than garbage for dumping extra food. It is bad to waste food but if you are full, don't treat your stomach for dumping leftover food. Give the leftovers to poor or needy or save it for the next meal. If none of these options are possible, it is better to dump it in garbage rather than your stomach.



FOOD & NUTRITION

4. Pregnancy: All women gain weight during pregnancy. The amount of weight gain will vary from one woman to another. Keep weight gain steady and within limits. This is better for the mother as well as the baby. It is an old belief that pregnant women have to eat for the baby and herself. This is commonly misinterpreted that she has to eat double the portion of her daily requirement. The required increase of 100 to 300 kcals per day for pregnant women can be easily met by few glasses of milk or an extra snack throughout the day.

Tip:

During pregnancy women should eat foods that meet the nutritive requirements of both, the evolving child and herself.

Avoid high calorie, No Nutrition food: Junk food & aerated drinks cannot be a substitute for your meals. When you splurge on junk food you will feel hungry after sometime and end up eating more. Opt for healthy snacks such as fruits, chana chaat, oats milkshake, nachni toast, hung curd dip with veggies, almonds, walnuts, plain popcorn etc.,

Don't listen to all your cravings during pregnancy, especially, if it is for sweets. Indulging in these foods once in a while is fine but if it is over done then it will make you gain unnecessary weight.

Drink Water Pregnant women must drink plenty of water evenly distributed throughout the day.



5. After Fasting: All women like being appreciated for their look and strive hard to lose weight just to look good. Most of them go on a crash diet of only fruits or vegetables. Crash diet definitely leads to weight loss but in turn it creates a state of chronic hunger and destroys metabolism. Fasting for weight loss is potent predictor for future risk of overeating.

Tip:

Make "Ideal Eating Habit" your mantra

It is said that the right way to eat is to 'Breakfast like a king, lunch like a prince, and dinner like a pauper'. So, if all your three meals are 'king size', sooner or later you will need king size clothes. Try to control your portions and balance it with healthy eating and regularity in meal timings.

Frequent Mini Meals

Do not avoid food for long hours. It is advisable not to skip a meal, as this will lower your blood sugar level and increase craving for food during your next meal. Don't go without food for longer than 4 hours. Make a point to eat low calorie mini meals in between your breakfast, lunch and dinner.

By being aware of the reasons responsible for gluttony in women and tips for avoiding them, with some conscious efforts from your side, it can be avoided. Many times, rather than lack of efforts, it could be lack of proper knowledge that might thwart you from achieving your goal.