

FEBRUARY 2011 ₹ 100

Runway to High Life

# jade

*Here come the*

# Brides

- \* SINGLES SPEAK OUT
- \* BAND, BAAJA, BARAAT - SOUTH STYLE!
- \* 1 MONTH COUNTDOWN TO PERFECTION

## BIG INTERVIEW

GLOBAL MUSIC ICON  
**A R RAHMAN**

## TRAVEL

OPULENT DUBAI  
SPOOKED OUT IN IRELAND

SAY CHEERS  
WITH **COFFEE!**

*Plus:* FOOD \* JEWELLERY \* ART \* NUTRITION

FASHION  
**BLING  
ON  
THE  
BRIDE**





The bride has to look beautiful, everyone agrees. Does she go on a crash diet? Soak herself in a spa?

Get a wig?

**Hiteshi Dhami-Shah**  
lines up healthy ideas for  
you to...

# WOW at your wedding!

**t**he arrival of winter brings its share of weddings, which in recent years have become a very elaborate affair. An astronomical amount is spent on exotic venues, clothes, varied cuisines, choreographed dances, themed parties, jewellery. The couple and especially the bride wants to look at her best on this day when she is going to be the cynosure of all eyes.

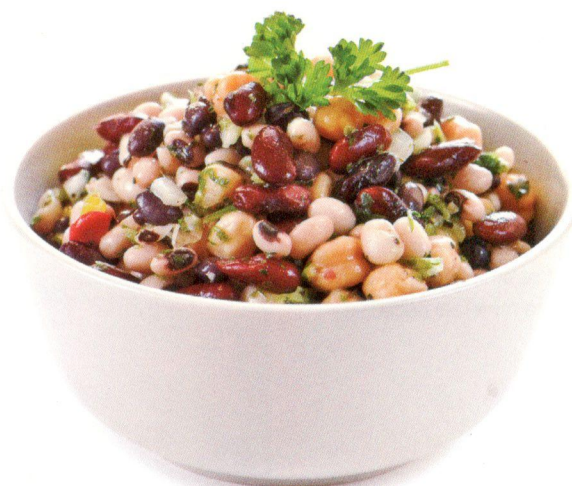
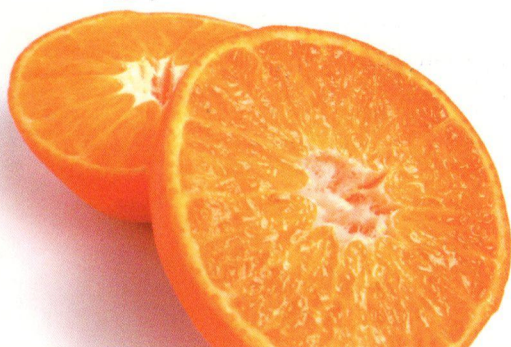


Brides usually start beauty treatments and join spas to look perfect. Sure these treatments can make you feel good but their effects are only temporary. There is no substitute for naturally good looking skin, hair and healthy weight which can only be achieved with a balanced life style. Exercise, healthy food and good sleep can do miracles for your skin and hair.

These tips, about which foods are important for radiant skin and healthy hair, should be followed for at least a month. They will also help you to shed a few kilos. The longer you follow this plan the better it is to truly make you feel beautiful for the big day. And of course you should incorporate a disciplined exercise routine as a part of life style change rather than just for a few months for your wedding!

#### 6 KEY POINTS TO REMEMBER

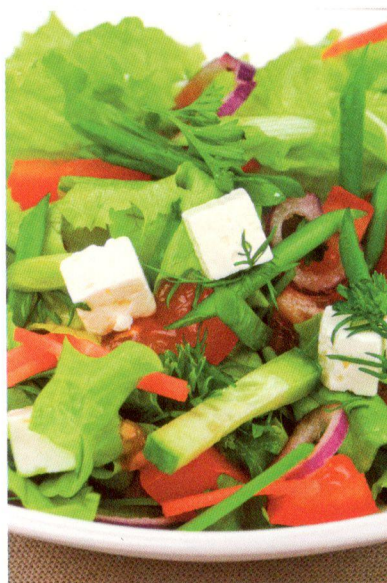
- 1** Drink as much water as you can. Keep yourself hydrated. This does not mean that you drink 10 glasses of water at a time. Instead distribute it throughout the day. At least 2 to 3 litres of water should be consumed every day.
- 2** Incorporate fruits and vegetables in your diet.
- 3** Have skimmed milk and its products rather than full fat milk.
- 4** Include flax seeds, sesame seeds, sunflower seeds, almonds, walnuts in your diet in right proportions.
- 5** Avoid fried food, coconuts, cashew nuts, chocolates, sweets, alcohol and smoking.
- 6** Include protein rich foods like pulses, legumes, egg and fish in your diet.



#### FOR BEAUTIFUL HAIR

The health of your hair completely depends on the kind of nutrients you provide it. The foods which are a must for healthy hair are:

- 1** Fish, walnuts and flaxseeds provide Omega 3 which is essential for a healthy scalp.



- 2** Vegetables and fruits which contain Vitamin A, E and C help in the production of sebum, an oily substance, which is secreted by the hair follicles. It is a natural conditioner for your hair. All red, yellow, orange fruits and vegetables especially carrots, apricots, bell peppers, tomatoes, pumpkins, papaya, strawberry, orange, guava, are good sources of Vitamin A. Green vegetables like spinach, broccoli and lettuce provide Iron and Vitamin E. Amla, guava, oranges, sour lime, sweet lime are rich in vitamin C.

- 3** Lentils and kidney beans are good sources of plant protein.
- 4** Brazil nuts, walnuts, black till seeds provide selenium and zinc.
- 5** Poultry foods like lean chicken, turkey, egg whites are good sources of vitamin E, biotin, zinc and protein.
- 6** Whole grains are rich in B complex vitamins.
- 7** Oysters provide Omega 3.
- 8** Low fat dairy products like skimmed milk and yogurt provide calcium.

An overall balanced diet of lean proteins, fruits, vegetables, whole grains, legumes, and fish like salmon and low-fat dairy products will help keep hair healthy. Losing a significant amount of weight in a short span of time can affect your hair adversely. You might notice a significant increase in loss of hair. This is a temporary problem that you can recover from with a well-balanced diet.

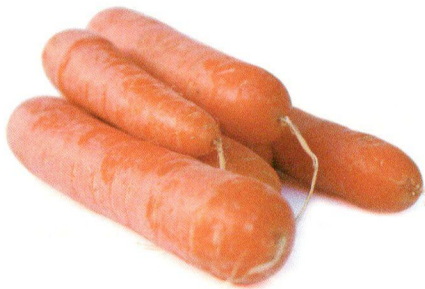




## II jade NUTRITION

### FOR SKIN REJUVENATION

For healthy skin, it is essential to eat plenty of fruits and vegetables in the form of juices (not strained), salads and soups. Vitamins and minerals necessary for glowing skin are:

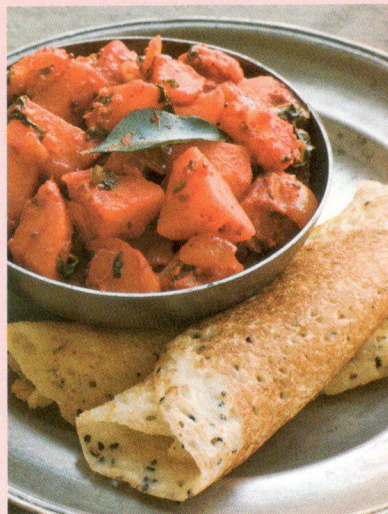


**Beta-carotene:** red, yellow and orange vegetables and fruits contain good amounts of this nutrient.



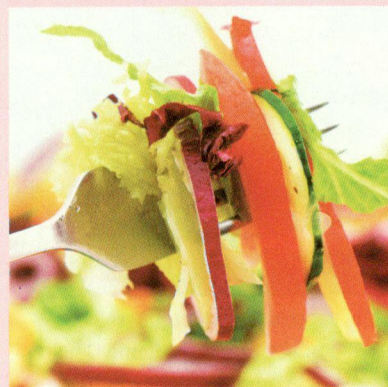
**Vitamin E:** asparagus, avocado, egg, milk, nuts such as almonds or hazelnuts, sunflower seeds, till seeds, wheat germ and wholegrain foods.  
**Vitamin B2:** dark green leafy vegetables help in removing skin blemishes and white patches.  
**Vitamin C:** amla, guava, bell peppers, oranges, sweet lime, fresh amla and turmeric juice can be taken regularly to improve skin health.

The following meal plan incorporates these foods for healthy hair, skin and maintaining healthy body weight. It is a weekly plan which can be followed for at least four weeks. It can be changed after that in consultation with a nutritionist. This plan can also help you shed a few kilos of weight in combination with exercise. But if you are grossly over-weight, do not expect miracles in a few weeks. In such a situation you need to start months in advance so that you can lose weight in a healthy way.



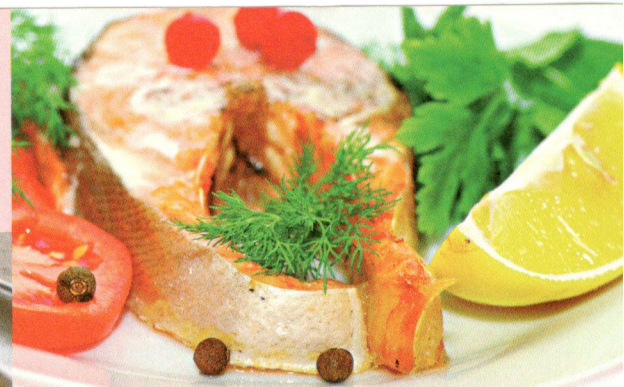
### MONDAY

Breakfast: 1 glass oats milkshake (oats, almond, dates or anjeer)  
Mid-morning: 1 glass amla haldi Juice  
Lunch: 2 *nachni roti* with 2 cup leafy vegetables + 1 cup of skimmed milk curd  
Snacks: 1 guava  
Dinner: 2 vegetables, *moong dal*, *dosa* + 1 cup curd  
Bed time: 2 tsp grounded flaxseed powder



### TUESDAY

Breakfast: 2-3 egg white omelette + 1 whole wheat/multigrain toast  
Mid morning: 1 cup green tea  
Lunch 2-3 wheat *roti* + 1 ½ cup vegetable + 1 cup yellow *dal* (*moong*, *tur* or *masoor*)  
Snack: 1 cup orange  
Dinner: 1 soup bowl chilli bean soup + 1 cup Mexican salad  
Bed time: 1 tea cup *kesar* skimmed milk



### WEDNESDAY

Breakfast: 1 big cup sprouts *chaat* + 2 walnuts  
Mid morning: 1 glass Barley juice  
Lunch: 2-3 *methi mint roti* + 1 cup mixed vegetables + 1 cup curd  
Snacks: 1 cup strawberry  
Dinner: 2 -3 medium sized grilled fish (salmon) with 2 cups grilled vegetables or vegetable salad

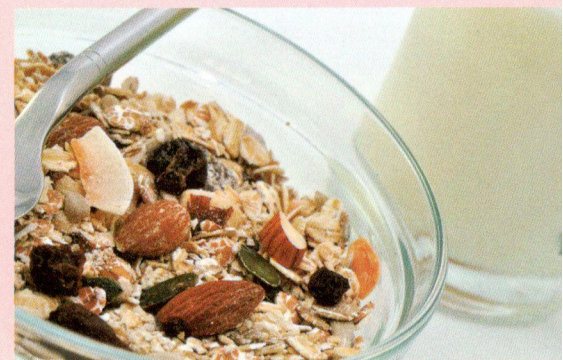


### THURSDAY

Breakfast: ½ cup humus with 1 whole wheat toast+ 1 tea cup honey milk (honey ½ tsp)  
Mid morning: 1 glass dudhi juice  
Lunch: 2 -3 *satdhaan roti* + 1 cup skimmed curd *puddina raita*  
Snacks: 8-10 black currants  
Dinner: 2 *bajra* pizza

### FRIDAY

Breakfast: 1 cup muesli with skimmed milk + 2 almonds  
Midmorning: 1 glass carrot juice  
Lunch: 2-3 *rajmah* wrap + 1 cup curd dip  
Snacks: 1 cup papaya  
Dinner: 2 spinach corn wrap  
Bed time: 2 tsp grounded flaxseed powder







## SATURDAY

Breakfast: 1 paneer wrap

(low fat paneer)

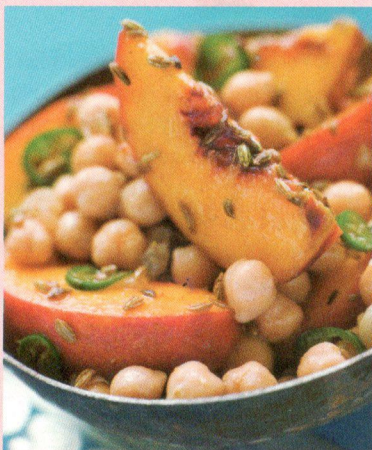
Midmorning: 1 cup pineapple

Lunch: 2 Jowar *ajwain* roti with 1 cup green vegetable + 1 cup masoor dal

Snacks: 1 glass buttermilk

Dinner: 1 big cup *dalia* sprouts salad + 1 cup curd

Bed time: 1 cup skimmed *haldi* milk



## SUNDAY

Breakfast: 1 big cup green or black *chana chaat* with vegetable + 1 cup almond milk

Midmorning: 1 glass coconut water

Lunch: 2 wheat *roti* + 1 big cup grilled bell peppers in pesto sauce

Snacks: 1 cup cinnamon cardamom *elaichi* water

Dinner: 2 chick peas stuffed *roti* + 1 cup tomato vegetable + 1 cup curd



Below are some healthy recipes:

## CHILLI BEAN SOUP WITH SPROUT SALAD

**SERVES 1**

### INGREDIENTS

150 gms tomato

¼ chopped onion

¼ chopped capsicum

¼ spring onions

½ cup boiled *rajmah*

1 tbsp white sauce

¼ tsp of chilli sauce

1 tsp rice bran oil

Salt to taste

### METHOD

Cut the spring onions into small pieces. Keep aside one whole tomato. Cut the rest into big pieces, add 5 tea cups of water and cook. When cooked, blend the mixture. Chop the remaining tomato. Heat 1 tsp. of oil and fry the onion for 1 minute, add the capsicum and spring onions and cook for 2 minutes. Add the tomato soup and boil for 10 minutes. Add the chopped tomato and boiled *rajmah*, white sauce, chilli sauce, brown sugar, salt and cook for a few minutes. Preparation for white sauce  
½ cup of low fat/cow's milk  
1 tsp wheat flour  
½ tsp low fat cheese

### METHOD

Boil 1 cup of low fat milk, add wheat flour and cheese. Cook till it become thick.

## MEXICAN SPROUT SALAD

### INGREDIENTS

¼ tea cup sliced celery

½ tea cup boiled carrot

1 head lettuce

½ cup alfa alfa or moong sprouts

For dressing

½ tsp Tobasco sauce

½ tsp tomato sauce

½ tsp olive oil

½ tsp oregano

¼ tsp chilli flakes

1 pinch pepper powder

### METHOD

Mix the above ingredients and garnish with chopped basil leaves.



## BAJRA AJWAIN ROTI

**SERVES 1**

**STEP 1:** Boil the mixture of 1 tsp *ajwain* + 1 tsp crushed ginger + ½ tsp hing + 1 ½ cup water to make it ¾ cup and then filter

**STEP 2:** Bind ½ cup of *bajra* flour with *ajwain* water and salt. Make 2 *golas* out of it. Heat it on tava to make *roti*. Eat with vegetable curd.

**STEP 3:** For Veg Curd

1 cup cut vegetables – tomato, mint, coriander, carrot, cucumber Mix the cup veg and 1 cup thick curd just before eating. Add salt and red chilly powder as per taste.



## II jade NUTRITION



### BELL PEPPERS IN PESTO SAUCE

**SERVE 1**

#### INGREDIENTS

##### PART I

Pesto sauce

1 cup basil leaves

50 gms pine nuts

5 garlic cloves

½ green chilli

Salt to taste

Method for pesto sauce blend the above ingredients in a mixture.

##### PART II

1 ½ cup chopped bell pepper

1 tsp olive oil

#### METHOD

Heat oil. Immediately add bell peppers, pesto sauce, oregano and salt as per taste and serve with wheat roti which can also be toasted on a tava to make it crisp.

### SAATDHAN PARATHA

**SERVES 1**

#### INGREDIENTS

2 tbsp. whole wheat flour

1 tbsp jowar flour

1 tbsp bajra flour

1 tbsp maize flour

1 tbsp rice flour

1 tsp garlic paste

½ tsp turmeric powder

½ tsp chilli powder

½ cup grated and squeezed bottle guard – *lauki*

½ cup grated carrot

1 tbsp chopped coriander

4 tbsp low fat curd + salt to taste

#### METHOD

Combine all the ingredients and knead into soft dough using water if required. Divide dough into 2 portions. Roll out each portion, using flour, into a circle of 125 mm – 5 inch diameter. Cook each *paratha* on a non-stick pan, till both the sides are golden brown. Serve hot with curd mix with spring onion and green chillies.

### DALIA SPROUT SALAD

**SERVES 1**

#### INGREDIENTS

1 cup *dalia* (broken wheat)

1 cup cooked sprouts

½ cup chopped tomato

½ cup chopped capsicum

¼ cup spring onions

¼ cup pomegranate

¼ cup chopped cucumber

1 green chilli

Finely chopped ginger, coriander, lemon, *chaat masala* and salt as per taste

#### METHOD

Soak the *dalia* in water till it gets covered, for 10 minutes. Heat 1 tsp oil. Add cooked sprouts, tomato, capsicum, cucumber, pomegranate,

spring onions, ginger, salt, *chaat masala*, green chilli and *dalia*. Mix well and add lemon juice as per taste.

### PANEER WRAP

**SERVES 1**

#### INGREDIENTS

1 cup cow's milk *paneer*

½ cup spring onion

½ cup tomato

½ capsicum

1 finely chopped green chilli

1 tsp *jeera*

1 tsp *hing*

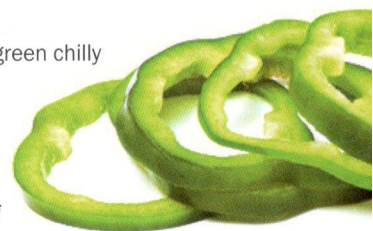
Salt to taste

1 tsp oil

2 small wheat *roti*

#### METHOD

Heat 1 tsp oil in a pan, add *jeera*, asafoetida, green chilli, onion, tomato, capsicum, *paneer*, salt. Spread mint or coriander *chutney* on the *roti* and place the prepared mixture over the *roti* and roll it. Heat it on the tava for few minutes and serve.



### MOONG DAL PANCAKES

**SERVES 1**

**STEP 1:** For *moong dal* pancakes, soak 1 cup *moong dal* for 3-4 hours. Blend in a mixer. Add ginger chilli paste, salt to taste. Make 2-3 medium size pan cakes out of it.

**STEP 2:** Accompany with 1 cup cabbage raita (curd) with a pinch of red chilli powder. 🍽️

