

## Editor's Desk



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Chief Editor

### *This Diwali Healthy Diwali*

Diwali is the festival of lights, hope and prosperity all around. It is the time to celebrate togetherness with joy of happiness! However, we need to remember, enjoyment and health go hand-in-hand. Your health and your family's health is important.

The question is how we make Healthy & Happy Diwali for everyone? Enjoy a healthy Diwali with these simple practices:

1. If you are fit and fine then only you can enjoy any festival with full of energy. Follow your exercise, morning walk and yoga routine on festival days also. Double up your happiness by following Healthy diet and fitness practices in Diwali and be ready to munch homemadesnacks.
2. Is there such a thing as Healthy Diwali? If you're watching your weight, mindful of your health, are diabetic, have high cholesterol or have heart disease, ghee and sugar loaded mithai and salt heavy snacks are not a good option.
3. Make some treats at home: Snack on dates, cashews, prunes, apricots and raisins - they are all good for our body." Home -made sweets and snacks not only use high quality ingredients, but they are also fresh and healthy, are light on your stomach.
4. Avoid packaged, processed, ready-to-eat foods the more the intake of these the lesser the nutrients available.
5. Keep yourself hydrated enough by drinking about 2-3 liters of fluids in the form of soups, lime water, coconut water, infused water and avoid the sugar added drinks.
6. Moderation is the key while eating your favourite delicacies during the festivals. Portion control will help you to keep a check on the intake of extra calories. Make smaller portions of diet on the plate and avoid refilling it again.
7. Excessive salt is also harmful for the body, so use low salt during the preparation of food. Salt intake may lead to the High Blood Pressure or Hypertension so avoid the excess salt.
8. Get proper sleep during the festival time so that you can enjoy your full day with energy and enthusiasm.
9. Avoid skipping meals, this is particularly important for diabetics.



## *The Medical* **Bulletin**

10. In the Indian tradition we believe that “the guest is truly our God” so why not treat our guests to healthier dishes. If we are hosting the Diwali celebration why not include Homemade healthier options of traditional dishes.
11. Don’t force anyone to eat more sweets it can be harmful for the body, specially people with obesity and diabetes.
12. Replace saturated fats like ghee and butter with small amounts of unsaturated fats such as pure vegetable oil (usually rapeseed) olive oil, sunflower oil, corn oil etc to make your dishes.
13. We can Impress our guests with a selection of salads such as avocado salad, tomato and onion salad, Indian salad, cholesterol busting dishes such as soya cocktail sticks, chana masala chaat, oat tikki, muttar paneer made with tofu etc.
14. Be aware that alcohol is high in calories and so can contribute to weight gain. Alcohol is also an appetite stimulant and can lead to overeating especially fried snacks. Remember too much alcohol on an empty stomach can cause many problems.
15. Don’t use much of crackers as they cause noise and smoke, which affect all especially young, old, and pets. Let’s celebrate pollution free Diwali.
16. Involve yourself with family in creative activities like making diyas, lanterns can be a fun-filled activity. We can use news papers for making lanterns and with the help of other waste material we can make some creative things for Home Décor.
17. As we are in the festive season with delicacies, beautifully decorated houses and new outfits, it is important to remember the spirit of giving. Gifting our dear ones beautiful and thoughtful presents could also mean giving them sustainable, Healthy and eco-friendly products. Like plants, Fruits and nuts instead of sweets, Homemade eco-friendly Home décor, Uncycled bags, Plantable stationary, Books.
18. There is no better joy than seeing a smile on someone’s face. There is a significant population who live in poverty. Who may not be able to afford even a basic lifestyle. We have in plenty with those who dream to have these things. We can give old books and stationary to needy, Toys, Healthy Munchies, Clothes, we can also educate people for their Healthy Lifestyle.
19. Don’t spending all your cash your savings in the festival purchase it can maximise your credit card bills and effect your future financial planning ultimately responsible for the stress and other health related issues.
20. Remember, it’s not what one eats during the festivals that decides the fate of one’s health, but the consistency with which one makes healthy choices throughout the year.

**Happy Diwali**

May the **Divine Light of Diwali**  
Spread into your Life Peace,  
Prosperity, Happiness and Good Health.



**Enjoy your Diwali with your dear ones;  
let the festival light up your life with hopes, happiness and health!**

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Chief Editorial*