



Choose protein over your carbs

Q *I am a 24-year-old girl. I am 5 ft 4 inches and weigh 53 kilos. My trainer tells me that I will have to lose 3 kilos to look toned. He also tells me that I need to drink protein shakes and go easy on carbs.. Is this true? Are protein shakes good? Also do I have to give up carbs to look lean?*

Meeta Kapoor

You are a good weight for your height Meeta, as you have a BMI of 20.7. You do not need any weight loss. For the toned look, take up weight training thrice a week and increase your protein intake pre and more importantly post workout. You do not need protein shakes, you can increase your intake through foods too. Indian diets are generally high in carbohydrates, so cutting down on carbs and increasing the protein intake does help.

Q *I just don't feel thirsty and drink four glasses of water a day. But my friends tell me this is very bad. How many glasses of water should I drink? And what should I do when I am not feeling thirsty?*

Arjun Raju

You need to have a fluid

intake of 1 1/2 to 2 liters, that is approximately 8-10 glasses in a day. Having adequate fluid intake has many advantages. It is great for your skin, keeps your metabolism revved up and flushes out toxins. Water is the only food that has zero calories. You can also have buttermilk, soups, fruit juices or coconut water, if you do not enjoy water. If you are all the time in an AC environment, you may not feel thirsty, but you will have to make a conscious effort.

Q *I am a 30-year-old woman who is 5 feet tall and weigh 56 kilos. I want to lose five kilos. Is it safe to follow the Atkins diet?*

Lakshmi Vellankani

You are overweight, but do not follow fad diets — you will lose weight but will put it back right on. These diets do not help in changing your lifestyle habits, which are most important for long term weight loss. Increase your physical activity and visit a qualified dietitian.

*If you want nutrition and diet advice write into
nitidesai@deccanmail.com*