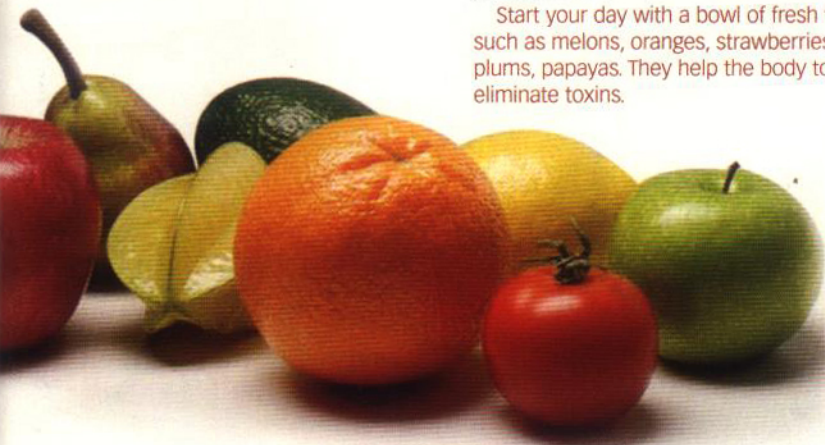


Now you are a week away from your Wedding Day. Parties with friends and family will be on the cards. This will be a time when you probably wouldn't be able to avoid the late-nights and the heavy dinners. Follow these guidelines to balance out the effects:

Start your day with a bowl of fresh fruits such as melons, oranges, strawberries, plums, papayas. They help the body to eliminate toxins.



vitamin B exfoliates dead cells from the skin area so that the skin looks livelier. So reach out for green leafy vegetables and even broccoli with passion.

Vitamin A maintains and repairs skin tissue. Carrots, green leafy vegetables, papaya and water melon are good choices.

Ensure that you are having two servings of pulses/one serving of white meat to get the right amount of protein.

Incorporate a cupful of curd in your daily diet. Curd contains pro-biotic which helps in digestion and cools down your system.

When eating outside, increase the salad portion and go for stir-fried meats and veggies instead of those soaked in the rich gravies.

Accompany your meal with a glass of lime juice (without sugar and salt) to neutralise the acidic condition caused by the greasy foods.

Have at least 8-10 glasses of water a day to keep your skin and body well hydrated.

The 'Wedding-Glow' Diet

WHAT WE EAT HAS A DIRECT IMPACT ON HOW WE LOOK. CONSULTING DIETICIAN **JYOTI LALWANI** COMES UP WITH A DIET-CHART THAT IS SURE TO GIVE YOU AN ENVIABLE GLOW

EVERY diet plan is made with the end result in mind. Here my objective is to help the bride get a glowing complexion (not lose or gain weight). However, since this diet involves mild detoxification of the digestive system, it will help you to maintain your weight. Whatever you eat, emphasis should be on having wholesome, balanced meals. Stay clear from severely restricted diet or a nutritionally limited one either. Your skin will end up looking sallow and pale, and that's the last thing you want especially on the wedding day.

Have whole grain cereals like wheat, *bajra* and oats more often in the diet. This high-fibre diet will help fight off the greasy stuff you had the night before. They are also rich in vitamins and minerals and give a feeling of fullness.

Strictly say no to any foods with preservatives. So no sauces, no jams, pickles, papads, ready-to-eat foods.

Restrict your intake of caffeine and alcohol. Have green tea or buttermilk or lime juice instead.

Vitamin B helps in getting you beautiful skin, hair and nail cells. It is also found that

To summarise a healthy diet that is low in fat and high in nutrition will improve the overall appearance of skin significantly. When sufficient fresh fruits and vegetables cannot be incorporated in the diet then supplements may be prescribed on consultation.

After being the Chief Dietician and HOD, Dietary Services, Hinduja Hospital, for five years, Jyoti Lalwani started her independent practice as Consulting Dietician. Her forte lies in creating specialised diets suited to different medical as well as lifestyle conditions.