



LEANMENU

SUMMER SOLUTION

SUPERFOODS, WORKOUTS &
RECIPES TO BEAT THE HEAT

By

— LOVNEET —
BATRA



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MAGNIFICENT MOONG

From simple khichdi to the sumptuous halwa, Moong dal dazzles with taste & nutrition in all its avatars.

The humble Moog dal is an intrinsic part of Indian food culture. The wholesome Indian thali, particularly, is incomplete without it. And it has all the right to be on the Indian Superfood list because it is a rich source of protein, dietary fiber, potassium, manganese, calcium, iron, folate, and several other vitamins. The healthiest source of plant-based protein, Moong dal is experiencing a renewed interest from the ever-growing vegan community of late.

Whether you like it soaked, sprouted or cooked, Moong dal is every weight-watcher's delight. Reason? It's light and good for digestion. High in protein and fiber, eating Moong leads to an increase in the satiety hormone called cholecystokinin, which helps you stay full for longer and keep junk food cravings at bay. However, the most interesting thing about Moong dal is its versatility. From Moong dal chilla to halwa and sprouts salad, there's so much you can do with it.



BENEFITS

- **Rich In Folic Acid-** It helps maintain new cells of the body. Folic Acid is an important nutrient during and before pregnancy as it prevents birth defects in the baby's brain and spinal cord.
- **Builds Immunity-** It has anti-inflammatory properties, which help fight away various harmful bacteria and viruses. It is also a

good source of magnesium, which is needed for boosting immunity.

- **Aids In Weight Loss-** High in protein and fiber and low in fat, it gives satiety for a longer time.
- **Good For Gut Health-** Easy on the stomach, it has insoluble fiber, which multiplies the rate of digestion and softens the body's waste.

- **Balances Blood Sugar Levels-** Low in glycemic index and made of complex carbohydrates, it doesn't spike the blood sugar levels.

- **Fights Hair Fall -** A rich source of protein, vitamin A and folic acid, it significantly reduces hair fall.



POWER PAIR

Moong (1 cup) + Almonds (1/2 cup) + Peanuts (1/2 cup) + Jaggery(1/2 cup) (All powdered)

One-tablespoon powder can be mixed in water and this porridge can be given to babies for a healthy growth.

Moong Dal + Rice + Moringa Powder

The cereal and pulse combination scores high as a source of amino acid and protein.



FOOD TRICK

Ditch egg omelette and try Moonglet instead for your daily dose of protein that is meat-free. Research studies have shown that after soaking it overnight, its albumin protein levels come close to omelet albumin levels.

SPROUTED MOONG DAL BENEFITS:

- Increased nutrient content
- High in antioxidants
- Fights constipation due to high insoluble fiber
- One bowl of sprouted Moong dal will complete 14% of the daily requirement of Vitamin C.

**Those who have high flatulence issues and sensitive gut should cook it properly and then have it. Cooking will break down those sugars, which cause excessive flatulence or create stomach aches.*

RECIPES

MOONG IDLI

Ingredients:

1/2 cup moong dal, 1/2 inch ginger, 1 small green chilli (adjust to taste) 1/4 teaspoon turmeric powder, salt to taste

Method:

1. Wash the dal and soak for 2-3 hours in an ample amount of water.
2. Discard the water and grind the dal along with the ginger and green chilli to a smooth paste using water sparingly. Keep the batter thick.
3. Add the asafoetida, turmeric powder and salt to taste and keep covered in a warm place of your kitchen to ferment for about 4 hours.
4. Grease idli molds with some oil and pour the batter into the molds.
5. Steam for 15 minutes or till a skewer inserted comes out clean.
6. Serve hot with chutney or sambhar.

MOONG SPROUTED PALAK PAKODA KADHI

Ingredients:

1/2 cup moong sprouts, 1/4 cup chopped spinach, Oil for frying, 1 tsp green chilli, 1/4 tsp red chilli powder, 1/2 tsp curd , albumin levels.

Method

1. Churn moong sprouts, green chilli, red chilli powder, baking powder and water in a mixer.
2. Add chopped spinach in the batter.
3. Fry them and mix in the Kadhi curry.

PUSHING DOWN THE PRESSURE

High Blood Pressure is called a silent killer for a reason. To deal with this condition you need to fix your diet first. Here's how you can bring those numbers down with the right food.

There are no warning signs. There are no symptoms. You don't feel it. It's insidious. It's called Hypertension or High Blood Pressure. According to the Global Burden of Disease Study, people with high blood pressure are at the greatest risk of ill health and early death. It not just puts you at a higher risk of cardiovascular diseases or heart attack but can also affect the brain, kidneys, and eyes. Since this condition is symptomless, most people have no idea they are at risk until it is too late. If diagnosed in time, you should not make the mistake of underestimating it.

An ideal blood pressure (BP) lies between 90/60 and 120/80 and is considered to be high if consistently above 140/90. Blood Pressure is basically a measure of the pressure in the heart when it pumps out blood around the body over the pressure when the heart is resting. BP rises as you get older, fatter, less active, drink more

alcohol and eat more salt. Some people may have an inherited tendency to high BP so even if they are slim, teetotaler, active and eat a great diet, they may be advised to take medication to keep their BP in the healthy range.

Keeping your blood pressure under control takes more than avoiding high salt foods. It takes an overhaul of your lifestyle and committing to a diet plan that helps you tame your troubled blood pressure readings. The scientists found that people who consume more fruits, vegetables and whole grains have lower pressure levels. From this research, the original DASH (Dietary Approaches to Stop Hypertension) diet was conceived. Today, DASH diet is by far the most common diet recommended for people who have high blood pressure. Other BP-friendly diets are based on the same principles.

SYMPTOMS

- Headache
- Impaired Vision
- Shortness of Breath
- Dizziness
- Failing Memory
- GI (Gastrointestinal) Disturbances



MOVING BEYOND SODIUM TO CONTROL HIGH BP

Push With Potassium

Potassium works as a natural diuretic. It lowers pressure by promoting the excretion of sodium. It is also important for muscle function and the ability of blood vessels to relax and widen.

Rich Sources: Amaranth, rajma, moth beans, soybean, banana, dates, coconut, garden cress seeds, pistachios, cow milk and khoa.

Concentrate On Calcium

Calcium helps blood vessels tighten and relax when they need to. It's also crucial for healthy bones and the release of hormones and enzymes we need for most body functions.

Rich Sources: Milk and its products (paneer, khoa), sesame seeds, almonds, radish leaves, mustard leaves, amaranth leaves, soybean, and amaranth.

Maximize Magnesium

It plays an important role in regulating blood pressure. It supports many processes in the body, including muscle and nerve function, the immune system, and protein synthesis. Magnesium also helps move calcium into the bloodstream, where it needs to be to lower blood pressure.

Rich Sources: Amaranth, lentils, banana, peas, groundnuts, pine seeds and sunflower seeds.

Say No To Sodium, Spirit & Smoking

Basically sodium makes you retain fluids, which adds to the whole pressure buildup. Restaurant and processed foods are the biggest culprits since these have high sodium levels. Dietary guidelines recommend that people with hypertension limit their salt to less than 1500 milligrams a day. Smoking and alcohol make the situation worse. Quitting might look difficult but it is not impossible.

RISK FACTORS

Gender - Studies have shown higher prevalence among males from adolescence till 45 years of age. After this age, mean blood pressure values are higher in women.

Age - The older you are, the more likely you are to get high blood pressure. This is because with age, our blood vessels gradually lose some of their elastic quality, which can contribute to increasing blood pressure.

Heredity - If your parents or other close blood relatives have high blood pressure, there's an increased chance that you will get it too.

Stress - It isn't directly linked to high blood pressure but too much stress can encourage unhealthy behaviors that increase BP such as poor diet, using tobacco or drinking alcohol, poor sleep, and lack of physical activity.

Obesity - The risk of developing elevated blood pressure is 2 to 6 times higher in overweight than in normal-weight persons. The prevalence of high blood pressure in people with a BMI greater than 30 kg/meter square is 38% for men and 32% for women.

Physical Activity - Less active persons are 30-50% more likely to develop BP than their active counterparts.

High Cholesterol - More than half of people with high blood pressure also have high cholesterol.

Chronic Kidney Disease (CKD) - High BP may occur as a result of kidney disease and having high BP may also cause further kidney damage.

PREGNANCY AND BLOOD PRESSURE

High blood pressure can be particularly harmful during pregnancy, which is known as gestational hypertension. If ignored or untreated, it can lead to complications such as pre-eclampsia stroke, preterm delivery, and low birth weight.

Consider Folic Acid Sources: Makkai, lentils, ladies finger, jackfruit, dates, guava pink flesh, mango, beetroot, sesame seeds, sunflower seeds, and sugarcane juice.

AVOID THESE

Salt at the table

Salted or smoked fish & meat

Salted nuts, chips, salted popcorns, salted snacks, breads, breakfast cereals (cornflakes, oats), ketchup, chili sauce, soya sauce, garlic sauce, pickles & chutneys, Ajinomoto, processed cheese, butter, mayonnaise & salad dressings

A MORNING RITUAL FOR HBP PATIENTS

Ingredients

Coconut water 1 glass

Lemon Juice 2 tbsps

Chia seeds (soaked) 1 tbsps

Method

Mix all the ingredients properly. Have it.

When to have it:

Early morning empty stomach or mid-morning.

Why

It is fulfilling and controls high BP because of high potassium in coconut water and lemon juice. The chia seeds are high in fiber, magnesium, and potassium.

JOY OF JHAL MURI

Spicy, satisfying & so versatile, Jhal Muri is possibly the easiest & quickest Indian snack to make in a jiffy.

Ingredients

Amaranth (roasted)	1/2 cup
Jhal Muri	1/2 cup
Chana (roasted)	1/4 cup
Peanuts (roasted)	1/4 cup
Onion (chopped)	1/4 cup
Tomato (Chopped)	1/4 cup
Tamarind Chutney	1 tbsp
Green Chutney	1 tbsp
Lemon Juice	2 tsp

Method

1. Mix all the ingredients properly.
2. Serve it.

Preparation time: 5 minutes

Benefits:

High in protein
Low in fat
Gluten free

Have it as:

An evening snack

Good for:

Although everyone can relish Jhal Muri, it is particularly good for diabetics, heart patients, lactating mothers, kids and those struggling with constipation.



5 BEST SUMMER WORKOUTS

Winter is retreating and there is a mild rise in the temperature. It's neither warm nor very cold, which means it is the best time to indulge in some outdoor exercises.



Strength Training: 2 days a week

Contrary to popular view strength training builds more than just muscles. It improves your cardiopulmonary health and increases your 'metabolic rate', which is your body's ability to burn calories in a resting state. Women, particularly, must focus on it. Numerous studies have shown that it can play a key role in slowing bone loss and prevents Osteoporosis. You can start with using your own body weight for resistance. Think pushups, pullups, burpees and jumping jacks.

Breathing Exercise: Once a week

This might look simple but it heals on many levels. The increased oxygen flow helps the heart pace to slow down to create feelings of calmness and relaxation. Isn't it exactly what we want to tackle all the stress & anxiety in our lives? Breathing detoxifies, helps release toxins, calms the nervous system and strengthens the respiratory system.

Endurance Exercise: Once a week

The anti-aging effects of endurance training happily surprise you. As we grow older, our bone density, metabolism and immune system take a hit. Endurance exercises such as swimming, dancing, climbing stairs at work or playing any sport help you look and feel young.

Yoga: 2 days a week

Stretch, breathe & balance – Yoga works wonders for your body, mind and soul. And when you take the Yoga mat outside, the experience is simply transcendental. As you focus inward & breathe in the fresh air, it opens up your lungs, heart & brain to new energy. The benefits of Yoga go beyond weight-loss. At one level, it boosts muscle strength & flexibility; on the other, it helps you connect with your inner self, focus on your energies, channelize your thoughts & practice mindfulness.

Interval Running: Once a week

Run for 3 minutes and then slow down with a one-minute brisk walk. How does it work? The intense effort you put in means that your body works harder to recover, so you will burn more calories. The most important thing is the 'afterburn' effect it triggers. It helps increase BMR and decrease fat from the body faster.



OATS INSTANT, *STEEL-CUT* OR ROLLED ?

Nutritious, delicious & endlessly versatile, oats are every weight-watchers go-to food. But what kind of Oats is the healthiest? Lean Menu simplifies it for you...

Instant Oats

Instant oats or quick-cooking oats are rolled oats that go through further processing to decrease cooking time. They're partially cooked by steaming and then rolled even thinner than old-fashioned oats. Instant, packaged oats often contain other ingredients like milk powder, sugar and flavorings that decreases the nutrient density. It is advisable to avoid ones high in sugar, flavorings agents, salt and artificial sweeteners.

Steel-Cut Oats

These are also known as Irish oatmeal. Closest to the original, unprocessed, nutrient-rich oat groat, steel-cut oats are the highest in fibre and lowest in glycemic index. To make steel-cut oats, the groats are chopped into smaller pieces with large steel blades. Steel cut oats have a coarser, chewier texture and nuttier flavor than rolled or quick oats. They also take longer to prepare, with average cooking time varying 15–30 minutes. However, you can soak steel-cut oats beforehand to reduce the cooking time.

Rolled Oats

Rolled oats, or old-fashioned oats, are oat groats that have gone through a steaming and flattening process. As a result, they have a milder flavor and softer texture and take much less time to cook than steel-cut oats, as they have been partially cooked. They contain lesser fibre than the steel cut variety. A bowl of rolled oats takes 2–5 minutes to prepare.

FITTER & FASTER YOU

It takes a lot more than just running to be a Marathon Runner. Training, technique, healthy diet & consistency make all the difference, says fitness coach & marathon trainer Arun Arora.



Q- What does it take to be a marathon runner?

A- Did you know genetic factors play an important role in which exercise/sports you like? We are born with specific proportion of slow-twitch & fast-twitch muscle fibers.

If you have more fast-twitch muscle fiber, you may like activities, which involve speed and power such as sprinting, strength, power lifting, etc. Whereas, if you have slow-twitch muscle fiber, you may like slow, long duration sports such as Marathon run or cross country sports.

Passion & patience is the key to become a successful long distance runner. Setting realistic & measurable goals is tried & tested method to become a good runner. Self-motivation and flexibility are also important. Make your run simple and enjoyable to maintain a long-term adherence. Initially add a couple of minutes of jogging/ running to your walks and gradually increase the time/distance. Never run on an empty stomach and have 200-300 calories before one or 2 hours of your training, including carbohydrates and protein. If you are an early morning runner, you can have a banana or nutrition bar, which offer 100-200 calories.

Q - What is the ideal body composition?

A - For normal body function, Essential Fat is important and it makes up approximately 3% of total body weight in males & 12% in female. Non-

essential Fat exists within fat cells called 'adipose' tissue. We also store fat within our skeleton muscles called 'intramuscular triglycerides'. A runner with a high fat percentage of body fat is at a disadvantage, and it directly affects the running results. Small breasts are a characteristic of very good female runners because they minimise the amount of dead weight. Research has shown that the percentage of body fat and skin fold thickness below the scapula on the back, above the hipbone, and around the abdomen influence speed in race performance.

Q- What advice do you give to beginners?

- Before running, add light aerobic warm up & dynamic stretching.
- Stretch your Glutes, Hamstring, Quadriceps, Adductors and Calves muscles before & after training. This will help you feel better when you're running, it also reduces the risk of injury & allows you to mentally prepare.
- Longer runs need longer cool down period followed by extended Static Stretching session.
- Always start running at your own pace, pushing too hard will only make you tired.
- Try to practice running off-road on mud tracks as well as on grass tracks whenever possible to avoid injury.
- Always get adequate recovery after your run.
- Dress appropriately as per weather.
- Buy proper running shoes. Go to the shop in the evening time as your foot naturally expands with use during the day. Also, buy the shoes as per

Expert Speak

your foot type. (Over Pronation /Neutral/ Under Pronation)

- Start your run with groups - it helps motivation. If you feel unwell, don't run. Wait until you feel better.
- Rest is the most important factor.

Q- How can you avoid injuries while running?

A- The main reason why injuries happen is the physical stress from running, which is too much for your body to handle at a time. Running is an extreme sport and every time a runner's foot lands on the ground, his leg absorbs 2-3 times of his body weight. Train smartly by optimising your running plan systematically and progressively in order to avoid an overload on your skeleton system. Never increase your weekly mileage and running intensity at the same time and keep alternating between hard days and easy days. Rest is the key to success and necessary for recovery.



Q - Change to Besides cardio, what kinds of exercises should one focus on?

A- Strength training is very important for runners to maintain healthy joints and tendons. Include eccentric training in your workout plan. Pay attention to the hamstring (back muscle of your thigh) & Quadriceps (front muscle of your thigh)

and calves. Core stabilisation exercises help maintain good posture and must be added to your strength-conditioning program. Swimming is also very effective on non-running days as it provides you great musculoskeletal benefit without loading the joints. It also gives you a great upper body workout, which usually gets neglected while running. Along with its meditative benefits, Yoga is very good for flexibility, balance, and strength. One can also try Ashtanga or Vinyasa versions.

Q – How can you relax, cool down and recover after a good run?

A- Cool down is the most important part of your post-run regimen. It includes a light jog with static stretching. The duration of the cool down depends on the time you spent running. A longer running session requires a longer cool down period. To maximise the rate of glycogen synthesis, drinking a good combination of carbohydrates & protein (20-25 grams contain all essential amino acids) is very essential. Water is the most important drink, so have 1 litre per kg of body weight lost during the run. Interestingly, research has shown that low-fat chocolate milk is a great post workout recovery drink.

Q - What is the role of diet?

A- Diet plays the most important role in any sport. Eating the wrong foods definitely undermines the training and performance. Pre, during & post-running diet directly affects your performance as well as recovery. The right amount of water, carbohydrates, fats and protein are essential to become a successful runner or athlete. A balanced diet should include macro & micronutrients. Keep your body well hydrated before, during & after your run.

Arun Arora is a Revo2lution Certified Marathon Trainer, International Sports Sciences Association Certified Personal Trainer and Licensed Check Professional Holistic Lifestyle Coach (Level 1). He also holds a Diploma in Nutrition & Health Education (IGNOU).

NO MORE CRASH DIETS FOR BIKINI BODY?

For mum-cum-marathon runner Divya Sachdeva, staying fit is a lifestyle statement. Here's how she lost 20kg post pregnancy with the help of small meals, good sleep & some running.

How did you start your weight loss journey?

I was introduced to Lovneet Batra 10 years ago. To be precise, 6 months after my daughter was born. During my pregnancy, I had gained a whopping 22 kilos, so I wanted to shed it all off without me losing my mind over it. The best thing about Lovneet is that she understands your needs. I told her my weakness for home-cooked food and how it would be difficult for me to buy various ingredients. She worked around that and I lost weight happily without feeling much pressure.

What was your motivation behind weight loss?

Post pregnancy weight was something I wanted to let go of as quickly as possible. I had planned a gorgeous beach

vacation a few months after my delivery and wanted to slip into my pretty bikinis at the beach. Exercise had helped me lose most of the weight but it was the last few kilos, which were giving me a tough time. I also wanted to change my eating habits. Lovneet understood exactly where I was coming from and made me a diet plan, which helped me knock off as many as 6 kilos in the first month itself! I did wear the bikini and looked pretty good for a mommy of two.



What according to you has been the biggest hurdle between you and your fitness?

No major hurdles really! I believe that if you wish to be fit, you will make time for your workouts and maintain healthy, mindful eating habits. Your water intake in the morning and during the day, eating small meals, putting something in your mouth every two hours – these little habits reap big results. Having said that, I do admit, running, which I absolutely adore, was something I wasn't able to commit to fully while I taught at school. Timings were off then. But now that I

have my own setup and decide my own hours, I am able to go back to running every other morning.

What is your biggest fitness-related weakness?

I think my biggest weakness has been my indiscipline with sweets. I try to work out more and give my body the buffer to grab a sweet snack whenever I crave it.

According to you, what's the role of diet in weight loss as well as staying healthy?

Diet plays a major role in your [weight loss](#) journey. If you're working out regularly, the diet makes the process easier and gives quick rewards. However, if you're working out and eating the wrong food, there's definitely less chance of any weight loss.

What do you think is the most challenging thing about the process of weight loss?

It's not a quick process. However, if you stick to the right meal times and eat as planned then there's no looking back!

What's your advice on sustaining the weight loss?

You need to make it your lifestyle -- eat well, [sleep well](#) and exercise. There are no shortcuts! Just be consistent! Exercise regularly and follow Lovneet's pointers on eating every two hours and eat the right portions.

Name: Divya Sachdeva

Current Weight: 60 kg

Goal Weight: 58kg

Fresh & Flavorful

Organic, fresh & nutritionally dense –

Soul Pantry

at Andaz, Aerocity, New Delhi combines the seasonal (produce) with the international (taste). Lean Menu picks the healthiest options from the menu.



Andaz Delhi, Gate No. 5, Asset No.1, Aerocity, New Delhi 110037
Timings: 11am-11pm (Monday to Sunday)
Meal for two: INR 1500-2000



Flatbread Pizza
Amaranth + Ragi + Buckweat + Barley

What makes it a healthy option?

Amaranth: Gluten Free and easily digestible

Ragi: High in protein and prevents anemia

Buckwheat: Lowers cholesterol

Barley: Best for diabetic patients as very low in glycemic index.

A Rare Flatbread Combination
Avocado + Hummus

What makes it a healthy option?

Avocado: Rich source of Vitamin K, known for maintaining bone health

Hummus: Low-glycemic index and maintains blood sugar levels glycemic index.

Hung Curd Beverage
Ginger + Banana + Black sesame

What makes it a healthy option?

Hung curd: Maintains gut health

Ginger: Reduces muscle pain

Banana: Ease in digestion

Black sesame seeds: Relieves stress & anxiety.

Fresh Juice
Beetroot + watermelon + carrot - change to Beetroot + Watermelon + Carrot

What makes it a healthy option?

This is what an energising drink looks and tastes like. relaxant post-workout.

WHAT'S BREWING

From latest research to new trends, we get you the latest news on diet, nutrition & weight-management.

Vegetables may help control

NAFLD : If you need yet another reason to include veggies in your diet, here's one! A recent study published in Science Daily has revealed that Indole, a natural compound found in cruciferous vegetables such as cabbage, kale cauliflower, and Brussels sprouts may help control non-alcoholic fatty liver disease or NAFLD. A lesser-known condition, NAFLD occurs when the liver becomes 'marbled' with fat, sometimes due to excessive intake of saturated fats. If not properly addressed, this condition can lead to life-threatening liver disease, including cirrhosis or liver cancer.



Our take: Try different recipes if you are not veggie lover. The mix of nutrients found in different vegetables can be even more powerful than the supplements available over-the counter.

Hot chocolate helps boost blood circulation in the legs:

You don't need a reason to indulge in a cup of hot chocolate. But in case you do, this might help. Having hot chocolate could help people in the 60s (or above) stay on their feet. According to a study done on people with the common peripheral artery disease or PAD, which

is a narrowing of the arteries, cocoa boosts blood circulation in the legs, as it is abundant in a compound called 'epicatechin'.



An inexpensive, safe and accessible product, cocoa could potentially bring significant improvements in calf muscle health, blood flow and walking performance for PAD patients.

Our take: Regular chocolate, which is often laden with sugar, would not bring the same effect as the cocoa. You definitely need to avoid adding sugar to your hot chocolate milk.

Teenagers who sit for hours a day are more likely to get

depression at 18: Kids who are inactive or spend more time on the sofa throughout adolescence face a greater risk of depression by age 18, says a study published in The Lancet Psychiatry Journal. The researchers tracked the activity levels of 4,200 youngsters aged between 12 and 16 and then quizzed them on their mental health at adolescence. According to the researchers, for every 60 minutes a child spent on the sofa per day, their depressive symptoms at 18 rose by 10 percent. Those with consistently high amounts

of time spent sedentary had 28.2 percent high depression scores by age 18. The study suggests that children should be encouraged to participate in any form of activity.

Our take: Any form of physical activity is good for a child's physical & mental health. Light activities like walking, running, buying your own groceries or doing household chores are easy to fit into your daily routine.

Sleep deprivation triggers

hyper activation to food: Put that phone aside and clock in some shut-eye in order to stay fit and healthy. Even small amounts of sleep loss can put the brain at risk for hyperactivation to food triggers in everyday life. In simple words, when you sleep less, the brain is more likely to make unhealthy food choices. Over a period of time, this could be a risk factor for obesity and lifestyle diseases. On the other hand, the right amount of sleep helps reduce this hypersensitivity to food stimuli.



Our take: Getting enough sleep is always good for your waistline. Also, having a fixed sleep timing helps in stabilizing the hunger hormone.

Live a life that is well-balanced. An excess of anything can be toxic. Be it your workout, sleep or food, the key is to find your own balance.

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