

L

LIFESTYLE

# Ditch those snacks

*Study finds people blame workplace for diet failures*

**WORKPLACES** COULD be considered one of the best reasons for diet failures, new research says.

A study conducted by Fruyo, the new fruit-based snack from the makers of Total Greek Yoghurt, reveal that over a quarter of diets fail because of unhealthy snacking at the workplace, reports femalefirst.co.uk.

Unhealthy snacks reign supreme in the office, with the top three items being cookies, chocolate and crisps. Meanwhile, healthy choices, such as fresh fruit, low fat yoghurt and crackers lag behind.

The findings also reveal that one-third of space at our desks is filled with snacks. However, nearly one in 10 people admit to snacking in secret whilst at work, in places such as behind their computer screens and even the toilets.

"These findings outline how quick we are to blame our work and our colleagues for our diet failures. I often hear employees saying it's difficult to eat healthy whilst they are working, but it doesn't have to be tricky," says Fiona Hunter, nutritionist and food writer.

"I'd recommend planning healthy, protein-rich snacks, to keep your energy levels up and temptation at bay. By seeing snacking as a positive element to your working day, it'll help you to make structured, informed choices, keeping you and your diet in line," added Hunter. *IANS*



## WAYS TO TONE UP AT WORK

**Nutritionist Fiona Hunter shares tips for staying in shape at work**

**\*Eat healthy snacks:** Snacking should be a positive addition to your daily diet, but make sure to opt for healthy snacks. Look for snacks that are around 150 to 200 calories, low in fat or fat free, and that give important nutrients such as vitamins, minerals, calcium and protein.

**\*Plan ahead:** When you step out for weekly shopping, think about portable and healthy items that you can take with you to the office. This way you are more likely to avoid tempting cookies and cake.

**\*Portion control:** Individually portioned items are good for the workplace. If you open up a pack of biscuits or a bag of crisps, you're going to eat more than you planned. But, with a single yoghurt, banana or nuts, you don't have that worry.

**\*Indulge in protein:** Some studies have shown that protein is a good way to keep hunger at bay. So, think about snacks such as a yoghurt or around 30 grammes of almonds to get you through until your next meal time. *IANS*

## Bad mood triggers hunger for junk food

**WHY DOES SOMEONE** in a bad mood choose to eat junk food and someone in a good mood opt for healthier food choices?

Researchers have found an answer to this mood swing by mixing two theories of affective regulation - how people react to their moods and emotions - and temporal construal - the perspective of time - to explain food choice.

"Conceptually, when people feel uncomfortable or are in a bad mood, they know something is wrong and focus on

what is near. We demonstrated that this kind of thinking gets us to focus on the sensory qualities of our foods - not things that are more abstract like how nutritious the food is," said researcher Gardner M. Wansink.

Analogously, they demonstrated that when people are in a good mood, things seem okay and they can take a big picture perspective.

This kind of thinking allows people to focus on the more abstract aspects of food, including how healthy it is. *IANS*

## ALIGN YOUR LIFE

### *The Drama Club*

**D**RAMA AND THEATRE has always been an integral part of my life. From an early age I had written and enacted in many plays while in school. It was my favourite class. I absolutely loved the idea that for a few hours I could become somebody else and escape my boring life. But there were many students for whom standing in front of an audience and saying something was an ordeal. However our lovely drama teacher used to boost their confidence by teaching them to use the stage as a medium to open up their heart and mind. I learned at a very early age that drama class was boosting my self-confidence.

Drama has worked as a therapy for many kids who had issues with self-confidence and speech clarity. In many countries there are special drama groups that focus on helping young kids and adults get over their stage fright and instill belief in themselves. With regular practice many are able to break through this barrier and go on to become good actors or orators.

To understand this transformation, one must understand the deeper connection of drama therapy with the chakra system. Throat chakra is the seat of creativity, communication and self-expression. This chakra is located in the thyroid gland and is an integral part of one's personality. The throat chakra is also the chakra that is found to be imbalanced in a lot of children due to emotional stress or school problems. Once this chakra is blocked, the child suffers from regular cough and cold and in extreme cases develop severe asthma or speech disorders. Many parents panic and start visting numerous doctors in the hope of finding a simple cure.

However the best way to unblock the throat chakra in children is by getting them to join a drama or music class. By doing so, you are helping them to open and develop a chakra that is underdeveloped. By simply going to the class and interacting with other children, you will see a huge difference in their behaviour and the physical symptoms of cough and cold will also reduce considerably.

There are various breathing techniques and talking techniques that are taught in drama and music classes. These are very similar to the yogic breathing patterns and if practiced regularly, can help slowly restore balance in your throat chakra.

There are many ways to balance your throat chakra. But the most unique and engaging way is to join a drama class or sing your way to a healthy and well-defined chakra.

**Shivani Adalja is a Dubai-based well-being expert. She runs the Alignment Insitute which offers effective solutions that focus on stress management and overall wellbeing. Email [align@shivaniadalja.com](mailto:align@shivaniadalja.com)**

