

# AGE NO BAR

It's never too early or too late to prioritise fitness. Here are the perfect diets and workout regimens you need for your age

## Healthy food items to your rescue

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Exercise has been proven to thwart a number of ageing factors — stress, obesity, heart disease and diabetes. But a 50-year-old's body is not the same as a 20-year-old's, and you can't push it the same way. Now, experts share their opinion on how to find the perfect diet and exercise regimen for your age.



### Older than 50 years

**DIET:** "You need smaller meals at this stage, but they should have the highest food value. Buy fresh or frozen food rather than canned. Make eating a social affair. This can remind you to eat regular and balanced meals, which will stave off illness, keep your senses sharp and increase energy," advises Vikram Srivastava, health expert, Kartavya Healthcon, a health management company. **FITNESS:** This age requires you to be alert and careful about the choice of exercises. "Resistance training with light dumbbells can be done under expert supervision. Opt for brisk walks or stationary cycles," says fitness expert Mickey Mehta. "Whenever possible, take the stairs or walk to the grocery store. Practise regular meditation for relaxation and focus," says Srivastava, adding, "Weight exercises keep bones and muscles strong and improve mobility. If you cannot hold weights, do arm and leg repetitions without them." **HOW IT HELPS:** "Just 30 to 60 minutes of cardiovascular exercise performed three to five times a week improves health and emotional stability. Regular exercise helps prevent common problems that come with age," explains Srivastava.



**DIET:** At this stage, with work and family taking priority, it is hard to find time for fitness activities. "This is the time to add carbohydrates to your meal," says Srivastava, adding, "Oatmeal can reduce the risk of heart disease and lower cholesterol. Eat more salads and greens." Atul Peters, director, Institute of Bariatric, Metabolic & Minimal Access Surgery, Fortis Hospital, emphasises a balanced diet, saying, "A balanced diet with adequate proteins, fats and carbohydrates is necessary." **FITNESS:** "Focus on improving bone density and immunity," says Mehta, adding, "Cardio workouts can include jogging, cycling, aerobics and swimming. Yoga and meditation are recommended for core strength and stability." Srivastava adds, "Do cardiovascular workouts for 30 minutes to an hour three to five days a week."

**HOW IT HELPS:** Srivastava says "Regular exercise lowers the risk of functional limitations in middle-aged people. Moderate-intensity aerobic activities improve balance, strengthen muscles and prevent diabetes and cardiovascular disease."

### Between 18-30 years

**DIET:** The great thing about being in this age group is that your body and its immune system are at their strongest. You can eat anything and everything as your body is capable of digesting it all. "But the ideal diet for an adult in this age group should comprise three to five small meals and snacks a day (about 250-300 calories per meal or snack)," says Srivastava. He adds, "Do not eat late at night, and avoid junk food and caffeine. Also, limit the intake of alcohol and soda. Give your body vitamins through fruits and vegetables, and protein and iron through lean meat and fish." Peters says, "A high-protein diet provides the building blocks for developing muscles and bones."



**FITNESS:** "Running should be at the core of any exercise for this age group. It helps build stamina and keeps you active. Those interested in bodybuilding can get into weight training," advises Srivastava. "Do activities like brisk walks, cycling, trekking, or play outdoor games like cricket, hockey and tennis. You can also try power yoga and pilates for flexibility, balance and co-ordination," adds Mehta. **HOW IT HELPS:** Running, jogging and aerobics help improve cardio-respiratory function and oxygen intake. "It increases the blood flow, burns calories and lowers the heart rate. Lifting weights or working out at a gym builds muscle strength, improves flexibility and adds lean muscle mass," says Srivastava. "Exercise also improves concentration and overall focus," adds Peters.



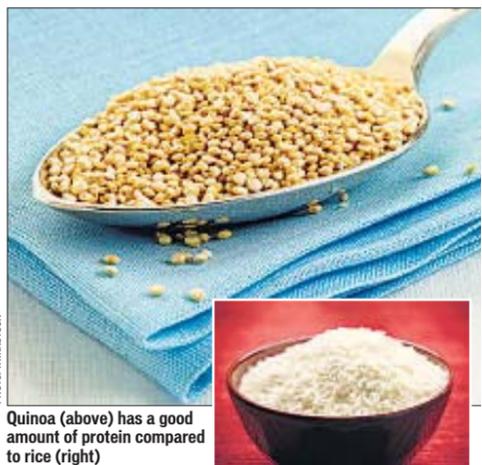
HEALTH WISDOM  
DR ANJALI MUKERJEE

**What is quinoa? Is it a healthy food item?** Quinoa is an interesting food item — it is not a grain, but can be eaten like one. It has a mild nutty flavour and is promoted as a protein-rich food. The reason quinoa is gaining popularity is because it can easily be a substitute for rice in any dish. And to add to its versatility, it is a complete protein (unlike rice), gluten-free and very easy to digest.

Quinoa has a good amino acid profile. It has slightly more protein (16.2 per cent) than other grains like wheat (14 per cent protein), rice (7.5 per cent protein), millet (9.9 per cent protein) and oats (14.5 per cent protein), but less than pulses like soy bean, which has 47 per cent protein content. For those who love to include carbohydrates in their diet, it provides a low glycaemic index (GI = 53 per meal), whereas rice has a glycaemic index of 89 per meal.

However, it only has a good amount of protein when compared to other grains like rice and wheat, and not when compared to high protein foods like eggs, tofu and cheese, among others.

In fact, lentils and other pulses have a higher protein content, and when combined with each other or with wheat or rice (dal with chapati or rice), it increases protein absorption by 30 per cent. So,



Quinoa (above) has a good amount of protein compared to rice (right)

FOOD	SERVING SIZE = 1 CUP COOKED	PROTEIN	CARBS	FATS	CALORIES
Rice	1cup	4.2 gm	44 gm	0.4 gm	204 cal
Wheat	1cup	5.5 gm	38 gm	1.04 gm	173 cal
Cooked lentil	1cup	17.13 gm	38.2 gm	0.73 gm	220 cal
Quinoa	1cup	8 gm	35 gm	3 gm	222 cal

if you are a vegetarian and want a good source of protein in your diet, you may choose to combine and consume different pulses and grains, quinoa, nuts and seeds, soy bean, tofu and cottage cheese. However, if you are weight conscious and also a rice lover, a better substitute for rice would be quinoa, which when combined with other pulses makes for a healthy vegetarian meal.

**I've heard that tea, coffee, red wine and dairy products should be avoided when you're anaemic. Is this true? If so, what are the healthy beverages I can drink?**

Food choices are very important when combating anaemia. Coffee and tea contain compounds that may affect iron absorption in the body. Excessive tea/coffee hamper the body's ability to secrete enough digestive juices to extract iron from food. And if your body cannot assimilate iron, you become anaemic. Beverages of choice for you may be vegetable juices like Indian gooseberry (amla), mint with coriander juice, wheatgrass juice, carrot, tomato and beetroot juice, and fruit juices like orange or sweet lime and fresh lime water.



Have fruit and vegetable juices if you are anaemic

### BEDDING THE STARS: SARGUN MEHTA, ACTOR

## 'I make do with power naps'

**Do you have a cluttered bed?** No. I hate cluttered beds. My bed has to be clean at all times.

**What kind of sheets do you use?** I like silk and cotton sheets.

**Do you need your eight hours of sleep or can you get by with power naps through the day?** I usually need at least eight hours of sleep but with my current working schedule, I have to make do with power naps.

**Is there one bed thing you carry**

**with you everywhere?** A small pillow, which has a tiger's face on it. I have named it Lucky, and carry it to shoots.

**Do you keep your phone on silent mode when you are asleep?** No, I don't keep my phone on silent mode when I'm sleeping for fear of a sudden emergency.

**Do you sleep with a light on at night?** No, I usually don't sleep with any lights on.

- Kavita Awaasthi



## Marry TIMES

**WHAT:** Wedding reception  
**WHERE:** Taj Mahal Hotel, Colaba

The wedding reception of Gayatri and Arjun Hitkari hosted by Debbie and Arun Hitkari had a celebrity turnout of designers, politicians, businessmen and actors.

Interestingly, Atulya Mafatlal and Sheetal Mafatlal who were involved in mudslinging in public a while back were spotted at the wedding. The menu for the lavish reception included

Malaysian, Chinese and Italian cuisines as well as Indian delicacies like Goan curry, Hyderabad biryani and Lucknowi kebab.



Kamal and Niranjan Hiranandani



Debbie, Arjun, Gayatri and Arun Hitkari



Alka and Surendra Hiranandani

### freeze frame



TV actors Zaheeda Parvin, Divyanka Tripathi and Ashwini Kalsekar attended the launch of the Womaniyaa store by designer Nikhat Mariyam Neerushaa (third from left). Numerous other small-screen stars and TV producer Vikas Seth, who is partner in the store, were also spotted.



Atulya Mafatlal and Sheetal Mafatlal (right)



Abu Jani

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