



# Health & Fitness



pg 15 We tell you the different benefits of the papaya

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pg 18 We tell you how you can make your winter workout more comfortable

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## DECODING THE WINTER BROUHABA

Winter, for us in Mumbai, is not the same as it is for those who live in cooler parts of the world, or even the country for that matter. So, it's only logical that our winter health guides are customised accordingly. **Dev Goswami & Katha Nauriyal** tell you more

**W**e're always complaining about how winter in Mumbai is never as cold as it should be. However, when it comes to winter health guides, we don't think twice before following a standard list of tips — after all, when an article recommends indulging in comfort food to help beat the cold, why would we complain? But, the reality is that we may not need to take such extreme precautions to begin with. Yes, basic steps such as carrying a jacket and eating right to improve your immunity are important, but we usually get that right anyway! Read on, as we find out more about the dietary and skincare changes you need to make to have a smooth sailing winter in Mumbai.

### The winter munchies

We've been led to believe that it's okay to eat more than usual during the colder months. And, logically, this does make sense — your body needs heat during the winter and eating



more will help it produce more heat. However, — and this is important to remember — that is not an argument that applies to Mumbai.

Prachi Sanghvi, a nutritionist who has over a decade of experience and is the co-founder of the myDIETist app, tells us, "It should not come as a shock if you gain three-four kilos over the course of the winter months. However, remember that Mumbai doesn't really see the sort of cold other regions do." What she is getting at is that certain foods that are otherwise beneficial in colder climates, may not be good for you to overindulge in during winter, in a climate such as ours. Here are a few points that you must remember:

- You will crave for carbohydrate-laden and fatty foods that help keep your body warm. However, you don't really

Continued on pg 14 <