

# 365 DAYS, 365 DIETS

Every year, fitness enthusiasts embark on new (and sometimes questionable) diets. **Purva Indulkar** asks wellness experts which of these trends they think will stick around in 2016 and which will disappear

In 2015, social media played a major role in propagating health and wellness trends. Gwyneth Paltrow made kale famous, more people began drinking flavoured water and cold-pressed juices, and everyone finally learned how to pronounce quinoa (hint: keen-wah). But, we also saw a few dangerous trends such as juice cleanses, which sap your body of its energy. As Nigella Lawson once said, "People are using certain diets as a way to hide an eating disorder or a great sense of unhappiness with their own body." And, since 2016 is sure to bring with it a slew of new trends, we've asked wellness experts, nutritionists and fitness experts what trends they think are healthy enough to stay and which ones you should say goodbye to.

## The classic 'balanced diet'

Nutritionist Prachi Sanghvi thinks that the classic balanced diet will become popular this year. She tells us, "I think a healthy diet with a balanced nutritional plan will become a trend in 2016 because over the years (and thanks to the internet), people have become a lot more aware of health issues. They've learned about nutritional requirements and realise that they won't lose weight simply by eating less. People are now swapping junk food for healthier alternatives. They are also aware that different fad diets are temporary solutions to long-term problems. Simply relying on green tea and salads to lose weight is unhealthy. I hope that in the coming year, people stop starving themselves."



>> Instead of drinking cold-pressed juices, you should eat the fruits and vegetables as their nutrients are still intact

grains, cereals, pulses, legumes, milk products, potatoes, sugar of preparation and cooking rather than