



Nutrition Quickies

## Think twice when buying juice

**1 SERVING SIZE**  
 Make sure that the calorie count is per packet/can (most single-serving drinks go by a 250 ml serving). Some labels display calorie counts per 100 ml which could be less than half of a normal serving.

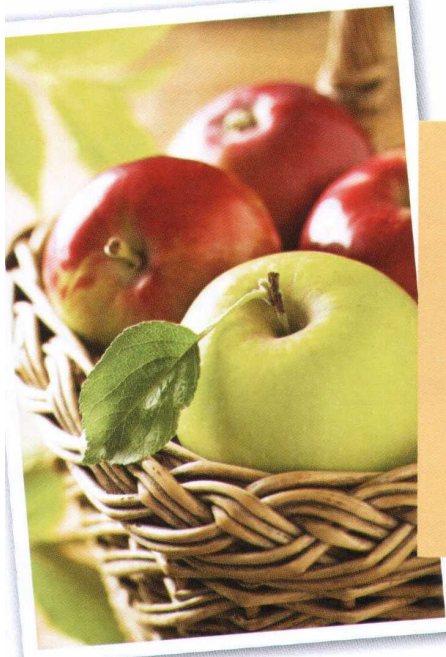
**2 NO ADDED SUGAR**  
 Do not be fooled by this. The juice may still contain artificial sweeteners. Check out the first name on the ingredients list and be cautious if it is sugar.

**3 JUICE OR JUICE DRINK**  
 It is best to consume 100 percent pure juice as it is less processed. On the other hand, juice drinks are often made from concentrate which is then mixed with sugar, water or sweeter juices.



## Goodness of pistachios and pumpkin seeds

Most nuts contain ingredients such as fibre and protein that aid weight loss. Among them, pistachios are the best because they contain oleic acid which decreases your appetite. On the other hand, pumpkin seeds are rich in magnesium therefore they relaxes blood vessels in your brain to prevent and alleviate headaches. Try tossing in some pumpkin seeds the next time you prepare a salad.



## Food boost

Eat more foods with a low Glycaemic Index (GI) such as apples, basmati rice and wholegrain bread. These foods provide you with more sustained energy, leaving you less inclined to snack. They also cause less blood sugar spike, reduce weight gain and decrease your risk of contacting diabetes type II.

## Bananas against HIV

According to a study done by the University of Michigan Medical School, lectin found in bananas (BanLec) may become a component of topical microbicides (a new type of product that can be used vaginally or rectally to reduce a person's risk of infection) to help prevent transmission of HIV and other STIs.

