

# Time to get rid of unhealthy snacking

Archana Mishra, Jul 10, 2014, DHNS : 19:10 IST

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Eat Right

**Namkeens, chips, biscuits and cookies always help in satiating our hunger pangs. But can we ever get say no to these delicious but not-good-for health savouries?**

A survey conducted by Ipsos, a market research company, across six cities found that though people are becoming health conscious they can't keep their hands off unhealthy snacks.

The study covered metros like Delhi, Mumbai, Lucknow, Ahmedabad, Bangalore and Hyderabad on a sample size of 3,012 subjects, split across 20 to 55 years age group, all women. Majority of the housewives polled said they indulge in unhealthy snacking like namkeens, peanuts, chips, biscuits and cookies.

As per the survey 96 per cent of housewives are aware of all the nutrients which are imperative for a healthy life, but only one fifth opt for a healthy snacking option. Ritika Samaddar, a nutritionist says, "This figure suggests a tectonic shift in the mindset of Indian women, who are now at least aware of the requirements of their and their family's health, fitness and overall wellbeing. But, clearly, there are loopholes in implementation and most of them end up giving in to their cravings."

So, what should be the best and healthy options in snacks? Dr Sunita Choudhary, chief dietician and nutritionist, BLK Super Speciality Hospital says, "We cannot ignore snacks from our eating habits. Therefore, it becomes important that it should be healthy. It should be high in fibre and anti-oxidant. Avoid consuming fried food instead go for roasted items. Get in love with sprouts. You can make sprout chat and sandwich."

Even nuts, such as almonds, provide a powerful nutrient package. "All nuts have cardio-protective, anti-carcinogenic, anti-inflammatory and antioxidant properties. Almonds are higher in protein, fibre, calcium, vitamin E, riboflavin and niacin. No way should one miss including this nut in their diet."

Also, tea, coffee and cookies are synonymous with morning snack time but they are very high on the calorie count when compared to other snacking items like nuts and fruits. Therefore, nutritionists suggest munching on nuts or having fruits because they are an instant source of energy.

Nuts like almonds satisfy the urge to eat something and at the same time keep a check on the excess calorie intake as well as cholesterol level. These are important parameters especially for people who have diabetes or heart disease running in their family.