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HOT DESTINATIONS

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# DIET MINEFIELD

All of us face diet pitfalls and until you brace yourself to confront them, you're up against major headwind! The trick is to identify your own diet roadblocks and train your brain accordingly to meet your goals says fitness guru and founder of Body Art Fitness Studio **Nawaz Modi Singhania**

**H**OW many times have you set out on a healthy eating plan only to give up on it (and on yourself) a few days later? There will always be traps and pitfalls galore! Watch out, for it's a minefield out there. It may be the coffee you use as a wake-me-up in the afternoon, the biscuits in the conference room, the birthday cake your colleague brings to the office for everyone to share, or the glass of wine you down at the end of a tiring, stressful day.

## Identifying your diet minefield

Answer "Y" for yes, "N" for no and "S" for sometimes below against each query.

### Stress minefield

- Do you use food to relax after a stressful day to reward yourself?
- Do you turn to unhealthy food when you're upset or stressed?
- Do you overeat to help you sleep?

### Emotional eating minefield

- Do you eat when and because you are upset?
- Do you overeat when you are bored?
- Do you overeat when you are tired?

### Grub pushers minefield

- Do you eat something unhealthy or high in calories because you can't seem to say, "No"?
- Do you cave in to family or peer pressure when people urge you to eat or drink more than you want?
- Do you tend to overeat when with friends or at social gatherings?

### Restaurant minefield

- Do you land up at a restaurant without the faintest idea of what you are going to order?
- Are you going to blow your diet because you're at a restaurant?

### Self-esteem minefield

- Do you feel low about dieting?
- Do you feel deprived when you see others enjoying eating something you know is not good for you?
- Do you feel guilty about not having the motivation to eat right?

### Down-in-the-dumps minefield

- Do you feel guilty, beat yourself up mentally or start starving after you have over-eaten?
- Once you have blown your diet, do you feel discouraged and continue further on the downward spiral?
- Do you find it hard to get back on the diet track?

## Defeating the enemy

Regardless of your diet minefields, you can minimise their effect and increase your chances of success, if you get in the correct frame of mind.

## Put pen to paper

Write down in block letters all the reasons you want to be slimmer. Your list may include things like I want to look great in a bikini, I want my boyfriend to love me more or because of declining cardiac health. Pin this up someplace where you will see it every morning. This is classic brain training. It'll reinforce your motivation and keep your drive up.

## Pre-empt minefields

Before you rush into the day, take a moment to pre-empt the possible diet roadblocks you might be up against. If you know the office party tonight is likely to bust your diet, eat less through the day and have a light dinner before you go to the office party. This way you'll be less tempted by all the fattening pass-arounds.

## Build a memory bank

Keep in mind all the times you stuck to your diet and saw great results. It'll help you stay on track.

## Salvation!

Here are some thoughts on how you can overcome your minefields. Tailor yours according to what you feel will work best for you.

### Grub pusher

When up against someone who says, "Have another gulab jamun. I made it specially for you," don't give in. Try saying, "No thank you. I'm full," over and over again, till they run out of responses. If they really are your well-wishers, they would want what is best for you – great health and a slim, fit you! When someone says, "But it's a special occasion!" your response should be, "Thanks but I'm here for you."

### The devil inside your head

When thinking, "Food helps me destress!" try other destressing techniques like watching TV, taking a soak in the bath, taking a massage, having a cup of tea or spending some time with your kids.

When thinking, "I need to eat to feel better", just think that if you eat when you're feeling down, you'll get only momentary comfort. Instead keep a host of healthy foods around like cut fruits, salads or nuts ready so when the next attack hits you, you reach for the healthy stuff instead! ☺

