

## Wedding Guide

Wedding makes for one of the special celebrations of life for everyone - and one of the highlights of this extravaganza has to be its never ending buffet of sweetmeats, savoury starters, cocktails, lavish meals etc. But before you start enjoying, have a look at this essential guide for wedding celebrations that will may help you make most of the wedding fun and of course lots of food options

### Tips:

- Hang back from anything that includes the words: Stuffed, double, or crispy.
- Salad dressing can make a salad unhealthy. Get it on the side and choose non-cream based, light, or fat-free salad dressings. Best option is to go with olive oil, vinegar and lime dressing.
- Choose stewed, sauté or grilled food instead of fried & baked.
- Prefer whole fruits in place of Fruit juice

### BEFORE GOING TO THE WEDDING FUNCTION

Have one of these items before leaving for the function, this will ensure you don't go overboard with the buffet there:

1 roti and 1 katori daal **OR**

2 fruits **OR**

1 bowl vegetable raita **OR**

Oats dates granola bar **OR**

1 bowl Makhana

### Ideal foods to Choose at a wedding that will not make you gain weight are:

- Vegetable salad with lime, salt & pepper
- Pulse salad like chana chaat etc
- Curd, raita, buttermilk
- Yellow daal, chole chana, rajmah, kadhi
- Steamed rice / Vegetable pulav

*Pick 1 katori from any four of the items mentioned above & make that your plate.*

### Food That Are Allowed:

1. **Soup (Half bowl):** Clear vegetable soups / Tomato soup.
2. **Starter:** Tikka / Kebabs (2 pc) --Paneer, chicken, baby corn, mushroom, Steamed Dhokla, momos, idli.
3. **Main Course:**
  - a) **Roti (1):** Tandoori / roomali roti (no butter)
  - b) **Vegetables (Half katori):** Paneer masala, veg kholapuri, Mix veg sabji , channa masala, chole.
  - c) **Daal (Half katori) :** Yellow dals/ kadhi/ Black daal / daal makhani.
  - d) **Meat:** Chicken low fat curry.
  - e) **Rice (1 katori):** Plain rice / Pulavs / Veg Biryani.

- f) **Salad:** Fresh cut vegetable salad without dressing **Or** Fruit platter.
- g) **Pasta:** Pasta in red sauce (Arrabiata) with vegetables (More veggies, less Pasta).
- h) **Chinese:** Fried Rice (Half bowl) OR Stir fry vegetables (No oil, 1 Bowl).

### COCKTAIL GUIDE

Try and pick one of these options if you plan to consume alcohol. Make sure it does not go beyond 1-2 glasses.

#### ANY ONE DRINK CAN BE CONSUMED

- Bloody mary 1 glass
- Red wine 1 glass
- White wine 1 glass
- Whisky 1 glass.
- Vodka – 2 small ( With water , No tonic water , No soda )

After the wedding if you have gone overboard with the food & indulged, let the next few days contain the following in your diet. - -

- Include more fruits and vegetable
- Take a glass of warm water with 1 whole lemon squeezed with pinch of black pepper in it (thrice a day).
- Limit your salt to 1 tsp and oil intake to 3 tsp a day.
- Include green tea, lime, mint, Herbal, chamomile tea in your day to day routine
- Take a break from alcohol, which is nothing but empty calories that play havoc with your blood-sugar levels.
- Eat fresh home cook meals with more protein in every meal.
- For 1 week, go “ready to eat” free. This will mean do not eat anything that can be consumed out of the packets. Ex. Instant foods, biscuits, instant soups, chips, ice creams, carbonated beverages etc.
- Hydrate yourself well , not less than 2.5 litre of water
- Get moving
- Don't eat the white stuffs (breads, bagels, crackers etc)

*So the good news is that by making a few simple changes, you can still enjoy the wedding season to the full.*