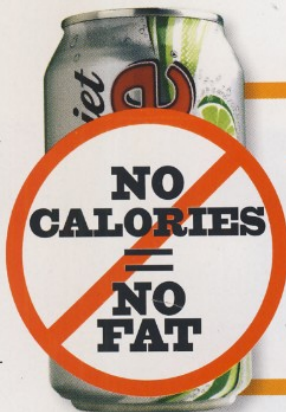


COSMOPOLITAN

Weekend

Food choices made simple, new stuff on gourmet shelves and more!



Cosmo Food

MYTH BUSTER!

Don't binge on fat free foods like chips, biscuits and drinks, just because they scream fat-free! It's very important to read the calorie chart to figure out the count per serving. There is virtually no food item that is fat free, and calorie free! Fat free items are high in simple carbs which are more harmful to health. Healthy food is one that is low in unhealthy fat and refined sugar and high in fiber and not fat free food.

SOURCE: RITIKA SAMADAR, CHIEF DIETICIAN, MAX HEALTHCARE, SAKET, NEW DELHI.

“Which of these **Combos** should you eat?”



Without Dressing

A sub with your choice of veggies and meat is only 200 calories! You can season it with salt, pepper and oregano. If you must add a drink, pick an iced tea at 70 calories.

VS



With Dressing

Adding cheese and mayonnaise piles on an additional 350 calories to your sub, and having a cold coffee to go with it adds another 175 calories.

SOURCE: RITIKA SAMADAR, CHIEF DIETICIAN, MAX HEALTHCARE, SAKET, NEW DELHI.

Frozen Treats

COSMO LOVES Ice-cream screwing your diet? Try frozen yoghurt instead—we love Cocoberry's, with a variety of flavours and toppings to make it yummier—from chocolate sprinkles, kiwis, to mangoes—pick as per your taste. At: 32, A- Block, Defence Colony Market. Coming soon to Mumbai and Hyderabad.



Wine-ing

Exclusive Chilean wines are now making their way into all the major cities in India. Available in 750 ml bottles in price ranges between Rs 2,857 and Rs 5,390. At all leading liquor outlets.

