



Low-Fat vs. Low-Carb

Make brown rice interesting by teaming it with your favourite foods

You know your heart will thank you for dropping excess pounds. But does it care how you do it? In a recent two-year comparison of low-carb versus low-fat diets, people lost the same amount of weight on either plan (seven percent of body weight). But the low-carb group had one important heart gain: more good HDL cholesterol. 'If boosting HDL is important, then a low-carb diet makes sense,' says lead author Gary Foster, PhD, of Temple University, US. 'Otherwise, choose the plan that most appeals to you and focus on sticking with it.' **If you do go low-carb, don't simply replace pasta with mutton.** Dr Ritika Samaddar, senior dietician, Max Devki Devi Heart & Vascular Institute, New Delhi, says, 'Instead of replacing carbs with proteins, swap simple carbohydrates such as white sugar, cornflour, polished rice and maida, with complex carbs such as brown rice, daliya and oats. Don't completely write carbs off from your diet.'

Are You Taking Proper Dental Care?

'In a recent survey, we were surprised to find that most Indians don't give much importance or time to brushing their teeth. Yet, it is a vital step for dental health. A technically sound toothbrush and fluoride-based toothpaste are essential tools. And, since India is the diabetes capital of the world, you need to be extra careful, because there is a well-documented link between diabetes and gum diseases. All dental diseases are preventable, if diagnosed in the early stages. So be regular with your visits to the dentist,' says Dr Paul R Warren, vice president, Global Professional & Scientific Relations, P&G Professional Oral Health.

5 MAJOR DENTAL AILMENTS

- 1 Tooth decay and gum disease
- 2 Bad breath
- 3 Tar and staining of teeth
- 4 Sensitivity to heat and cold, especially as you grow older
- 5 Oral cancer

TAKE CARE TIPS

- Brush your teeth twice a day for at least 2 to 3 minutes.
- Don't use a hard bristle toothbrush or poorly constructed one. Buy quality brand toothbrushes only.
- Make sure that your toothpaste has fluoride in it. It is very important for your teeth.
- Visit a dentist at least twice a year.
- Keep a check on your sugar intake. It is the primary reason for tooth decay.
- Avoid cigarettes and chewing tobacco.
- Avoid using toothpicks or sharp metal pins to clean in between your teeth. They injure your gums and may lead to tetanus.
- Floss! Although brushing your teeth helps, the bristles don't completely dislodge the plaque formed in between the teeth. Flossing does this effectively, and prevents gum diseases.
- Chewing gum is good for your oral health, as long as it is the sugar-free variety.

Don't use a hard-bristle toothbrush



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