

## NOT SO COMFY AFTER ALL

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**Sharmila** | actress

When I'm very low, all I need is a bar of chocolate. That has been my comfort food for several years now.



**Aindrita Ray** | actress

Chocolate in any form can get rid of my blues. It could be liqueur chocolates, to just about anything with cocoa.

» **Sheela says:** It's not hazardous to have chocolates, but large quantities are. Try bitter chocolate when you feel low, as they are more low cal.



**Tilak Shekar** | actor

Usually, I don't indulge in comfort food, but when I'm shooting, I need Red Bull to keep me going. Though I drink tea too, it's becomes a matter of convenience. Red Bull is available everywhere and it is easy to carry a can to the sets.

» **Sheela says** Red Bull contains a high level of caffeine and has no nutrients to keep your energy levels high. Tender coconut water or an of fizzy fruit juice works better.

Feel the need to grab a bag of chips when you need some comfort? Think twice! While comfort food is everyone's weakness, it need not be very good for you. Nutrition experts **Sheela** and **Anjali Phatak** help you understand the dark side of your comfort food...



Keep it safe: Model Tupur Chatterjee likes her fresh fruits, tender coconut water and boiled eggs to satisfy her hunger pangs



Comfort food only gives satisfaction and has nothing to do

with the health aspect. Generally, people try to find comfort in sweets or junk food, which only provide satisfaction to their tastebuds. Even after having a good meal, they are not satisfied and eat something that can give them that feeling of fullness. They should have small meals at regular intervals and include more fruits and fibre in their diet on a daily basis.

**Anjali Phatak**, clinical nutritionist, Fortis Escorts Hospital



**Sangeeta Juneja** | businesswoman

I love spicy food and so Chinese is at the top. I like puddings and cakes as they just melt in the mouth and can really make me feel happy, even when I am not. Baked Alaska from Niros is the ultimate thing to eat.

» **Anjali says** Instead of using refined flour noodles, which is constipating, use whole-wheat noodles. Add seasonal vegetables and your comfort food can become healthier.



**Abhishek** | businessman

I am addicted to chocolates. And it is clinically proved that chocolate can really lift your low spirits. And I have no qualms in saying that I indulge in gorging twice a week. Even if I am travelling, I don't forget to keep a bar of dark chocolate with me.

» **Anjali says** It is antioxidant, but only if taken in a certain quantity. Otherwise, it is full of calories. It would be better to replace it with some sweet fruits.



**Pallavi Bose** | food critic

I love anything that is sweet, be it a strawberry cake or any fluffy cake. It helps me calm down and boosts my spirits. I also like to have candy in light pink or mauve. It is proven that sugar can do wonders to make people happy. After 9/11, the sale of candies had gone up.

» **Anjali says** The maida and sugar is not good from cardiac point of view. If you can't hold back, then have a piece of date or fig cake. Candy can give you a mouthful of cavities.



**Shivani Pardal** | chef

Dark chocolate is my favourite. It is neither too sweet nor too bitter, and gives energy too. After all, it's the food of gods! That is why I always carry my comfort food in my bag.

» **Anjali says** Dark chocolate has antioxidants, but at the same time it is also loaded with calories—in the sugar, fat and butter. But if you have a craving, don't exceed the limit of more than 20 gms. Fruit custard and sweet fruit would be better options.