

Bowler attack

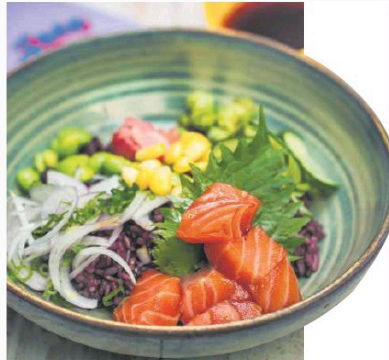
Plates are now passé, if you look at the number of restaurants going with the meal-in-a-bowl concept

26 Mar 2018 [+1 more](#) :: Preeti Zachariah

When you're in doubt about whether something's trending, look to social media. So it's confirmed then: From varicoloured smoothie bowls topped with fresh fruit, nuts and chia seeds to chickpea-topped, vegan Buddha bowls bursting with flavour or Korean Bibimbap that literally translates to mixed rice with meat and vegetables, bowls are in, and how.

The latest entrant to this bowl boom is the Poke, a Hawaiian staple that consists of cubed fish, traditionally eaten over a bowl of rice, topped with vegetables and some sauce. "Think of it as deconstructed sushi," says Bengaluru-based nutritionist, Shalini Manglani Alwani, adding that it is an extremely nutritious and balanced meal.

Delhi-based sports nutritionist, Lovneet Batra, agrees. "You get a boost of nutrients with it: the anti-oxidants from the vegetables, a good portion of protein and healthy carbs," she says, pointing out that since it is eaten closer to room temperature than



a salad, it is a more satiating meal. "Also, the sauces used are much lighter than your typical salad dressing," she says.

While traditionally, the protein used is raw fish and the grain thrown in is rice, you can take the same concept and play around with different ingredients more suited to your own taste. "While Guppy looks at a Japanese flavour, there's nothing stopping you from building your bowl with the flavours of your choice," says Chef Vikram Khatri, chef of the recently-opened Poke Bar in Delhi. Here is how you do it.

Begin by adding in your protein — seafood usually, though tofu, chicken or paneer should work too. "Then add the grain (black

rice, barley, millet or quinoa, or a mix of two); textures — butteriness from avocado, crunch from pickled cucumber, wasabi peanuts, wonton crisps, sesame seeds, prawn crackers, for instance," he says.

Throw in the vegetables — green leaves like kale and seaweed are highly nutritious — and bring it all together with a dressing. And don't forget to click and post before you dig in.

The only thing you need to watch out for is storage. "Since there are a lot of raw elements in the meal, remember to refrigerate and look after it correctly," says Alwani. "You don't want to get sick."

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Eat the rainbow

Because you just may find a pot of gold at the end of it, after all!

∴ PREETI ZACHARIAH

So, it's official, we simply don't eat enough fruits and vegetables. A recent survey conducted by mobile health and fitness platform, HealthifyMe, confirmed as much, with the average consumption of fruit and vegetables decidedly less than the recommended five. Patna at 1.63 servings ate the most fruit, while Nagpur at 1.2 servings ate the least. Kerala's reputation as a meat-centred population may not be unfounded, with both Thiruvananthapuram and Kochi eating only 1.45 servings and 1.57 servings of vegetables a day.

The most recent National Family Health Survey, released by the Ministry of Health in 2016, confirms as much, with less than half (47%) of Indian women, consuming green, leafy vegetables on a regular basis.

"Your body needs both macronutrients and micronutrients to function effectively," says Bengaluru-based clinical nutritionist, Dr Anju Sood. Macronutrients, which, as the name suggests, are substances needed in large quantities, give your body energy to perform its essential functions and help the body grow and repair itself. Fats, carbohydrates and protein fall under this category. Then you have the micronutrients, substances that are important, but are needed in far less amounts. But

they are needed for overall wellness, as they aid in metabolism regulation, enzyme and hormone production, enhance bone density and perform a whole lot of other tasks. These include your vitamins, minerals and phytochemicals. Eating plenty of fibre-rich fruits and vegetables is a great way to get in your micros, agrees Dr Sood. And, let's be honest, they do look pretty on your plate too. So, eat the rainbow, as they say. And here's how (and why) you do it.

Red love

"Red fruits and vegetables like watermelon and tomatoes are very rich in lycopene, a very powerful antioxidant," says Dr Sood. Since antioxidants help combat the effect of free radicals that cause cellular damage, they are believed to help prevent heart disease, ageing, and cancer. Also, many red foods contain beta-carotene, the precursor to Vitamin A, "a very important fat-soluble vitamin that our body needs," adds Bengaluru-based nutritionist, Shalini Manglani Alwani. "Vitamin A supports growth, vision and protects you from diseases," she says.

Sunny goodness

The subtle sweetness of pumpkin, the tang of citrus fruits like orange,

es, lemons and tangerines, the tropical goodness of jackfruit, papaya, mango or pineapple... these don't just taste delicious, but they are extremely good for you. Yellow and orange fruits are again very rich in beta-carotene, says Dr Sood. "That is why we tell children to eat a lot of carrots," she says. Citrus fruits, additionally, are powerhouses of vitamin C, which helps in collagen formation and aids natural healing, says Alwani. Gorgeous skin anyone? Eat lots of yellow.

Supergreens are here

Wonder why green juices and smoothies have been doing the rounds? We really don't get enough of them though. We should, says Alwani. It is rich in a variety of micros, including, "Vitamin A, beta-carotene, vitamin K and E, folic acid, vitamin C, calcium, sodium, potassium, magnesium, and iron," she says.

From bone and teeth health to aiding brain function, oxygen transportation and enzyme cataly-

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Eating plenty of fibre-rich fruits and vegetables is a great way to get in your micros

sis, greens are great for you. "The green colour comes in because of chlorophyll, which has a strong antioxidant and anticancer effect," adds Dr Sood. So yes, your grandmother was right about the *keerai*.

Purple power

Blueberries, eggplant, purple raisins and grapes, onions, beetroot and plums get their colour from a blue pigment called anthocyanin, says Dr Sood.

Anthocyanin, a powerful antioxidant, has been linked to increased longevity, better brain health and reduces liver damage, among other things. They also contain resveratrol, a flavonoid antioxidant that protects the inner linings of your arteries.

