



Tips for a healthy New Year

Breakfast

Top your favourite cereal with fresh berries/fruits such as strawberries, raspberries, dates, fruit slices for an extra vitamin boost. As berries/fruits contain natural sugars there is no need to add more sweetness.

If you don't have time to eat at home then why not make a quick breakfast smoothie using milk or yoghurt, a banana and some oats - blitz them in a blender and drink when you get to your desk.

Use spices like nutmeg and cinnamon to sprinkle over cereals, or add ginger to tea reducing the need for extra sugar.

Snacks

Try breaking up a granola bar and smothering with yoghurt and adding some fruits for a complete meal

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MAGTRENDS
Check out our Salad Bar*
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INSIDE

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2012

and what a good year it's going to be, and I wish this for all. After weeks of gorging on the festive delicacies it's time to get healthy. They say, "Moments on the lips forever on the hips", about time to lose some of those extra love handles that we have put on. So if not anything else I wish each one of you a healthy start and a healthy finish to 2012. This issue, proudly to say our third, has a special section on healthy eating and we urge you to read "Tips for a healthy new year". As we march on would like to keep you aware of two new stores launching soon and its our foray into the south. Watch this space for more.

Happy, Healthy reading and I'm going back to munching my carrots and cucumbers!!

Andrea Maganlal

Tellings



Chef Vasquito's
Special spicy
honey glazed
Roast Chicken

Serves 8

Prep time 2 hours 15 minutes including marination

Cooking time 60 minutes including 10 minutes rest.

Ingredients

Whole chicken 1.5kg

Garlic paste 20gm

Pepper corns crushed 10 nos

Rosemary chopped 1 tsp

Chilly powder 1 tsp

Salt to season

Oil 1 tbsp

For glaze

Honey 4tbsp

English mustard 2tbsp

Kashmiri chilly flakes 1 tbsp

Directions

- ♦ Dress chicken clean and wash.

- ♦ Mix together garlic, pepper, chilly powder and rosemary apply to the chicken and marinate for 2 hours

- ♦ Pre heat an oven to

200C /450F

- ♦ Place the chicken on a greased tray and bake in the oven for 30 minutes

- ♦ While the chicken is cooking combine all ingredientd for the glaze and whisk together.

- ♦ When the chicken has

Homely Chef

cooked for 30 minutes, pull it out and use a brush to glaze the chicken with half the glaze.

- ♦ Put it back in the oven and cook for a further 15 minutes. Let it rest in the oven shut off for a further 10 minutes.

- ♦ Take out the chicken use a brush for the remaining glaze.

- ♦ Serve with mash potato and tomato and cucumber salad.



Nalini Lemos Elvino de Sousa & Dr Bossuet Afonso

From Lisbon, with love...

Of Goan lineage, Nalini was born in Lisbon, Portugal, and moved to India. She is a multi-faceted personality who delves wholeheartedly into many projects and activities in media and education. She was directed, anchored and produced over 100 episodes of the series "Contacto Goa" For RTPi. Besides producing short films for IFFI and series for local television under the Lotus Films & TV Production banner, Nalini has been in the midst of most things Indo-Portuguese including owning a shop, 'A Nau'. She is the president of Comunicare and head of Lotus Libri, a publishing enterprise. She is married to Dr. Bossuet Afonso and has two children, Anish and Maya.

Chosen Ones

Dr. Bossuet Afonso, is a well known surgeon. He has a clinic - Campal Clinic - where he practices in the evenings. He divided his time between many hospitals in Panjim, Porvorim and Dona Paula.

He loves reading and spending time with his children during the weekends. He loves kayaking and trekking.

He has a love for food and likes to experiment dishes from all over the world.

Health Tips: Avoid white rice and white bread and try to include in the diet a lot of fruit, wheat bread (instead of white bread) and brown rice. Avoid sugar as much as possible.

Oliver Sean's Quiz

Winner: Alison Gama (Porvorim), Hitesh Naik (St. Inez), Sam Smith (Dona Paula)
(Winners may collect their prizes from Hymart)

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SNAPTURED



▲ Students of Nirmala School visited Hymart for a **Mini Shopping Experience**

◀ Lucky customers with their prizes for our Christmas promotion **12 Days of Christmas**



SANTA'S FAVOURITES

Winners of 12 Days of Christmas

Mahesh S	Margaret D'Souza
Anushka Nayak	Jogesh Kerkar
Maria C Magalona	Mahua Das
Charu	Arnold Fernandes
Caetano Dias	Kevin Rodrigues
Anup	Sarfaraz

Winner of a Washing Machine in the Ariel Contest
Ms. M. dos Santos, Caranzalem



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Bet you didn't know!

- Skip buffets. Make eating out a social event, not an all you can eat event!
- Grill, steam or bake instead of frying.
- Choose fruit for dessert.
- When eating out, share an entrée with a friend.
- Remove skin from chicken to lower the fat content.

Source - Internet

Tips for a healthy New Year

Contd from pg 1
in one bowl.

Substitute sugary snacks with sweet tasting fruits such as peaches, berries or other seasonal offerings.

Bananas are full of potassium and fibre making them the ultimate convenient, nutritious snack and great energy booster.

Lunch

Top crisp breads with tuna, light mayonnaise, tomatoes and black pepper for a delicious and hearty lunch.

Soups are a great lunch time snack and easily to pop in your bag so you also have an alternative to a fast food lunch.

Dinner

Since your metabolism slows down towards the end of the day, try to eat a light dinner at least 3 hours before bedtime.

Make sure that you have had enough water before you go to sleep to avoid being dehydrated when you wake up.

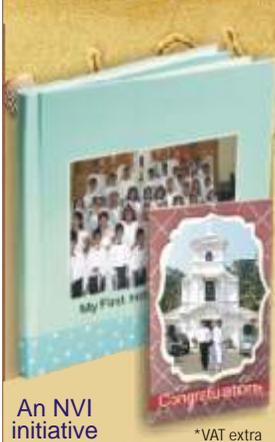
Dark chocolate is said to contain high levels of antioxidants- so next time you have a chocolate craving swap milk chocolate for dark - it is good for you after all!!

Use a non stick pan if you want to reduce the amount of oil needed when cooking

To get children to eat more vegetables why not hide them: Puree red peppers or carrots and add to tomato sauce for pasta or shred carrots/cucumber/zucchini into muffins or breads (with the added benefit of keeping the bread or muffins moist!!)



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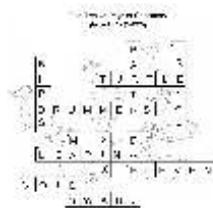
e	l	a	p	n	y	e	s	r	w	b	o	oatmeal
m	a	n	e	a	t	g	b	e	m	l	i	minerals
i	r	s	a	s	y	r	e	e	a	a		fiber
e	b	t	l	a	i	t	e	e	e	e	a	bread
s	s	o	i	i	e	t	a	b	n	r	e	energy
l	f	r	e	n	a	a	d	r	a	e	e	celate
c	n	t	a	t	e	d	x	a	f	c	a	cornmeal
r	s	i	e	r	g	r	a	i	n	s		cornstarch
e	e	l	o	h	w	e	a	r	b	a	r	whole
x	r	i	a	e	m	t	a	o	e	l	a	exercise
e	t	a	r	d	y	h	o	b	r	a	c	protein
m	i	n	e	r	a	l	s	x	n	b	i	grains
												carbohydrate

Child's Play

Issue 2 Winners:

Sonia Mascarenhas & Alice Mascarenhas
(Winners may collect their prizes from Hymart)

Answers of Issue 1



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