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Suraj Pancholi

YOU ARE STRANGERS TO THE FAMILY

This may happen only in due course, but in serious relationships (unless there is an intercaste Bollywoodesque angle involved), your partner would eventually like you to meet his siblings and parents. "Loving relationships tend to be inclusive," observes Winter. If you notice that your lover has no intention or inclination to introduce you to his family, or isn't curious about getting to know the people who matter to you, there might be a problem. "In India, romantic relationships tend to seek social sanction," says Sawnani. "When your partner doesn't introduce you to the family after you've been together for long, s/he may have commitment issues."

Travelling together tells if you can talk to each other for hours, and be comfortable with silences



SALONI SAWNANI, CLINICAL PSYCHOLOGIST

YOU HAVEN'T TRAVELLED TOGETHER

Travelling is not just about spending alone time, it also points to shared interests, and having the will to plan ahead. It indicates that you are comfortable being together for long periods, giving you a fairly accurate indication of how you stand on intimacy and compatibility. "It tells if you can talk to each other for hours, and be comfortable with silences between each other," says Sawnani.

Jiah Khan



Cosy up to the power couples

Nine food combinations that will make staying healthy and looking fit easier

COMBINATION Eggs and Mango

GIVES YOU: Firm skin
There's no need to apply several products to get good, firm skin. Just eat some eggs and mango, especially now that the fruit is in season. Eggs are naturally rich in amino acids that are essential for formation of skin-plumping collagen. And mango, which is rich in Vitamin C, works with these acids to boost collagen production. This helps build back lost stores in the body, which can significantly improve the appearance of skin.
DO IT RIGHT: To give a boost to your next breakfast, pair an omelette with a cup of fresh mango chunks, which supply nearly an entire day's supply of Vitamin C.



COMBINATION Broccoli and Tomatoes

GIVES YOU: Protection against cancer
Both are individually known to have cancer-fighting properties, but research has shown that together they are the Hulk of cancer-fighting foods. Scientists found consuming tomato and broccoli at the same time was more effective at slowing the growth of cancerous prostate tumours than eating either vegetable alone.
DO IT RIGHT: Have one-and-a-half cups of broccoli along with two-and-a-half cups of fresh tomato, with pizza or spaghetti.

COMBINATION Oatmeal and Strawberries

GIVES YOU: A healthier heart
Oats contain two important phytochemicals called avenanthramides and phenolic acids, which are known to work with Vitamin C to reduce harmful effects of bad cholesterol and help prevent plaque build-up that lead to heart attacks.
DO IT RIGHT: Enjoy a half cup of sliced strawberries with your morning bowl of oatmeal.



COMBINATION: Green Tea and Lemon

GIVES YOU: A healthier heart
Green tea, a rich source of powerful antioxidants called catechins, is known to help improve the heart's health. However, according to studies only about 20 per cent of these compounds are absorbed by the human body. Adding lemon juice to green tea has been

shown to increase the catechins level to 80 per cent.
DO IT RIGHT: After brewing yourself a cup of green tea, squeeze in the juice of one whole lemon.



COMBINATION Cinnamon and Whole Grain Toast

GIVES YOU: Extra energy and quicker weight loss
Sprinkling cinnamon on your toast may help keep your blood sugar at a healthier level, which prevents dips in your energy and spikes in your hunger level. In a study published in the American Journal of Clinical Nutrition, cinnamon was found to slow the rate of stomach emptying after meals and reduce the rise in blood sugar after meals to negate more bingeing later.

DO IT RIGHT: Use whole grain bread, trans-free margarine and a teaspoon of cinnamon.

COMBINATION Garlic and Onions

GIVES YOU: Full-body protection
Both these veggies contain a number of organosulfur compounds and heart-healthy plant chemicals that help keep arteries free of plaque. Some of these compounds have even been studied for their power to detoxify carcinogens in the body.
DO IT RIGHT: Most Indian cooking combines the two, however if you are in the mood for something else, the combination even works for soups and sauces.

COMBINATION Green Tea and Black Pepper

GIVES YOU: A slimmer waistline
Forget crash dieting. After your next meal sip a cup of green tea with a little black pepper thrown in. The combination boosts the absorption of EGCG, a key antioxidant in tea tied to calorie burning, by 130 per cent. Experts say the compounds in green tea can affect the hormones that regulate hunger and fullness.
DO IT RIGHT: Studies say as little as a half-teaspoon of black pepper can increase the absorption of tea's beneficial compounds.

- Daily Mirror