

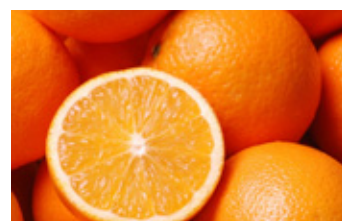
Veggie delights

How vegans can get calcium

IF YOU ARE a vegan and can't include milk in your diet, then calcium is one nutrient your body will miss. Try kale, orange or soy milk for a healthy calcium supply. Calcium keeps bones and teeth healthy and strong, and around 1,000 mg of calcium per day is advisable for those aged between 19 and 50. It's the equivalent of about three glasses of milk, but for vegans, there can be more options, reports femalefirst.co.uk.

There are few food items that can help calcium supply for the body:

• **Kale:** Just one cup of raw kale has 90 mg of calcium so three cups will give you more than one cup of milk. Great for salads and smoothies, it is an easy food to include in your diet.



• **Oranges:** Just one orange has 60 mg of calcium, so snacking on this citrus fruit through the day will get you close to your target. Or why not enjoy a glass of fortified orange juice in the morning?

• **Soy Milk:** It's a dairy free alternative that contains 300 mg of calcium, just like a normal glass of milk.



• **Oatmeal:** It's full of fibre, filling, and helps keep your heart healthy. Just one packet of this has 105 mg of calcium. Just watch out as most porridge is not suitable for milk allergy sufferers or vegans so choose wisely.

• **Soy Beans:** One cup of Soy milk contains 261 mg of calcium.



• **Almonds:** It helps encourage weight loss and reduce cholesterol.



• **White Beans:** Only half a cup of white beans have 100 mg of calcium and they look like they do too!



• **Figs:** These are high in fibre and iron but also give you 55 mg of calcium in just two figs.

• **Broccoli:** This green vegetable has 180 mg of calcium in only one cup so when you were told to eat your greens as a child, your mother was actually thinking about your teeth and bones. IANS



ALIGN YOUR LIFE

The story of fish

MOVING WATER HAS always been auspicious in Feng Shui. Many hotels, resorts and restaurants all over China and Hong Kong have large fish tanks or ponds full of colourful fish. Many of my clients have created huge aquariums at home to accommodate fish, while some have created small ponds in their backyards. Having water and fish in your surroundings leads to new opportunities and improved work environment. The question is, what fish are considered to be good in Feng Shui and how many can be placed in an aquarium?

To understand this, you must first understand what fish are considered good and why. Let's start with the arowana fish, which is also known as dragon fish. The scales of this fish are colourful and metallic and the shape is long. As per ancient myth, arowana absorbs negative energy and protects the residents of the house from any calamity. Though this is only a myth, this fish is by far the favourite of all Feng Shui consultants. Normally in a big tank, one big arowana fish is displayed, as this fish is aggressive and tends to eat small fish.

The second most popular fish used in Feng Shui is the goldfish. Due to its gold colour, this fish is believed to have good effect on prosperity and wealth. The bright orange and gold colours are believed to attract good opportunities and bring about calming effect in the surrounding environment. It is suggested to place eight goldfish in a tank and add one black colour fish in addition to the eight fish. Number eight is considered to be the number of prosperity, as in the Mandarin language, the pronunciation of this number rhymes with the pronunciation of the word wealth. Therefore placing eight goldfish in an aquarium is considered to be lucky. The extra blackfish is added in the aquarium to ward off bad or negative energy.

Then we come to outdoor ponds. The most preferred fish for outdoor ponds is the carp. As per ancient Chinese legend, a carp jumped out of the ocean to cross a gate and turned into a dragon. As a result of this legend, the carp is considered to be closest to a dragon and is extensively used in outdoor ponds and large aquariums to attract wealth and prosperity. So when planning a home or a garden, why not look at incorporating an aquarium or a fishpond. Besides being of significant importance in Feng Shui, these can also create harmony and a feeling of peace in your environment.

Shivani Adalja is a Dubai-based wellbeing expert. She runs the Alignment Institute which offers effective solutions that focus on stress management and overall wellbeing. Email align@shivaniadalja.com.

Hue's the boss?

Crazy hair colours disappear from red carpet



LAST YEAR'S RED carpet events saw Hollywood stars sporting rainbow hued hair colours like slime green and shades of purple. But this year, celebrities seem to be taking a much more subtle approach.

"I noticed that hair colour is a lot more conservative this year," eonline.com quoted celebrity colourist Jennifer J as saying. "Now though, it is not pastel pink or blue that we are used to seeing. It is natural pastel colours."

"Amy Adams didn't go for her bright and vibrant copper red colour. She wore a more muted tone. You will notice that Jessica Chastain followed this trend as well...beautiful and subtle yet stunning," she added.

Chastain, whose coppery red hair was slicked back for the 2014 Golden Globes, wore her locks in long waves to one side at the 2015 Golden Globes (pictured).

Anna Faris, Rosamund Pike and Diane Kruger followed suit as blondes, with the latter even featuring strawberry-tinged tones at the 2015 Critics' Choice Awards.

Even with this more muted trend, Jennifer says any coloured hair must be dyed evenly and styled "a little bit more conservatively" for a glamorous, smooth, frizz-free effect expected on the red carpet.

"Hair colour can be beautiful in all shades and colours, but the most important thing is that it works with your skin tone, even if it is lavender," said Jennifer. IANS

