

The sky is the limit when it comes to the dreams that children can have! It is the job of their teachers, parents, and other adults in their lives to help foster their dreams, encourage open minds, and assist them in building the skills that they will need to contribute to the world in the future. Dream Big Day is an initiative meant to break down barriers, promote diversity, improve social mobility, and make the world a better, more inclusive place for anyone to aim high and achieve their dreams!

### #LIFESTYLE

## Foods you must never ever have with tea

Who doesn't love a cup of *chai* with their favourite tea-time snack? But, you must choose what you put into your body, wisely!



Tea, a beloved beverage enjoyed across India, is often accompanied by a variety of snacks and foods. However, did you know that while some foods can enhance the flavour and experience of a good cuppa, others can have a detrimental effect, diminishing the tea's aroma, altering its taste, or even interfering with the absorption of its beneficial compounds. Understanding which foods to avoid consuming with tea is crucial for fully appreciating this age-old beverage. By being mindful of these combinations, tea enthusiasts can ensure that they savour every sip while avoiding any unpleasant flavour clashes or potential health concerns. Here are six foods that should always be avoided when consuming tea.

**Citrus Fruits**  
While adding a slice of lemon to tea can be beneficial, consuming large amounts of citrus fruits alongside tea can lead to digestive issues. The high acidity of citrus can cause heartburn or indigestion when combined with the tannins in tea, which also possess astringent properties that may irritate the digestive tract.

**Processed and Sugary Foods**  
Foods, high in processed sugars and artificial additives, can diminish the health benefits of tea. The high glycemic load of these foods can counteract the stabilising effects of tea on blood sugar levels. Additionally, excessive sugar intake can lead to an increased risk of metabolic syndrome and obesity, which counteracts the benefits of drinking tea.

**Spicy Foods**  
Pairing spicy foods with tea can exacerbate gastrointestinal discomfort. The tannins in tea can irritate the stomach lining, and when combined with the capsaicin in spicy foods, this can lead to increased stomach acidity, indigestion, and heartburn.

**Cold foods**  
It's important not to pair cold foods with hot tea, as the contrasting temperatures can interfere with digestion. Eating foods at different temperatures simultaneously can disrupt your digestive system and potentially cause nausea. To prevent this, wait at least 30 minutes after drinking warm tea before consuming anything cold.

### Different types of Teas and their Interaction with Food

**Black tea** is high in tannins, which can interfere with iron absorption and cause digestive issues, if consumed with iron-rich or highly acidic foods. It pairs well with mildly flavoured foods and dairy products, although the latter can reduce its antioxidant benefits. **Green tea** has a slightly bitter taste and contains a moderate amount of tannins. It pairs well with light, fresh foods like salads and fish. Avoid pairing it with dairy products to preserve its high antioxidant content.



## Choice has an upside to it



**Anjali Sharma**  
Senior Journalist & Wildlife Enthusiast

But, is a **vegan diet** healthy? Yes, say a lot of health studies. Vegetarian and vegan diets cause significantly lower rates of ischemic heart disease and cancer. Vegans also have healthier guts, gentler menopause symptoms, lower stress levels and greater weight loss. Vegan diets are rich in dietary fiber, magnesium, folic acid, Vitamin E, iron and phytochemicals, and have been known to reverse diabetes.

However, there are a few problems with going completely vegan. Veganism relies heavily on soy beans, soy milk, soy cheese, soy protein, soy cereal, and tempeh. Soy is rich in phytoestrogen, and so using too much soy can cause hormone imbalances. Moreover, these soy-based foods are more like fake foods because they contain many ingredients and are highly processed.

because its deficiency causes severe and irreversible damage, especially to the brain and nervous system. In 2001, a 10-month-old baby died from being fed an exclusively vegan diet. Children on an unbalanced vegan diet are prone to anemia, rickets or cretinism, while adults may get osteomalacia or hypothyroidism among other things.

But with good planning, vegan diets can be healthy. For instance, nutrition supplements can be taken that provide essential fatty acids, iron, zinc, calcium and vitamins B-12 and D. In fact, the American Academy of Nutrition and Dietetics, dietitians of Canada and the British Dietetic Association regard well-planned vegan diets as appropriate for all stages of life, including infancy and pregnancy.

There is another aspect to veganism, the environmental impact. It is a little acknowledged fact that raising animals for food requires massive amounts of land, food, energy and water. According to the People for the Ethical Treatment of Animals (PETA), a lot of water and land is used up in growing crops for ani-



### #ETHICENTRICITY

mals or for grazing livestock. Firstly, the growing demand for meat drives deforestation and destruction of species-rich habitats to increase the land available for agriculture. Animals also consume a lot of water. It takes 683 gallons of water to produce just one gallon of milk, while it takes 2,400 gallons of water to produce one pound of beef. But it takes only 244 gallons of water to produce one pound of tofu. Also, huge reserves of grain go to feed livestock, which could otherwise be used to feed humans. Adding to all this, the cruelty to the animals themselves, the danger to public health by the overuse of hormones and antibiotics in meat pro-



duction, and the pollution caused to air and water, veganism seems to be the way to go in the future. However, this seemingly benign practice has its own problems. There is the problem with malnutrition, but it is something that can be overcome. Then, there is the question of ethics. Unfortunately, 'Death feeding Life' is a primary law of Nature, and impossible to stop in its tracks. Even in the production of vegan food, rats, rabbits and other subterranean animals will be killed. Next, while vegetarian and vegan diets do consume fewer resources to produce, they need a large quantity of good quality agricultural land. And let us not forget that

huge tracts of poor quality land all around the world, which can sustain only grass, can still support cattle, thus being useful in producing food for a population, which is seven billion and counting, worldwide. Practically speaking, veganism can pose some difficulties. The main thing is that you have to become more aware of what you are consuming. And you have to be specific about animal products being used. For example, you may not order a meat dish at a restaurant. But you may not be aware that lard or pig fat is used to make pie crusts, and meat stock is used to make soups, even vegetarian soups. However, in the West, the

concept of veganism is understood everywhere to some extent or another so ordering a menu is relatively painless, just ask for the vegan items they serve. Plus, they have a number of fake meat products, like fake bacon, fake cheese and so on, made with plant-derived products. As Indians in India, it is actually very easy for us to go **vegan** in our diet. Delicious vegetarian food is already available, and we only need to make sure that our food has no milk, butter, ghee or paneer in it. Finding it difficult to cook favourite Indian dishes without these? There are some substitutes available. Instead of milk, you could use soy, rice, coconut or almond milk. For *paneer*, you can substitute tofu. And *jaggery* can be used instead of honey and sugar, if you suspect that sugar has been refined with animal bone charcoal.

There are also vegan recipes galore from traditional to fusion foods. When I searched online, I hit upon a **vegan butter chicken** recipe with *soy curls* and *channa* almost instantly. There are also delicious recipes for pies, puddings, *kheer*, cakes and cookies.

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Okay, still finding it hard to go vegan in your food? You don't have to go all out and change your lifestyle completely. Instead, you can act on being more compassionate by going vegan a few days every week, and by cutting down your use of animal products. As for other products like cosmetics, soaps, perfumes etc., just be sure to look for organic or vegan products. Amar, Colgate and Vico make vegan toothpaste. SoulTree makes *ayurvedic* lipstick and *kajal*, Kama Ayurveda makes *ayurvedic* face cream, soap, moisturiser, and so on. You can also order most of these products online.

When it comes to veganism, the bottom line is compassion. It is the wish to live in harmony with other living beings, recognising that though they may not be your equal, they still have a right to life. In this quest, there are bound to be some rough patches and hardships. But the feeling of satisfaction that you get is immeasurable.

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In the words of Gary L. Francione, distinguished professor of Law at Rutgers University School of Law, Newark, "Veganism is not about giving anything up or losing anything. It is about gaining the peace within you that comes from embracing non-violence and refusing to participate in the exploitation of the various aspects of nature and its beings."

For the vegan enthusiast, the options for food are not at all limited. The foodie sites are teeming with sumptuous recipes to tease any palate, even the non-vegetarian. **Concluded.**

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### #J'ADORE

## Brown Range Ne!

A girl can never have too many lipsticks!

Lipsticks are a girl's best friend. They can instantly light up your face and make you go from zero to hero in a flash of seconds. But finding the right shade for dusky skin can be a little tricky. Lipstick is probably the second thing that people notice on your face after your eyes. So, the right shade has the power to baffle others. Here's listing the top five lipsticks that are perfect for brown skin.



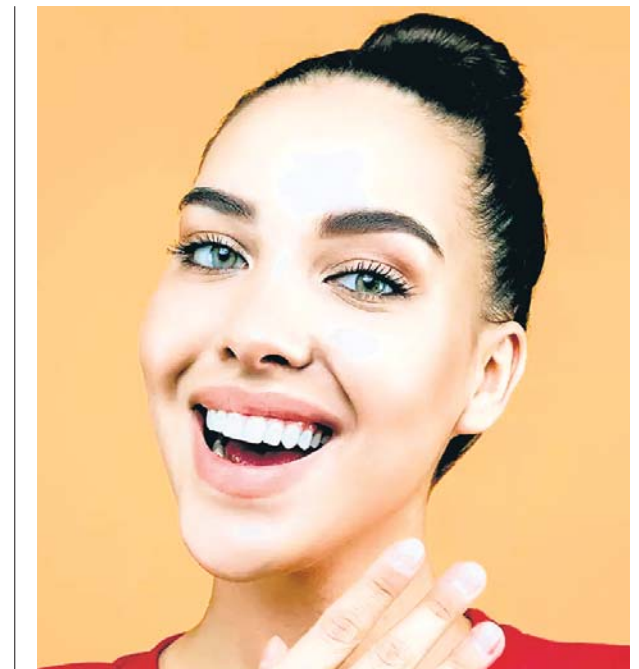
### Burgundy Blush

The first one is the *burgundy blush* which gives the ultimate Morticia Addams vibes! This shade is a beautiful burgundy with a pinkish undertone, just perfect for someone who is dusky. This shade is just perfect for all your festive occasions and evening hangout or a cocktail party.



### Pink Diva

If you are looking for a nude lipstick for dusky skin, which has a pink undertone, then, this lipstick is just perfect for you. *Pink diva* is another lipstick shade from the liquid lipstick range and it has the perfect nude pink shade for a dusky beauty. The texture of this liquid lipstick is extremely light and comfortable to wear for a daily basis.



### Caramel Nude

The next best nude lipstick for dark skin is the *caramel nude* shade from the same liquid lipstick range. This nude lipstick shade is just the perfect shade for dusky skin because this has a mild light brownish undertone, which is just perfect for your daily work wear or any other household chore run.



### Café Latte

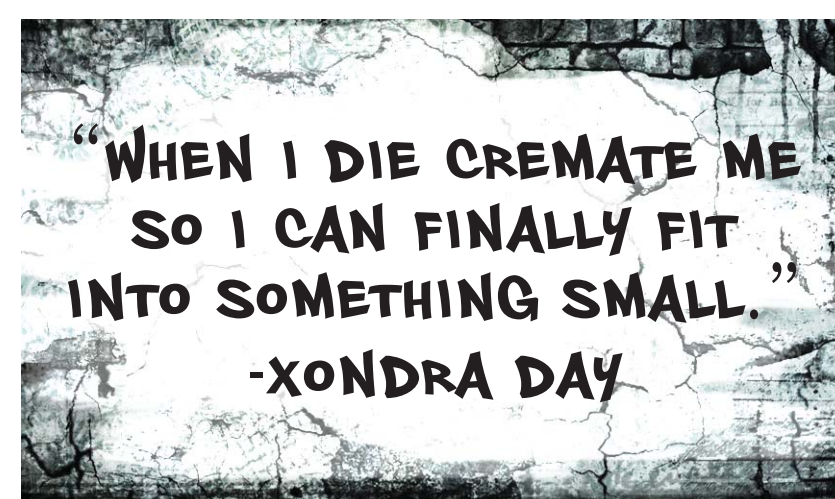
This shade is also from the ultra-matte range and the shade could be listed as one of the best nude lipsticks for dusky skin. This shade is a beautiful toffee brown shade with a nice hint of *caramel*, just perfect for your daily wear and work wear. This shade can also be used like a contour as well as like a bronzer when mixed with a little bit of highlighter.



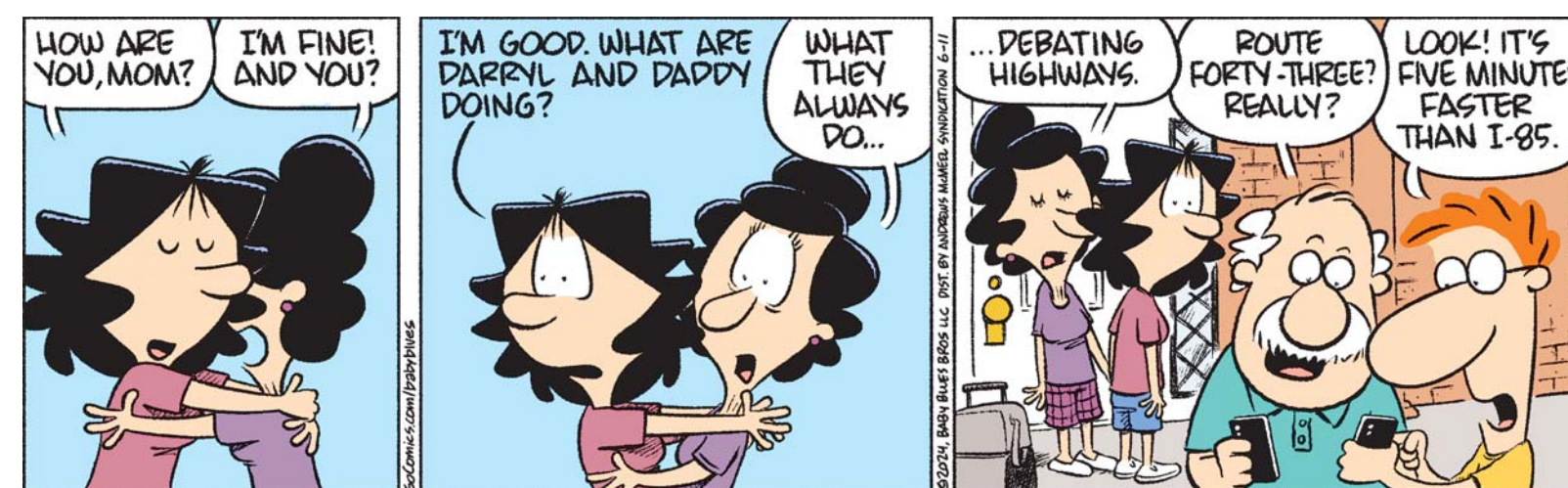
### Berry Punch

This lipstick shade is another great pick for someone looking for a perfect maroon lipstick for dusky skin. This lipstick is very smooth on the lips and is extremely comfortable to wear on a daily basis. The shade of this lipstick has a beautiful *berry* undertone, which can also be used like a blush.

### THE WALL

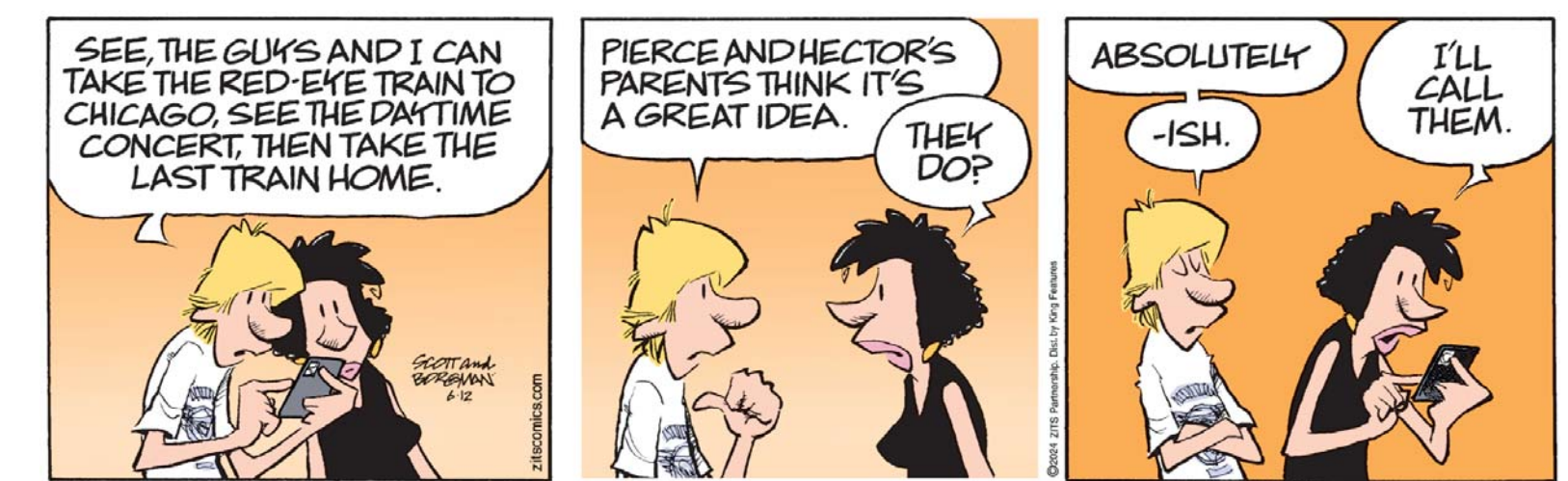


### BABY BLUES



By Rick Kirkman & Jerry Scott

### ZITS



By Jerry Scott & Jim Borgman