

Food Swap: Chinese food

What to enjoy and what to avoid

swap this

Sweet and sour dishes, anything 'crispy', fried rice.



for this

Steamed rice, steamed won tons, braised meats and vegetable stir-fries.



Dear Nikki

Is there any way to curb my desire for chocolate? Why do I crave it so much?

I'm happy to say you are not 'addicted' to chocolate – while its chemical ingredient is similar to amphetamine, the amount is so minute that its effect is very low.

The desire you are exhibiting is due to your memory of a past chocolate eating experience – it is this sensory power which makes you want chocolate.

Try chocolate alternatives – chocolate-flavoured foods such as dairy food, or even carob, instead of solid chocolate.



Dear Nikki

I have heard some supplements can suppress sugar urges. Do they work?

Chromium picolinate is a supplement that is commonly reported to reduce sugar cravings – this is not exactly true.

Chromium is important for carbohydrate metabolism. It has been shown that chromium levels decline in an ageing population. When a sample group of this population was supplemented with chromium, it was reported that their risk of developing type two diabetes was reduced.

However, reducing the risk of type two diabetes is not the same as suppressing sugar urges!

Do you need Nikki's help?

Do you have a health-related question to ask Nikki? Write to: Hart to heart, c/- New Idea, CPO Box 1467, Auckland or email: newidea@pacificmags.co.nz