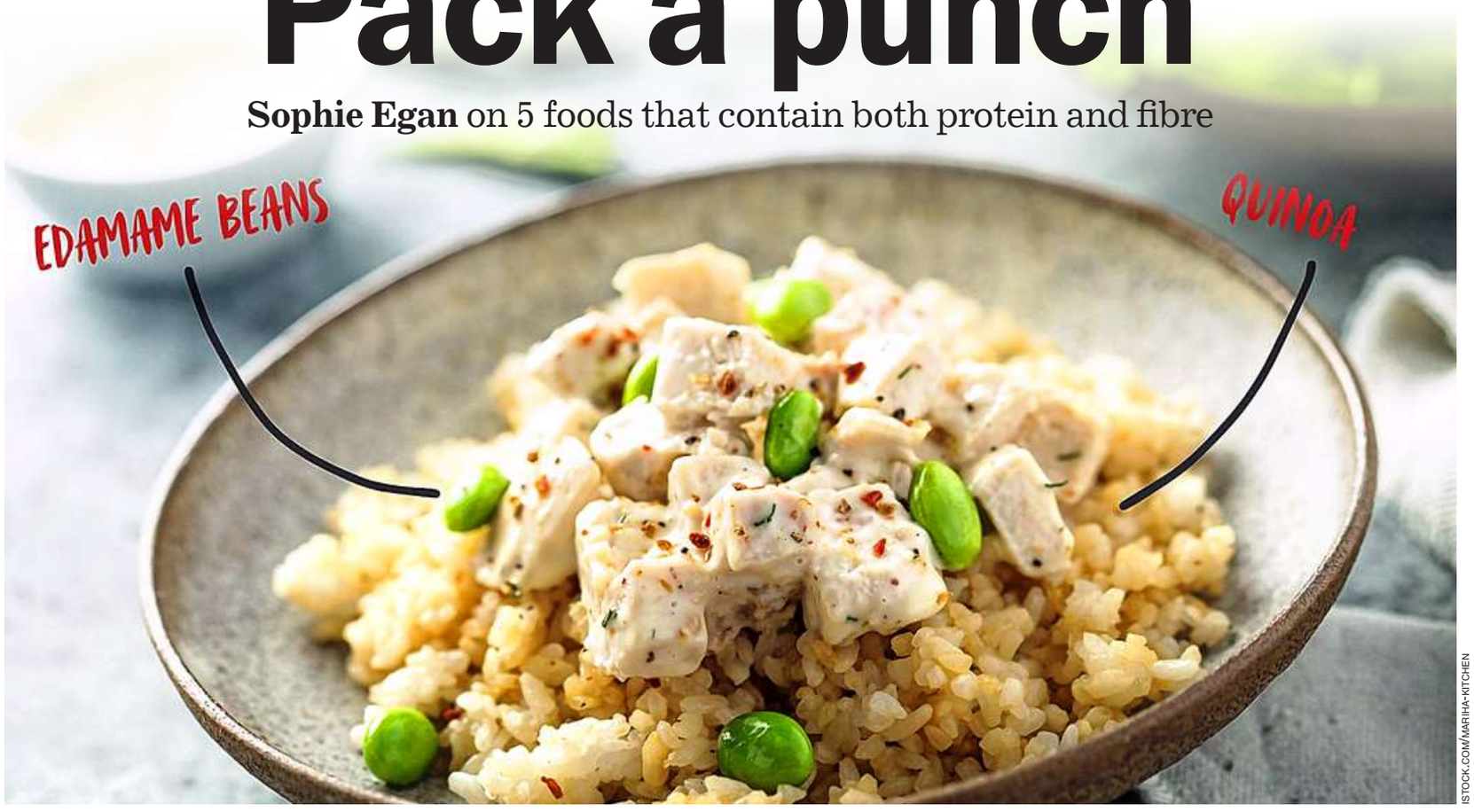
THE TIP

If you can't exercise first thing in the morning, do so by afternoon. Any later and it will hinder your sleep

The Telegraph
WELLNESS
CALCUTTA WEDNESDAY 15 JULY 2026

Pack a punch

Sophie Egan on 5 foods that contain both protein and fibre



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With protein hogging the spotlight lately, it may seem as if it's the main nutrient to focus on when it comes to good health. But fibre deserves attention too, nutrition experts say.

Most Americans, while eating plenty of protein, aren't actually meeting fibre recommendations — which are 25gm per day for women and 38gm per day for men.

Few foods offer both nutrients, said Cheryl Anderson, professor and dean of public health at the University of California, San Diego, US. Animal products that are high in protein, such as beef, fish and chicken, often contain no fibre. And foods that are high in fibre, such as fruits and vegetables, typically offer very little protein.

The sweet-spot foods that contain both nutrients offer a nice one-two punch of benefits, Anderson said.

Not only are they often satiating and inexpensive, she said, but you get both the protein perks, such as muscle maintenance, and the fibre perks, like improved gut health and reduced risks of chronic conditions, all in one bite.

You only have so many calories to play with each day, said Penny Kris-Etherton, professor emeritus of nutrition sciences at Penn State, US. So incorporating fibre and protein-rich foods can help you meet your nutrient needs without exceeding your calorie goals.

Here are five food groups that offer both.

Beans, Lentils and other Pulses

Pulses, which are dry, edible seeds of the legume family, include chickpeas, lentils, dry peas and dry beans, such as pinto, kidney and black beans. They top the list because of their relatively high protein and fibre levels. A half-cup serving of cooked lentils, for instance, has about 9gm of protein and 8gm of fibre. The same amount of cooked black beans offers about 7.5gm of each nutrient.

Research has found that people who regularly eat legumes tend to have healthy body weight, lower blood pressure, lower cholesterol level and reduced risk of chronic health conditions such as type 2 diabetes. One large review published in 2023 even found that for every additional 50gm of legumes people ate each day, their risk of dying from any cause during the study periods decreased by 6 per cent.

Tofu, Edamame and other Soy Foods

Soybeans (like edamame) and many products made from them (such as tofu, soy milk and tempeh) are nearly perfect foods when it comes to nutrition, said Walter Willett, professor of epidemiology and nutrition at the Harvard T.H. Chan School of Public Health in the US.

They contain "generous amounts" of protein as well as healthy fats, he said — including heart-healthy omega-3 and omega-6 fatty acids.

A half-cup of shelled edamame packs about 9gm of protein and 4gm of fibre. Raw tofu has about 22gm of protein and 3gm of fibre in every half-cup serving.

Unlike cow's milk, soy milk contains fibre. One cup of soy milk, for instance, provides 1.5gm of fibre along with 8gm of protein.

Nuts

Nuts are Willett's favourite fibre and protein-rich food. A 1-ounce or 28gm serving of peanuts, for instance, offers about 7.5gm of protein and 2.5gm of fibre. The same amount of almonds contains 6gm of protein and 3.5gm of fibre. Eating nuts has been linked with numerous health benefits, Willett said, including a healthy body weight and reduced risks of cancer and cardiovascular disease.

Nuts contain beneficial fats like mono and polyunsaturated fats, which help improve cholesterol and make us feel full; vitamins and minerals, including B vitamins, magnesium and potassium, and the antioxidant Vitamin E.

Seeds

While seeds have health benefits similar to nuts — most notably in relation to heart health, Willett said — certain seeds, such as chia seeds and flaxseeds, tend to have more fibre and heart-healthy omega-3 fatty acids.

Research suggests that regularly eating seeds can help support a healthy weight and a healthy immune system and can help protect against inflammation, type 2 diabetes and high blood pressure.

A 28gm serving of pumpkin seeds has about 8.5gm of protein and 2gm of fibre; the same amount of chia seeds has nearly 5gm of protein and 10gm of fibre.

Whole Grains

A grain is considered "whole" when it contains all three parts of the original kernel — the bran, the endosperm and the germ. Cereals such as arro, brown rice, quinoa and oatmeal — as well as foods made from whole-grain flours, like wholewheat bread and crackers — count as "whole grain".

Eating whole grains has been tied to a wide range of health benefits, including better gut health and reduced risks of colorectal cancer, heart disease and type 2 diabetes.

Oatmeal made from a half-cup of rolled oats has about 6gm of protein and 5gm of fibre. A cup of cooked quinoa has about 8gm of protein and 5gm of fibre.

NEW YORK TIMES NEWS SERVICE

Of discoloured skin and fungal infections

YOUR HEALTH

DR GITA MATHAI

Q I have multiple itchy discoloured patches in my armpits, groin and waist. What should I do?

This is most commonly caused by a fungal infection (tinea), as these areas are prone to sweating and friction. However, it could also be eczema, contact dermatitis, psoriasis or bacterial infections. Keep the affected areas clean and dry. Wear loose-fitting cotton clothes, change out of sweaty clothes promptly and avoid sharing towels or clothing. Do not use steroid-containing creams. An antifungal cream applied regularly for 2-4 weeks is often effective but do consult a dermatologist.

Rough patches

Q I have a few patches of skin that feel rough. They are not itchy or discoloured. Are these something to worry about?

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This is usually harmless. They may be due to dry skin, friction, mild eczema or a build-up of dead skin cells. Apply coconut oil for 10 minutes before a bath. Put 30ml of coconut oil in the bath water. Use a glycerine-based soap or bodywash to bathe. Moisturise with liquid paraffin after bathing and again at night.

Hunchback

Q I am 57 years old and I feel that I am developing a hunch back.

A gradually developing "hunchback" at age 57 may be due to age-related changes in the spine, poor posture, weakening of the back muscles or osteoporosis, all of which may be aggravated by Vitamin D3 deficiency. Check for all these and correct them. In the meantime, try to maintain good posture by standing for 15 minutes against a wall, touching both shoulders to it, and also perform regular weight-bearing and back-strengthening exercises. You can learn these from a physiotherapist or from YouTube videos.

Weaning food

Q Are milk biscuits a good weaning food?

Milk biscuits are not a good weaning food. They are high in refined flour, sugar, saturated trans fats and salt. They contain very little protein, iron, vitamins or other essential nutrients. And they are also a choking risk if the pieces are large. After 180 days, feed the child soft, freshly-prepared foods such as mashed rice and *ragi*. Eventually, fruits and well-cooked vegetables can be added.

Weights

Q I am a 23-year-old woman and I want to exercise with weights. But I am scared that I will bulk up like a bodybuilder.

Women do not develop the large muscles seen in bodybuilders simply by lifting weights. They naturally have lower testosterone levels. This makes it difficult for them to gain excessive muscle mass without specialised training, a very high-calorie diet and, sometimes, performance-enhancing drugs. Continue your strength training as it offers many benefits. It also enhances mental well-being.

Coffee creamer

Q I am lactose intolerant. Can I use dairy creamer in my tea?

There are many types of dairy creamers. They may be made from milk or vegetable oils. If it is made from milk, you cannot use it. Check the label and read the list of ingredients carefully to see if it is "lactose free". Though they contain little or no lactose, they may be high in sugar, unhealthy fats or additives. You can use soya, almond or oat milk instead.

Wrinkled neck

Q I am an engineer who works at a computer all day. It has made my neck abnormally wrinkled.

This is a condition called "tech neck". Position your computer screen at eye level, sit with good posture and take short breaks every 30-60 minutes to stretch your neck and shoulders.

The writer has a family practice at Vellore and is the author of *Staying Healthy in Modern India*. If you have questions on health issues, write to *yourhealthgm@yahoo.co.in*

MAHATRANSCO
Maharashtra State Electricity Transmission Co. Ltd.

INVITATION FOR BID (IFB) (LOCAL COMPETITIVE BIDDING)

SRM e-Tender No. T-2623/MSETCL/CO/Projects/ Pre-Tender (RFx No. 6000001555)

MSETCL invites offers by SRM e-tendering in TWO bid system (Techno-Commercial Bid and Price Bid) from the eligible registered bidders for the following work as detailed below.

"Establishment of 110/22kV Gaikwadpada GIS substation, Dist Thane with associated lines using 220kV equipments and UG cable on turnkey basis under Vashi Zone, MSETCL, Maharashtra."

Interested bidders may obtain further information available on the website **https://srmetender.mahatransco.in**

The date of downloading of Bid documents available on the website is from 10.07.2026.

Sd/-
Chief Engineer (Projects), MSETCL

GOVT. OF MAHARASHTRA

Public Works (South) Division, Pune 411 001
Phone No. 020/26121765
Web- www.mahapwd.gov.in & e-mail- eeintegratedunit@gmail.com

E-TENDER NOTICE NO.18 FOR 2026-2027

Sealed Online **B-2** Tender Invited By The Executive Engineer, Public Works (South) Division, Pune 411 001. (Telephone No. 26121765) Invites bids for Given works from Registered as well as Unregistered contractor in B-2 Tender Format.

Bids document can be downloaded from website **https://mahatenders.gov.in** Executive Engineer reserves all rights to accept or reject bids without assigning any reasons. Conditional bids will not be accepted.

The detailed Tender Notice can be is available on

1. Web- **www.mahapwd.gov.in (Only Tender Notice)**
2. **https://mahatenders.gov.in (Details of Tender Notice & Detail Documents)**

(Any changes in the NIT will be Corrigendum's published on above website)

Sd/-
(Anuradaha R. Bhandare)
Executive Engineer,
Public Work(South) Division,
Pune 411 001

ROC/2026-27/N-5/C-1718

RAJIV GANDHI NATIONAL UNIVERSITY OF LAW, PUNJAB

[Established under the Punjab Act No. 12 of 2006]
Advt. No. RGNUL/61/2026 dt. 13.07.2026

M.A. (ENGLISH) PROGRAMME
(Department of Literary and Cultural Studies)

Applications are invited from eligible graduates for admission to the Two-Year M.A. (English) Programme at Rajiv Gandhi National University of Law, Punjab for the Academic Session 2026-2028. The programme offers 40 seats and is designed to provide students with a strong foundation in literary studies, cultural studies, critical theory, digital humanities, and interdisciplinary research, along with opportunities for academic specialization. The last date to submit the online application form is 16 August 2026 (11:59 PM). Details regarding the Programme Structure, Fee, Eligibility, Admission Form, and Reservation Policy are available on the University website: www.rgnul.ac.in

Vice-Chancellor

SIDHUWAL CAMPUS, BHADSON ROAD, PATIALA-147 006 Tel.: 0175-2391200
0175-2391600 Website: www.rgnul.ac.in, Email: mba@rgnul.ac.in

Government of Maharashtra
PUBLIC WORKS DEPARTMENT
Special Project (P.W.) Division No. 2 Daryapur

E-mail Address:- daryapur.ee@mahapwd.gov.in Tel/Fax No.: 07224-234231

E-Tender Notice No.05 Year 2026-27/Dt. 09.07.2026

Online E-tenders in **B-1** Tender form for following work is invited by Executive Engineer. Special Project (P.W.) Division No.2, Daryapur Phone No.07224-234231 on behalf of Governor of Maharashtra State from Registered Contractors in appropriate Class with Public Works Deptt. Govt.of Maharashtra. The right of accept or reject of the tender has been reserved to Executive Engineer, Special Project (P.W.) Division No.2, Daryapur. Conditional tender will be not accepted

Sr.No.	Name of Work	Estimate Cost
1	Improvement and Widening (Concreting) Talwel Saur Takarkheda Ashti Waigaon Khartalegaon Checharwadi Nimbha to Nimbha Phata to Bhatkuli Ganojaevi Road, MDR 23 Km 47/400 to 49/500, Tq Bhatkuli, Dist Amravati.	96049534.00
2	Improvement to Talwel Saur Takarkheda Ashti road MDR-23, Km 26/200 to 31/200 in Tq. Bhatkuli Dist. Amravati	36325834.00
3	Construction of Rest House Building at Daryapur tq. Daryapur dist. Amravati	19967689.00

Period of Download of Bidding Document : **Dt. 15.07.2026 @ 10.00 to Dt. 22.07.2026 @ 17.00**
Pre Bid Conference Date, Time and Venue : **Dt. 17.07.2026 At 12.00 p.m. Office of The Chief Engineer, Public Works Region, Amravati**
Opening Technical & Financial Bids : **Dt. 24.07.2026 @ 12.00 to @ 17.30**

Note:- Above E-Tender Notice details available on below website.
1) http://mahapwd.gov.in
2) https://mahatenders.gov.in

Please note the further changes regarding this works will not be published through corrigendum by press notice, the changes will be available only on Electronic Tendering system of Government of Maharashtra which is available on the Portal https://mahatenders.gov.in

Outword No. 2049 Date 09/07/2026
Office of Executive Engineer S.P. (P.W.) No.2 Daryapur

Sd/-
(Devendra Adchule)
Executive Engineer
Special Project (P.W.) Division No.2
Daryapur

ROC/2026-27/N-5/C-1710

NTPC-SAIL POWER COMPANY LIMITED
(A Joint Venture of NTPC & SAIL)

Expression of Interest (EoI)

NSPCL, Durgapur invites Expression of Interest (EoI) from Micro and Small Enterprises (MSEs) and Local users engaged in ash-based products manufacturing for lifting of Fly Ash from CPP-2 at Rs. 15/MT (offered qty: 50000 MT) & CPP-3 at Rs. 1/MT (offered qty: 8000 MT) for One Year duration (Lifting and Transportation will be in the scope of bidder). General Information for this EoI along with e-mail addresses and contact details are available at **www.nspcl.co.in**. Interested Micro and Small Enterprises (MSEs)/ Local users are requested to submit their requirement(s) to the identified e-mail addresses by **17:00 hrs. of 15.08.2026.**

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Preventing Osteoporosis: The Essential Role of Calcium

Dr. Surya Udai Singh
Senior Consultant - Orthopaedic and Robotic Knee Replacement Surgeon

Q: What is osteoporosis?
Osteoporosis is a condition that makes bones weak, brittle, and more likely to break. It often develops silently over time and is more common in older adults, especially women after menopause.

Q: Why is calcium important for bone health?
Calcium is the main mineral that builds and maintains strong bones. The body needs a regular supply of calcium to keep bones healthy and reduce the risk of fractures.

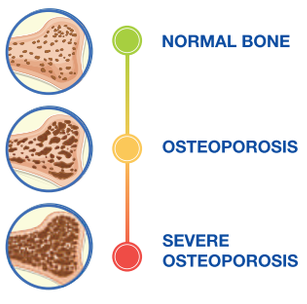
Q: What happens if calcium intake is low?
When calcium intake is low, the body takes calcium from the bones to meet its needs. Over time, this can weaken bones and increase the risk of osteoporosis.

Q: How can adequate calcium intake be maintained?
Calcium can be obtained from milk, curd, cheese, green leafy vegetables, nuts and fortified foods. Some people may also need calcium supplements as advised by their doctor.

Q: Can calcium help prevent fractures?
Yes. Adequate calcium intake, along with vitamin D, regular exercise, and a healthy lifestyle, helps maintain bone strength and lower the risk of fractures.

Q: Who should pay special attention to calcium intake?
Older adults, postmenopausal women, and people with a family history of osteoporosis should ensure they get enough calcium every day for better bone health.

Osteoporosis Stages



Disclaimer : Issued in Public Interest & Awareness

Narayana RN Tagore Hospital Mukundapur | *Take Care* 1800 309 0309