### Week 7: What the Food Label Tells You

#### Day 1
- When buying diet things in the market or superstores, read the ingredient list carefully. Beware of these silent killers - dextrose/corn syrup/invert sugar/malt syrup/fructose.
- A powerful workout routine: Add 20 minutes of interval walking (2 minutes of fast walking and 1 minute of slow walk or vice versa) followed by squats, lunges, hip abduction, hip adduction, pushups, planks (10 to 20 repetitions in a set of two). Add bhujangasana also known as cobra pose for 10 to 60 seconds in the routine to strengthen your back and shoulders. End your workout with a quick cool down.

#### Day 2
- Stay away from products which include unhealthy fats like Trans fats, saturated fat, partially hydrogenated oil, cholesterol. Instead choose products which contain good fats, like MUFA, PUFA, Omega 3-rich.
- Add to the routine interval walking for 20 minutes (2 minutes of fast walking and 1 minute of slow walk or vice versa) followed by 5-10 minutes of breathing and stretching exercises.

#### Day 3
- Do Sodium check: Say goodbye to mayonnaise, pasta sauce, biscuits, chips, cheese spread, papads, chutneys, pickles, etc. all the products which are high in MSG, sodium carbonate, baking soda, di-sodium phosphate.
- Add 20 minutes of interval walking (2 minutes of fast walking and 1 minute of slow walk or vice versa) followed by squats, lunges, hip abduction, hip adduction, pushups, planks (10 to 20 repetitions in a set of two). Add bhujangasana also known as cobra pose for 10 to 60 seconds in the routine to strengthen your back and shoulders. Don’t forget the 5-10 minutes of a cool down session.

#### Day 4
- Choose breads, cereals, granola bars, crackers and pasta with at least 2 grams of fibre per serving on the label. Ensure you eat lot of fibre during the day.
- Burn out those extra calories by going on interval walking for 20 minutes (2 minutes of fast walking and 1 minute of slow walk or vice versa.) Don’t forget to add a quick cool down session for 5-10 minutes.

#### Day 5
- Avoid foods with a long ingredient list opt for shorter ingredient list. The products with short ingredient list are more wholesome as they contain more natural goodness.
- Work it out! Add 20 minutes of interval walking (2 minutes of fast walking and 1 minute of slow walk or vice versa) followed by squats, lunges, hip abduction, hip adduction, pushups, planks (10 to 20 repetitions in a set of two). Add bhujangasana also known as cobra pose for 10 to 60 seconds in the routine to strengthen your back and shoulders. Don’t forget the 5-10 minutes of a cool down session.

#### Day 6
- Ditch products which contain refined flour also called as Maids instead opt for products which contains whole wheat flour.
- Go out for 20 minutes of interval walking (2 minutes of fast walking and 1 minute of slow walk or vice versa) followed by 5-10 minutes of breathing and stretching exercises.

#### Day 7
- Opt for products with simple packaging over products which have fancy packaging.
- Calm down your muscles and take a good one day rest.