

Sidharth Malhotra-Kiara Advani wedding: Simple shaadi or a Big fat Bollywood do for the Shershaah couple?



Sidharth Malhotra and Kiara Advani's wedding is being widely discussed right now as both the stars spoke about their affair on Koffee With Karan 7. Though they did not confirm their relationship it was Shahid Kapoor who hinted at their wedding coming up by the end of the year. Kiara Advani and Sidharth Malhotra have been together for a long time now and it seems that both the stars have reached the stage where they are ready to settle in matrimony. Since it is almost confirmed that Sid-Kiara is going to marry this year thanks to Shahid Kapoor, one wonders what kind of a wedding they would choose. An insider tells us that Sidharth Malhotra and Kiara Advani are brainstorming over their wedding as both of them have different opinions over the same. A source tells us that Kiara Advani wants a big-fat-Indian Bollywood-style wedding while Sidharth Malhotra wants the opposite. The Shershaah actor believes that a wedding is an intimate affair and it should be celebrated with near and dear ones. Now it remains to be seen if Sidharth Malhotra and Kiara Advani are able to come to a middle ground over this. Kiara Advani who hails from a business family is related to Ashok Kumar. Sidharth Malhotra, on the other hand, belongs to a family who has served in Merchant Navy. Both the stars have come a long in the industry. Kiara has successfully made a place for herself in the industry with films like Good Newwz, Jug-Jugg Jeeyo and more. Sidharth Malhotra who started off with Student of The Year appeared in many films like Jabariya Jodi, Baar Baar Dekho, Kapoor & Sons and more. Both the stars together appeared in Shershaah.

Everyday foods and drinks that act as natural appetite suppressants

Do you feel hungry all the time and end up eating chips or biscuits, only to regret it later? If the answer is yes, you're not alone. Munching between meals is a common habit, especially if you are working and do not eat big meals during the day. But, munching on junk food can easily up your calorie intake and inches on your waist.

Don't worry, this does not mean you have to stay hungry till you eat your next big meal. All you need to do is become mindful of your snacking and stock some healthy foods that are low in calories and high on nutrients. What's more, there are some everyday foods and drinks that can help to suppress your appetite and prevent you from eating that burger or pastry.

Almonds

Almonds are a rich source of fibre, antioxidants, vitamin E, and magnesium and just a handful of almonds can naturally suppress your appetite for a good period of time. According to a 2006 study, almonds have been shown to increase feelings of fullness and help people with weight management. You can also eat some almonds mixed with honey or prepare a mix of almonds along with other nuts like walnuts and seeds like pumpkin seeds.

Coffee

Caffeine and antioxidants from the coffee beans can also help to suppress your appetite. A cup of coffee can be great for post-meal cravings. Try to drink black coffee as it also helps in calorie burn, fat breakdown and boosting your metabolism. Note that you may not benefit if you drink too much coffee or opt for those high on sugar or cream.

Ginger

Sometimes, you may feel hungry soon after eating a big meal. It doesn't quite make sense, since you just ate enough a while back. So why could you be feeling hungry so soon? It could be a sign that your body needs water. Increasing your water intake will help to naturally suppress your appetite and improve your digestive system as well.

Water

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Apples

Fruits are the perfect food to eat in between meals. They are natural, full of nutrients and delicious flavours. One such great fruit to bite into are apples. All varieties of apples are packed with soluble fibre, pectin and water content, which help you feel full for a longer period of time.

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