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CHIT-CHAT

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ว่าแต่...มีใครเริ่มวางแผนหนีไปเที่ยวบ้างหรือยัง ช่วง
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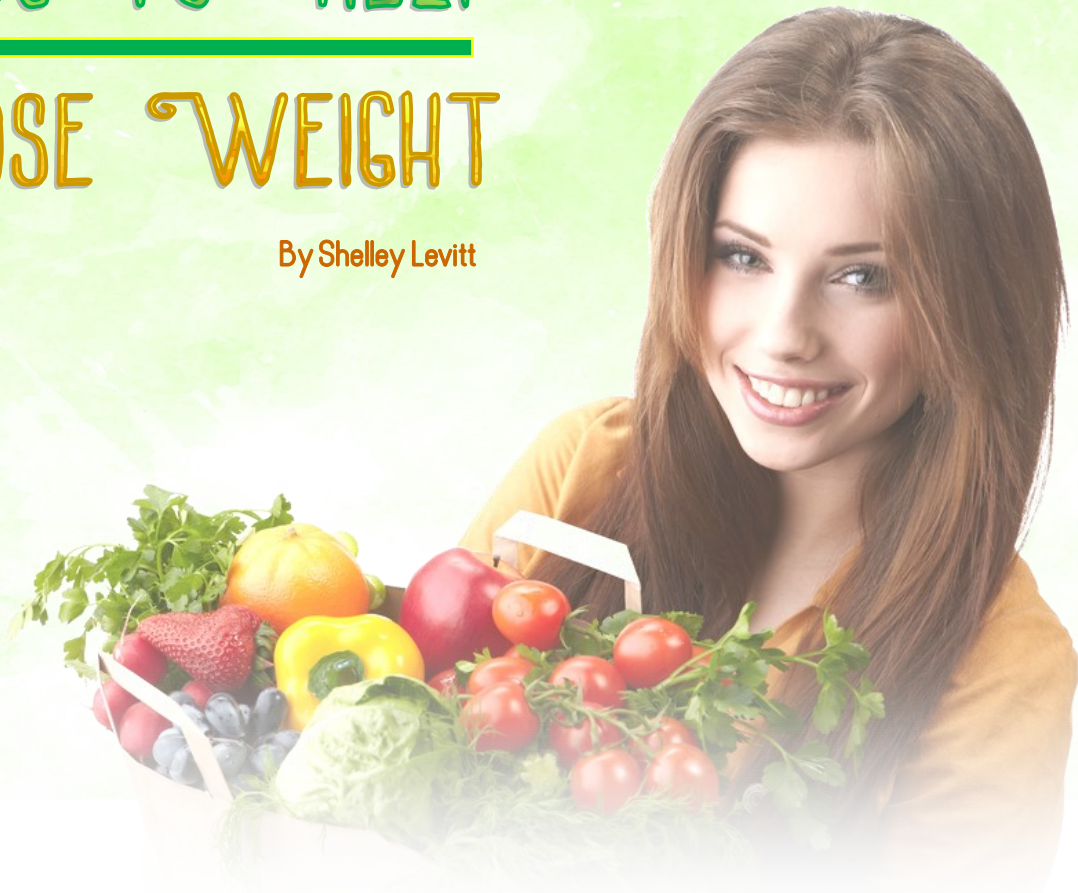
เออแกล...เดี๋ยวนี้เขาแต่งชุดไทยไปเดินพารากอน
กันแล้วนะ ใครตกเทรนด์รีบอ่านในเล่มด่วนเลยค่า

เป็นห่วงออเจ้าทุกคนนะจ้ะ



9 FOODS TO HELP YOU LOSE WEIGHT

By Shelley Levitt



Delicious foods that help you diet? It sounds too good to be true. No doubt: Weight loss comes down to simple math. You have to eat fewer calories than you burn. "Certain foods can help you shed body weight," says Heather Mangieri, RD, a spokeswoman for the Academy of Nutrition and Dietetics, "because they help you feel full longer and help curb cravings." Some even kick up your metabolism. So take this list when you go to the supermarket:

1. Beans

Inexpensive, filling, and versatile, beans are a great source of protein. Beans are also high in fiber and slow to digest. That means you feel full longer, which may stop you from eating more.

2. Soup

Start a meal with a cup of soup, and you may end up eating less. It doesn't matter if the soup is chunky or pureed, as long as it's broth-based. You want to keep the soup to 100 to 150 calories a serving. So skip the dollops of cream and butter.

3. Dark Chocolate

Want to enjoy chocolate between meals? Pick a square or two of dark over the milky version. In one study, chocolate lovers who were given dark chocolate ate 15% less pizza a few hours later than those who had eaten milk chocolate.

4. Pureed Vegetables

You can add more veggies to your diet, enjoy your "cheat" foods, and cut back on the calories you're eating, all at the same time. When Penn State researchers added pureed cauliflower and zucchini to mac and cheese, people seemed to like the dish just as much. But they ate 200 to 350 fewer calories. Those healthy vegetables added low-cal bulk to the tasty dish.



5. Eggs and Sausage

A protein-rich breakfast may help you resist snack attacks throughout the day. In a study of a group of obese young women, those who started the day with 35 grams of protein -- that's probably way more than you're eating -- felt fuller right away. The women ate a 350-calorie breakfast that included eggs and a beef sausage patty. The effect of the high-protein breakfast seemed to last into the evening, when the women munched less on fatty, sugary goods than the women who had cereal for breakfast.

6. Nuts

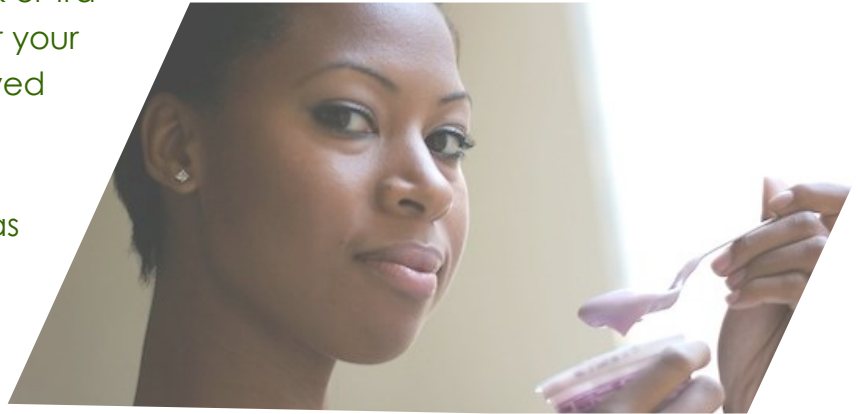
For a great snack on the run, take a small handful of almonds, peanuts, walnuts, or pecans. Research shows that when people munch on nuts, they automatically eat less at later meals.

7. Apples

Skip the apple juice and the applesauce and opt instead for a crunchy apple. Whole fruit blunts appetite in a way that fruit juices and sauces don't. One reason is that raw fruit has more fiber. Plus, chewing sends signals to your brain that you've eaten something substantial.

8. Yogurt

Whether you prefer Greek or traditional, yogurt can be good for your waistline. A Harvard study followed more than 120,000 people for a decade or longer. Yogurt, of all the foods that were tracked, was most closely linked to weight loss. That doesn't prove that yogurt caused weight loss, but it stood out among other foods.



9. Grapefruit

Yes, grapefruit really can help you shed pounds, especially if you are at risk for diabetes. Researchers at Scripps Clinic in San Diego found that when obese people ate half a grapefruit before each meal, they dropped an average of 3 ½ pounds over 12 weeks. Drinking grapefruit juice had the same results. But grapefruit juice doesn't have any proven "fat-burning" properties -- it may just have helped people feel full. Be careful: You cannot have grapefruit or grapefruit juice if you are on certain medications, so check the label on all your prescriptions, or ask your pharmacist or doctor.



Shop Smart

Load your shopping cart with lots of lean protein, fresh veggies, fruit, and whole grains, says food scientist Joy Dubost, PhD, RD. The most important thing, when it comes to lasting weight loss, is the big picture of what you eat, not specific foods. ★



THAI TRADITIONAL DRESS

A topic that will pop up especially during festivals, is Thai traditional dress. Chut Thai (Thai outfit) is a general term to indicate different kinds of traditional outfits worn on formal occasions by Thai people.

This colorful and elegant outfit can be worn by everyone. There are different outfits for men, women, and children, and there are some regional variations as well. Outfits for women are particularly elaborate and gorgeous, and there are up to eight different variations, one for every kind of occasion.

History of Thai dress

The history of Thai clothing cannot be separated from the history of its ancient kingdoms. Under the Dvaravati Kingdom (6th-13th century), the clothing style was influenced by India, with loincloths, golden necklaces, and metal belts. During the Lavo Kingdom (7th century), fashion was influenced by the Khmer, with shorter dresses.

With the raising of the Ayutthaya Kingdom, many styles followed. The main change was the adoption of chong kraben, a lower-body, wrap-around clothing worn mainly in Cambodia, and bare chest and bare feet were accepted in formal dress code.

Before the 18th century, both men and women kept their hair long. Then, women began to adopt a crew-cut short style which persisted as the national hairstyle until the 20th century. King Vajiravudh encouraged Thai women to wear pha sinh, a tubular skirt, instead of the chong kraben.

However, Thailand didn't have a traditional costume until the 1960s. This problem became evident when King Bhumibol Adulyadej was visiting Europe with his wife, Queen Sirikit. The royals didn't have a formal outfit to wear for the many meetings and parties. Back in Thailand, the Queen worked to establish one, and finally, in 1964, chut thai was born.



Different kinds of Chut Thai

Chut Thai is usually bright, delicate, and modest. You will see many traditional dresses during festivals, celebrations, weddings, etc. Weaving is one of the many crafts in Thailand. Every ethnic group has its own tradition, with fabrics and patterns to distinguish ethnicity, and different colors to specify the purpose of the dress.



Men's Traditional Outfits

The traditional shirt of men in Thailand is called phraratchathan. It was invented in 1979 for the rulers of the country, and it resembles the Nehru jacket, a button-up shirt with the so called "mandarin collar". It has long sleeves and a sash for formal occasions.

Another traditional piece of clothing is the pakama, a large rectangular piece of fabric, wrapped around the waist. It can be used as a cloth, a towel, or a head-dress. In everyday life, men usually wear light-weight baggy trousers. They are multicolored and extremely comfortable, made of natural fabrics.

Women's Traditional Outfits

Women's outfits are truly beautiful, and they come in many different styles. There are seven different costumes for women, all developed by the Queen during the last century. The pieces that form the dress are the phanung (a long rectangular cloth used as a wrapped skirt); sin (a tube skirt); sabai (a long piece of silk that covers the upper body); and chong kraben.



The different outfits are used for formal and informal occasions:



Chakkri outfit: the most used and most popular one. It consists of a sin, a top made from silk, and a sabai. Women usually wear gold jewelry as accessories.

Chakkraphat: similar to the previous one, it includes a sin, a top, and a sabai. The cloths are fully embroidered and thicker.

Boromphiman: it is used as an evening attire, that consists of a sin and a blouse with long sleeves and a round neck, made from fine fabric.

Siwalai: almost identical to the previous one, but with a sabai. It is mainly worn during royal ceremonies and formal functions.

Amarin: compared to the ones above, it is more casual. It consists of a brocade sin and a blouse, with sleeves to just below the elbow.

Chitlada: this gown is used for daytime ceremonies, and it consists of a sin and a silk blouse, which has five gold buttons at the front. It is used for funerals, or to welcome the official royal guests.

Ruean Ton: the most casual of the seven. It consists of a sin and a blouse without a collar. The blouse, with a row of buttons at the front and elbow-length sleeves, is tucked into the sin.

Chut Thai today, as said above, nowadays these traditional dresses are used mostly during festival celebrations. Each design has its own purpose, to be used at different occasions.★

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