How Fatty Foods and Sweets Can Be Part of Diet After an Age - Aug 18

By pradeep | August 22, 2025

I have always loved sweets, especially during festivals. After retirement, I became conscious about sugar and cholesterol, but I realized that life is too short to give up the joys of food. With guidance from my daughter in law, Neha I learned that moderation is the key. Now, I enjoy small portions of gulab jamun or ladoos, and occasionally, a piece of chocolate cake.

My grandson, Arjun loves baking with me, and together we make healthier versions of traditional sweets, like baked rasgullas or jaggery laddoos. We also add nuts and dry fruits to milk based desserts, which make them nourishing while still satisfying our sweet cravings.

I noticed that when we include these foods carefully and balance them with physical activity, they don’t spoil health. Even my wife, Sushma who was wary at first, enjoys these mindful indulgences now. Cross generational cooking makes these moments fun and educational.

The joy of food is about taste, tradition, and togetherness. I’ve realized that enjoying your favorite foods in moderation brings happiness and keeps both mind and body active. Life is not about strict avoidance; it’s about making choices wisely while enjoying every bite.

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