

Healthy Diet

80
Calorie
Counted
RECIPES

**WASTE NOT,
WANT NOT**

**Clever ways to cook
with leftovers**

Digital detox
Step away from
your screens!

**Kick the
SUGAR**
(without ditching
the sweet stuff)



Cook the cover
Sugar-free
raspberry cheesecake

Nutrition Clinic

- ✓ Eat for heart health
- ✓ Get good gums
- ✓ The lowdown on IBS
- ✓ Spring into spring

**Nutritious
and delicious**

Dr Rupy goes nuts for nuts



Inside...

- The nutrients you need
- Reasons to get gardening
- The wonders of watercress



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Welcome...



As we bid farewell to winter (finally!) and say hello to spring, it's the perfect time of year to take stock of your healthy living regime.

Maybe all your good intentions from January have started to slip. Or maybe they've been going so well that you're ready to step it up a gear! Either way, we've got lots of expert advice and insight this issue to help you get motivated and spring into spring.

If you're looking to cut down on your sugar consumption then don't miss our special four-week meal plan on page 54, and some recipes designed to help you ditch the sweet stuff on page 36.

If, like me, you find yourself spending large parts of your day staring at a screen then make sure you check out page 76 to find out the damage it could be doing to your health, and how to combat it.

Getting outside is one way to make sure that we put down our devices, and with the longer days and warmer weather on the way there's really no excuse not to go and get some fresh air. And not only will it help boost your vitamin D levels, but it could also help your mental health. Turn to page 86 for more.

Also in this issue we take a closer look at the most important vitamins and minerals, and where to find them (page 14), get creative with leftovers on page 44, and find out more about eating for heart health on page 10.

Enjoy the issue and see you next month!

Emma

Emma Dance, Editor

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Meet the EXPERTS

INTRODUCING THIS MONTH'S PANEL OF CONTRIBUTORS



SUZIE SAWYER

Nutritionist Suzie answers your questions on p8 and advises on preparing for spring on p80. (feelaliveuk.com)



DR EMMA DERBYSHIRE

Nutrition expert Emma responds to your queries on p8 and talks essential nutrients on p14. (hsis.org)



DR TIM BOND

Natural health expert Tim uses his expertise to answer your health and diet questions on p8. (teaadvisorypanel.com)



DR MIKE WAKEMAN

Pharmacist Mike answers your dilemmas on p8 and talks eating for heart health on p10. (feelaliveuk.com)



DR GILL GENKINS

GP Gill shares her health and diet advice on p8. (teaadvisorypanel.com)



GILLIAN GODDARD

Dietitian and dietetic advisor to the IBS network Gillian shares her expertise on p20. (theibsnetwork.org)



BAY BURDETT

Founder of low FODMAP food brand, Bay Burdett, discusses her experience of living with IBS on p20. (bayskitchen.com)



CHARLOTTE STIRLING-REED

Nutritionist Charlotte talks teaching children good mealtime habits on p24. (srnutrition.co.uk)



LUCY WILLIAMSON

Nutritionist Lucy extols the virtues of watercress on p28. (lovebritishfood.co.uk)



ROB HOBSON

Nutritionist Rob reveals a low sugar, four-week weight-loss plan on p32. (robhobson.co.uk)



DR RUPY

GP and health food guru Dr Rupy shares some nutritious walnut-filled recipes on p40. (walnuts.org)



JULIETTE KELLOW

Nutritionist Juliette helps you turn leftovers into tasty meals on p44. (panasonic.com)



DR CHRIS ETHERIDGE

The medical herbalist discusses why we need a digital detox on p76. (uk.puresentiel.com)



DR REENA WADIA

Periodontal specialist Reena explains why good gum health is so important on p84. (cwperio.com)



KIRSTY WARD

Kirsty shares her story of how gardening helped aid her recovery from PTSD on p86. (interflora.co.uk)

The following symbols appear on our recipes to help you identify nutritional information quickly.



Look out for these symbols



If our GF recipes include stock, make sure you choose a gluten-free product

The views expressed in this magazine are not those of the publisher. Always consult a GP or health professional before beginning a new exercise regime or diet plan, or trying any of the products or advice mentioned in *Healthy Diet*, particularly if you have a medical condition for which it may not be advisable.

We hope you enjoyed *Healthy Diet*. We know lots of readers will want to hang onto this magazine for future reference, but if not, why not give it to a friend, or donate it to your local doctors' surgery? Or remember that magazines can be put out with your weekly recycling for collection!





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Treat yourself to some refined sugar-free raspberry cheesecake!



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Shopping LIST

Take a look at our round-up of this month's healthy **must-haves**



MARMITE SMOOTH PEANUT BUTTER

£2.50 • Morrisons

Velvety peanut butter has been combined with Marmite's distinctly umami taste to create a taste sensation that's perfect slathered on a crumpet, divine smothered on toast and really rather good simply spooned straight from the jar!

PER 100g: 584 cal, 46g fat, 5.7g sat fat, 5g sugars, 1.9g salt



CHUCKIE EGG

99p each • Holland & Barrett

The 'Chuckie Egg', from cult vegan chocolate brand Mummy Meagz, is an indulgent dairy-free delight. A rich dark-chocolate shell cracks open to reveal a sweet creamy inside with a gooey 'yolk' at its heart – it's a luxurious alternative to rival the taste of any dairy-based crème egg.

PER 100g: 450 cal, 17.5g fat, 10.7g sat fat, 62.7g sugars, 0g salt



CUZENA FAVA BEAN DIPS

£2.95/170g • Wholefoods, SPAR, Selfridges

These fava bean dips make a fabulous low-fat alternative to hummus. Made with British fava beans, each dip is cooked with onions, garlic, tomatoes and coriander – complemented with a unique combination of Moroccan spices and chilli. They come in three flavours – garlic & coriander, fiery chilli and caramelised onion, and all are vegan, high in protein, fibre, vitamins A and C, potassium and iron – but low in calories, fat and salt.

PER 100g: 90 cal, 2g fat, 0.3g sat fat, 3.5g sugars, 0.88g salt

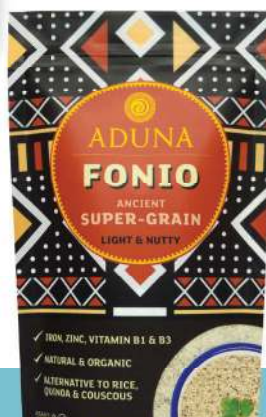


LUSCOMBE CHERRY CRUSH

£3/74cl • Sainsbury's

Cherry Crush is simply made with organic sour cherries, Sicilian lemons, Madagascan vanilla and soft Devon spring water. The result is a wonderfully refreshing drink with tart cherry flavours, just a hint of sweetness and a gentle sparkle.

PER 100ml: 22 cal, 0.2g fat, 0g sat fat, 4.9g sugars, 0g salt



ADUNA FONIO SUPER-GRAIN

£3.99/250g • WholeFoods Market, Planet Organic, Amazon and aduna.com

Fonio is an ancient grain that is naturally gluten-free, low GI, rich in iron and amino acids, and a good source of zinc, vitamins B1 and B3 and phosphorous. It takes just three minutes to cook and has a nutty flavour and a fluffy, couscous-like texture.

PER 100g: 370 cal, 1.4g fat, 0.3g sat fat, 0.7g sugars, <0.01g salt



PRESS VEGAN READY MEALS

£4.50 each • Ocado, press-london.com

Leading cleanse brand, PRESS, has launched its vegan chef prepared meal range, packed full of flavour and ideal as part of a plant-based diet. The three-strong range boasts classic flavours including spicy vegan chilli, fiery coconut curry and mac & greens, which have all been carefully designed by expert nutritionists to replenish the body of its vital nutrients.

PER SERVING (350g): 250 cal, 5.7g fat, 0.5g sat fat, 10.6g sugars, 2.5g salt

FODILICIOUS GINGER CRUNCH COOKIE BUTTONS

£2.50/27g • fodilicious.com

Fodilicious Cookie Buttons are the UK's first low FODMAP certified snack range for Irritable Bowel Syndrome (IBS) and gut health. They are made with all natural, premium ingredients and no refined sugars, are low in calories, and cater to a wide range of diets including vegan, nut free and soya free, as well as gluten free, having been certified by Coeliac UK.

PER SERVING (½ a pack): 47 cal, 1.5g fat, 0.8g sat fat, 2.9g sugars, 0.08g salt



FIBREFUL PORRIDGE

£4.95/500g • fibreful.com

Fibreful is an oatbran porridge that contains around double the fibre of rolled oats. In fact, one serving will provide more than a third of your daily fibre. It also contains 80 per cent of the recommended intake of heart health-boosting beta glucans and is a natural source of protein. It's versatile too – as well as making a tasty breakfast, it can also be added to smoothies or used in baking.

PER 100g: 347 cal, 8.2g fat, 1.4g sat fat, 2.1g sugars, 0.01g salt



SANISSIMO SALMAS MEXICAN CORN CRACKERS

£1.59 • Sainsbury's

Using natural ingredients in their simplest form, each Salmas cracker has been made using ancient grains, before being char-baked over an open flame to lock in the flavour and ensure a crunchy texture. The result is a delicious tasting healthy snack that's low-fat, low-calorie and gluten-free. They come in two flavours – original, which is the classic tortilla chip-style, and chia and flax which has a more toasted flavour.

PER 100g: 406 cal, 0g fat, 0g sat fat, 0g sugars, 0.5g salt

GRAZE HONEYCOMB CARAMEL WOW BAKES

£2.69 for 6 • Tesco, Asda, Ocado, Waitrose, graze.com

Healthy snacking brand graze has launched a range of dessert-style treats in three delicious flavours: chocolate hazelnut, lemon drizzle and our fave – honeycomb caramel. But although they might sound mega-indulgent, each one comes in at less than 100 calories, is high in fibre and contains less than 3g of sugar.

PER PORTION (20g): 94 cal, 5g fat, 1g sat fat, 2.7g sugars, 0.13g salt



CLEANEATING MULTI CHOPPER

£9 • Amazon & BakeWell Cookshop

Preparing garlic, herbs, onions and even nuts will be a breeze with this handy little gadget. Just pop in your ingredient, and with just a few pushes it will be finely chopped. It's perfect for making pesto!



GADGET
of the month



Nutrition CLINIC

PRACTICAL EXPERT ADVICE FOR
YOUR HEALTH AND DIET DILEMMAS

How can I eat a more 'sustainable' diet that is healthy for both the environment and me?

Suzie Sawyer says It's a challenging issue but it's important to find a diet that's balanced. However, the biggest threat to the environment is from methane gas expelled by cows. Therefore, eating meat and dairy produce is potentially damaging the environment. There are many alternative protein sources especially non-GMO soya, beans and other plant-based foods, plus milk alternatives including soya, almond, coconut, hazelnut and oats.

There are global issues of over-fishing and cod supplies are seriously depleted. However, it's possible to buy fish sourced sustainably. Salmon is a great source of the omega-3 essential fats, but farmed salmon is not reared naturally, therefore wild salmon is much healthier. Additionally, wild salmon contains natural astaxanthin (it's what makes salmon pink) and is a very powerful antioxidant.

Palm oil is widely used in many foods and cosmetics and is partly responsible for the deforestation of rainforests. Therefore, notice if you have products containing palm oil and reduce usage.



When I started my diet, I was losing weight consistently but now I seem to have reached a plateau. What can I do?

Emma Derbyshire says Many people will find that at the start of a diet they lose a regular amount of weight, then will see it stay the same. This can leave people feeling frustrated when they are not seeing results. Stick with it though, there can be several reasons why weight-loss stagnates.

As you lose weight your metabolism slows down meaning you burn fewer calories causing a plateau, or maybe old habits have made their way back into your diet without you realising it. Increasing your exercise and writing down what you are eating can help you keep track of what calories you are consuming from what foods, and how many calories you are burning off through exercise.



I'm trying to cut down on caffeine and sugar, but I often find I have a mid- afternoon slump. What can I eat or drink to give me a healthy energy boost?

Dr Gill Jenkins says The afternoon slump is when our bodies are looking for energy or are letting us know they are tired. If it is always rewarded with caffeine, sugar or treats the body becomes used to this daily habit and will let you know it's time again!

Make sure you are eating some slow release carbs that can see you through the afternoon, or if you feel the slump coming on take a brisk walk for five minutes or get some fresh air to inject some energy.

Instead of reaching for the coffee try a herbal infusion such as liquorice, ginger or mint. And green tea appears to increase leptin levels. Leptin is a hormone which helps to promote a feeling of fullness after eating.

30-second summary:

Can diabetes be treated with diet alone?

Dr Tim Bond says Diabetes is a lifelong condition, where your blood glucose level is too high because your body can't make a hormone called insulin. If you have type 1 diabetes this has not been caused by lifestyle or diet. But type 2 diabetes is more commonly associated with health and lifestyle choices and can be potentially reversed.

Diet alone will never treat diabetes; food is not a medicine, but adopting a healthy balanced diet that includes lots of fruit and vegetables and whole wheat is important, as is avoiding highly processed or fatty foods. And developing research has shown that drinking one to four cups of black tea daily may potentially help reduce the risk of diabetes by improving blood glucose control. Plus drinking green tea on a daily basis according to emerging research shows that it could reduce the risk of developing type 2 diabetes by a third.



I've heard that fibre is important. What should I eat to boost my fibre intake?

Suzie Sawyer says You're quite right - fibre is an essential nutrient. We all need around 30 grams of fibre daily, but, the typical western daily diet only contains around half this amount.

Whole grain foods such as oats, quinoa, brown rice, wholewheat bread and pasta, plus fruits, vegetables and beans are all high in fibre and should make up a large percentage of your diet. Fruit juices have been stripped of fibre so it's always best to eat the whole fruit. Additionally, refined foods, in other words pre-packed meals, cakes, biscuits, white bread, rice and pasta, contain very little fibre due to the processing of the wheat kernels and other grains.

Porridge makes a great breakfast. It's the perfect start to the day - just make sure it is made from rolled oats. A typical 40g bowl of porridge contains round 3.5g of fibre. However, sprinkling with a couple of tablespoons of flaxseeds (another 3g of fibre) and some blueberries will boost fibre intake.

With so many foods high in fibre to choose from, make sure you're having some fibre at every meal to help you hit the target.



How do I know if I drink enough water?

Mike Wakeman says Water is essential for the body (we're around 75 per cent water overall), therefore the body makes it known when it needs more. However, it also adapts when fluid is in short supply. For example, if you're drinking insufficient fluids and this continues for a while, the body will hold on to water so it thinks it has

sufficient, which is not good. However, as soon as you start to fulfil the body's needs, you'll feel more thirst - it's the body's way of maintaining equilibrium.

You should take note of the colour of your urine. It will always be dark and concentrated in the mornings due to the kidneys and hormones regulating themselves. Thereafter, urine should be pretty clear throughout the day. If it's not, it's a sure sign the body needs topping up. However, do note that if you're taking multivitamins, your urine will be a distinctive green/yellow colour, which is perfectly normal. However, urine shouldn't be cloudy.

Dehydration causes tiredness, hormone imbalances, brain fog, low mood and lack of sports performance. If you're feeling any of these, then start by drinking six to eight glasses of water daily to see if things improve.



Our Experts



Emma Derbyshire, PhD, is a registered public health nutritionist and

nutrition/health writer.
hsis.org



brand Alive!
feelaliveuk.com

Mike Wakeman is a clinical pharmacist and an advisor to supplement



Suzie Sawyer is a clinical nutritionist and an advisor to nutrient

supplement range Alive!
feelaliveuk.com



Dr Tim Bond is a natural health chemist, and an advisor for the Tea

Advisory Panel. He has more than 18 years experience in tea.
teaadvisorypanel.com



Dr Gill Jenkins is a practising GP with a special interest in

health and lifestyle issues.
teaadvisorypanel.com

1 Keep a food diary when you're on a diet to help stop old habits creeping back in. **2** Eating slow release carbs at lunch time can help prevent a mid-afternoon slump. **3** Health and lifestyle choices could help reverse type 2 diabetes. **4** Dehydration can cause tiredness. **5** The typical western diet only contains about half of the recommended amount of fibre. **6** Eating meat and dairy products is potentially damaging to the environment.

GOOD HEART

Mike Wakeman examines
whether what we eat can help
our heart health



Heart disease statistics are extremely worrying and scary. In fact, there are 7.4 million people living with a heart or circulatory disease and today alone 280 hospital admissions will be due to a heart attack.

Early detection of heart disease is imperative. Lifestyle factors such as regular exercise, weight management, reduction in smoking and alcohol intake can all help our heart health, but what about our diet?

Dietary choices can also help keep our hearts healthy. Here we take a look at some of the evidence around what we eat and heart health, plus what are the right nutrients – including essential fatty acids, like the omega-3s – to include in our diets to help keep our heart happy and healthy.

The Mediterranean diet

The traditional Mediterranean diet is often seen as the elixir of diets when it comes to our health. And for good reason. It has been shown to be significantly beneficial to heart health. The Mediterranean diet is made up of mainly fruit, vegetables, oily fish and wholegrain cereals. It also includes an increased amount of omega-3 fatty acids, good omega-6 fatty acids and polyphenols (such as quercetin, resveratrol and catechins, in grapes) – which are all great for our hearts.

And, there is a bulk of evidence that backs the Mediterranean diet for heart health. In a prevention study over five years, the Mediterranean diet was put under the microscope by a study team of scientists and the resulting research data revealed that the total cardiovascular deaths were reduced by a staggering 17 per cent.

Another study, this time in France, took a look at the prevention of subsequent heart attacks in patients who had already experienced a heart disease event. The data at the end of this research revealed that the Mediterranean-style diet, compared with a prudent western diet,

resulted in a 76 per cent lower risk of cardiac death and non-fatal heart attack during the four-year study research period.

Vegetarian diets

Vegetarian diets are often thought of as healthier than meat diets, but do they have heart health benefits?

Research has shown that vegetarian diets can also be good for our hearts. In an 11-year study with 45,000 people across England and Scotland, the vegetarian group had a 32 per cent lower incidence of heart disease.

Furthermore, scientists in America put into place research with 100,000 men and women. Here the results revealed that:

- For those that were vegan, there was a 15 per cent decrease in death.
- 9 per cent decrease in lacto-ovo vegetarians (those who consume some dairy products).
- 19 per cent reduced death rate for heart health issues for those people following a pescio-vegetarian diet (those that consume fish) and an 8 per cent reduction for those that were semi-vegetarians – and this was primarily related to decreases in cardiovascular disease over five years.

What about protein diets?

Protein diets, such as the Paleo diet, where lean meats, fruit, vegetables, nuts and seeds are eaten has also been shown to have a positive effect on heart health. In a study of more than 20,000 participants, the



Paleolithic diet showed reductions in heart disease death of 22 per cent. Data suggests that there was no association between red meat consumption and heart disease.

DID YOU KNOW?

Many medications used to treat high blood pressure, heart and circulatory conditions can reduce the levels of many vitamins and minerals beneficial to heart health. So, look for a good multivitamin and multimineral supplement as well as an omega-3 supplement like krill oil to bridge those nutrient gaps. Vitmedics.com is an online resource which provides personalised information about which foods and supplements you might need, based on your lifestyle, life stage and dietary habits and the medications you might be taking.





Do you know your omegas? Oily fish is the answer

Perhaps the most well-known fatty acid for our brain and heart health is something called omega-3. Omega-3 fatty acids are found mainly in fish like krill, with plant-sources including flaxseed oil and walnuts. Dietary guidelines recommend that we need to eat two portions of fish a week, with at least one being oily fish. Yet two thirds of us fail to reach this target.

Omega-3 fatty acids have multiple helpful heart-related benefits, and also have the ability to help lower harmful triglycerides (a type of fat found in the blood) circulating in our blood.

In fact, scientists have found that there is a 17 per cent lower incidence of fatal coronary heart disease for people eating fish twice a week versus little or no fish consumption. Other studies also suggest a protective effect of fish consumption on

cardiac arrest and sudden death.

In addition, supplementation with the major omega-3 fatty acids present in fish – EPA and DHA – is vital to our health and wellbeing including heart and brain health. DHA is a major building block in the cerebral cortex; the part of the brain responsible for memory, language, creativity, emotion, and attention. EPA regulates mood and improves attention.

Krill oil

Heard of krill? Krill are tiny shrimp-like crustaceans. Pure Antarctic Krill Oil is a superior source of omega-3 fatty acids, with research showing how krill can help support heart, brain and eye health.

Evidence suggests that both elevated levels of total cholesterol and LDL (the

bad) cholesterol, together with lowered (the good) HDL cholesterol are risk factors for coronary artery disease and that rebalancing these levels can help slow the condition.

The results of one study showed krill oil significantly lowered blood lipid levels more effectively than fish oil. In fact, daily consumption of two or three capsules containing 500mg of krill oil total reduced cholesterol by a factor of two compared to three times the dose of fish oil. It also raised good cholesterol 10 times more and lowered bad cholesterol seven times more.

And other research with healthy people revealed that krill oil was more effective than fish oil in increasing levels of good cholesterol and also reducing triglyceride levels. More research is needed though.

Co-enzyme Q10

Co-enzyme Q10 (CoQ10) is a smart compound found in every body cell and plays a pivotal role in transporting the electrons which power our cells; so useful for our heart health too. The best sources for CoQ10 are animal products such as liver, heart, beef and fatty fish such as tuna. It may also be found in smaller amounts in soybeans, corn and olive oils.



WORTH A TRY

For Pure Atlantic Krill Oil try Neubria Krill. This is a superior source of omega-3, designed to deliver EPA and DHA which both help support our brain, heart and vision health. Neubria's Krill supplements are especially clean, being sourced from Antarctic krill which reside in the

ocean's cleanest waters.

In addition to the superior purity and sustainability, Neubria Krill is higher in choline than most other krill oil supplements, providing a healthy dose of this essential nutrient we all need for proper brain health function.



Our Expert



Michael Wakeman is a pharmacist researcher with master's degrees in pharmaceutical analysis, nutritional medicine, and clinical oncology. vitmedics.com

THE Nutrition Report

SUPERFOODS. HEALTHY BITES.
SMARTER SUPPLEMENTS.

Family influence

A study led by the University of Notre Dame suggested that parents and guardians have a significant impact on their children's health when it comes to nutrition. Strong family dynamics, such as concern for behaviour and treatment and a sense of

protectiveness for the child, led to improved outcomes of nutritional interventions. A lack of authority, however, led to minimal changes in results.



How much veg a day?

According to research by the Health and Food Supplements Information Service (HSIS), 86 per cent of people don't know how much fruit and vegetables they should be eating a day.

Sixteen years after the launch of the five-a-day campaign, only 31 per cent

of adults aged 19-64, 26 per cent of adults aged 65 and over, and most worryingly, only eight per cent of 11-18 year olds are actually achieving their five-a-day.



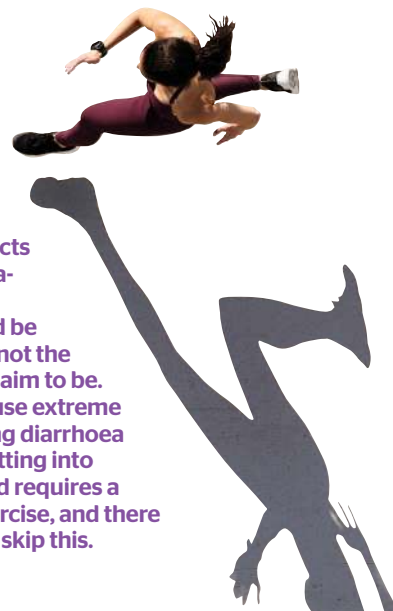
WHOLE MILK IS BEST

An analysis of 28 studies looked at the relationship between children drinking cow's milk and the risk of being overweight. None of them showed that children who drank reduced-fat milk had a lower risk of being overweight or obese, but 18 studies suggested kids who drank whole milk were less likely to be overweight or obese.



No quick fix

According to Professor Stephen Powis, National Medical Director of NHS England, products such as diet pills, 'tea-toxes' and appetite suppressants should be avoided as they are not the quick-fix that they claim to be. In fact, they may cause extreme side effects, including diarrhoea and heart issues. Getting into shape takes time and requires a healthy diet and exercise, and there are no quick fixes to skip this.



Boost brainpower

A study from the University of Pennsylvania suggests that having plenty of iron in the diets of children and teenagers will boost their brainpower.

The study looked at the brains of 1,500 eight to 24-year-olds and low iron levels were linked to impaired performances in reasoning and spatial processing tasks. Iron is essential in developing our ability to filter information and control movement, memory, learning and emotion.

A-Z

of essential vitamins and minerals

Dr Emma Derbyshire gives the lowdown on some key nutrients

VITAMINS

VITAMIN A

• What is it and why do I need it?

Vitamin A is a fat-soluble vitamin, stored mainly in the liver. This vitamin is vital for maintaining good eyesight, particularly for the normal function of the retina and visual adaptation to darkness, and healthy skin. It is also important for immunity, as well as growth in children.

• **Where is it found?** The richest natural sources of vitamin A are fish liver oil and it is also very concentrated in animal liver. Other sources include oily fish, egg yolk, cheese, fortified margarine, butter and full fat milk.

You can also get vitamin A by including good sources of beta-carotene in your diet, as the body can change this into vitamin A. The main food sources are yellow, red and green (leafy) vegetables, such as spinach, carrots, sweet potatoes and red peppers and yellow fruit, such as mango, papaya and apricots.

• **How much do I need?** The Nutrient Reference Value, RNI, which is the amount needed by the majority of the population to maintain their health is 800mcg per day.
1 medium egg = 64mcg
1 sweet potato = 900 mcg



VITAMIN B12

• **What is it and why do I need it?** Vitamin B12 is essential in the functioning of the nervous and immune systems, and in making red blood cells. It is also involved in energy production.

• **Where is it found?** Meat, liver, kidney, poultry, fish, eggs, dairy products and fortified breakfast cereals. If you are following a vegan or vegetarian diet you are probably well aware of the need to supplement with vitamin B12 as it is only

found in animal products or fortified foods.

• **How much do I need?** 2.5mg per day
100g raw beef = 2mg
30g Cheddar cheese = 0.2mcg

VITAMIN C

• **What is it and why do I need it?** Vitamin C is synonymous with preventing colds. It acts as an antioxidant, helping to neutralise free radicals – the baddies in our bodies – so that our body cells are protected. It is also involved in maintaining healthy skin, blood

ESSENTIAL FATS

COD LIVER OIL

• **What is it and why do I need it?** Cod liver oil is obtained from the liver of the cod. Cod liver oil and other fish liver oils are rich sources of vitamins A and D; they are also rich sources of the omega-3 essential fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

EPA and DHA are found in every cell membrane in the body and have a wide range of functions. Their health benefits include: helping to reduce triglyceride levels in the blood, heart health, supporting brain function, reducing blood pressure and maintaining eye health.

Fish body oils and fish liver oils are widely used in the management of inflammatory joint conditions, and omega 3 fatty acids also help maintain suppleness.



• **Where is it found?** Cod liver oil is obtained from the liver of the cod. It is available in capsules which may make it easier to take.

• **How much do I need?** The European

Food Safety Authority makes recommendations for EPA and DHA intake, substances which are found in fish oils: 250mg of EPA/DHA per day for adults and children over the age of two.

vessels, bones and cartilage. It helps aid wound healing and is also necessary for the function of several enzymes and increases the absorption of iron in the gut.

• **Where is it found?** Vitamin C is found in foods of plant origin, particularly citrus and soft fruits (such as oranges, strawberries, kiwi, blackcurrant, guava). Vegetables (such as kale, broccoli, Brussels sprouts, peppers, potatoes, tomatoes) are also good sources.

How much do I need? 80mg per day.

100g strawberries = 57mg per day

79mg broccoli (around 1/4 of a medium sized head) = 79mg

VITAMIN D

• **What is it and why do I need it?**

An important vitamin, the body creates vitamin D from direct sunlight on the skin.

Vitamin D helps the body to absorb and use calcium and phosphorus, which are essential for maintaining strong and healthy bones and teeth, as well as other body functions such as heart and muscle function. It is also important for blood clotting, the immune system and muscle growth, development and function.

A vitamin D deficiency results in poor growth, bone pain and deformities (rickets

in children and osteomalacia in adults), osteoporosis, gum disease, constipation and muscle weakness.

• **Where is it found?** Good food sources include full-fat dairy products, oily fish, mushrooms, egg yolks and fortified margarine. However, food alone is unlikely to provide sufficient amounts.

• **How much do I need?** The Department of Health recommends a daily supplement containing 10mcg of vitamin D during winter and then all year round if you don't get outdoors very often.

VITAMIN K

• **What is it and why do I need it?**

A lesser known vitamin, vitamin K is needed for the formation of several of the proteins, called 'clotting factors' that regulate blood clotting, which means it helps heal wounds. It is also needed to form some proteins which are important for the maintenance of healthy bones and teeth.

• **Where is it found?** Vitamin K is found in green vegetables such as kale and spinach, potatoes, liver, soya beans and most vegetable oils.

How much do I need? 75mcg per day

115g cooked spinach = 444mcg

FOLIC ACID

• **What is it and why do I need it?**

Folic acid, known as folate in its natural form, helps the body form healthy red blood cells.

Women are advised to take folic acid for 12 weeks prior to conception and until the 12th week of pregnancy. This is

essential during pregnancy for efficient neural tube development which forms the brain and spinal cord.

• **Where is it found?** Good

sources of folate include broccoli, Brussels sprouts, liver (but avoid this during pregnancy), leafy green vegetables, such as cabbage and spinach, peas, chickpeas and breakfast cereals fortified with folic acid.

• **How much do I need?** 200mcg for general population but 400mcg during pregnancy.

78g Brussels sprouts = 47mcg

130g canned chickpeas = 100mcg



MINERALS



CALCIUM

• **What is it and why do I need it?** The most abundant mineral in the body, calcium is essential for building and maintaining healthy bones and teeth. It also plays a role in regulating muscle contraction, including the heart muscle; facilitates nerve transmissions; is involved in energy production and cell division and makes sure the blood clots normally.

Long term calcium deficiency leads to osteoporosis, muscle aches and pains, muscle twitching and spasm, muscle cramps, rickets (in children), osteomalacia (softening of bones), heart disorders, brittle nails and insomnia.

• **Where is it found?**

Dairy products, canned fish such as sardines (when the soft, edible bones are consumed), dark green leafy vegetables, white bread, brown bread, sesame seeds and pulses.

• **How much do I need?** 800mg per day
100ml semi-skimmed milk = 124mg
1 tbsp sesame seeds = 88mg

IODINE

• **What is it and why do I need it?** Iodine is used to form thyroid hormones, which help regulate our body's metabolic rate.

Deficiency may lead to hypothyroidism. Symptoms include tiredness, muscle weakness, breast pain and tenderness, sudden or unexplained weight gain.

• **Where is it found?** Saltwater fish and shellfish, kelp, seaweed, sea salt, iodised salt, and dairy products.

• **How much do I need?** 150mcg per day
1 cod fillet (140g raw) = 274mcg
1 slice of bread (36g) = 5 mcg

IRON

• **What is it and why do I need it?** Iron is essential for the formation of haemoglobin which is present in red blood cells. Haemoglobin is being formed in the body all the time and is the substance in red blood cells that transports oxygen around the body.

A lack of iron can lead to iron deficiency anaemia, concave and brittle nails, sore tongue, cracking in the corners of the mouth and increased susceptibility to infection. Also, tiredness, muscle fatigue, skin itching, dizziness, headache, insomnia, brittle hair and hair loss.

• **Where is it found?** Good sources include liver, kidney, heart, red meat, beef, pork, canned pilchards/sardines, fish, shellfish, wholegrain cereals, eggs, spinach, chicken, leafy green vegetables, dried fruit and fortified breakfast cereals. It's also good to note that vitamin C improves the absorption of iron from plant sources.

• **How much do I need?** 14mg per day
100g raw beef = 41mg



100g raw spinach = 2.7mg

MAGNESIUM

• **What is it and why do I need it?**

Magnesium is the second most abundant nutrient stored in body tissue after calcium. Magnesium is needed for the formation of many enzymes in the body which release energy from food. It is also vital for the nervous system, muscle movement and for the formation of healthy bones and teeth.

• **Where is it found?** Magnesium is present in all green plants. The main sources are unrefined cereals and wholemeal bread, green leafy vegetables, nuts and peanuts.

• **How much do I need?** 300mg per day
100g almonds = 270mg
185g cooked quinoa = 118mg

ZINC

• **What is it and why do I need it?**

Zinc is an important part of many enzymes, some of which have key roles in the processes involved in tissue growth. Zinc is required to aid growth of the immune cells, and for the maintenance of hair, skin and nails. Zinc is also essential for reproduction.

Signs of mild to moderate deficiency include growth retardation, male hypogonadism (the testes produce few or no sex hormones), poor appetite, rough skin, mental lethargy, delayed wound healing and impaired taste.

• **Where is it found?** Good sources include red meat, liver, shellfish (especially oysters), egg yolks, dairy products, wholegrain cereals and pulses.

• **How much do I need?** 10mg per day
1 oyster = 5.3mg
100g cooked lentils = 1.3mg

Our Expert



Dr Emma Derbyshire is a registered nutritionist, a nutrition and health writer, and is an advisor to the Health & Food Supplements Information Service hsis.org



Coconut meat

80g =
283 calories



Spring onion

200g =
64 calories



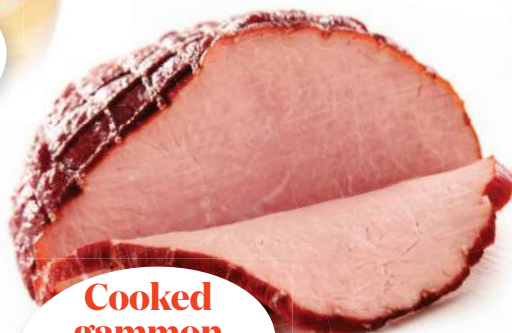
Maple syrup

2 tbsp =
104 calories



Rhubarb

100g =
21 calories



Cooked gammon

75g =
134 calories

**WHAT
100
CALORIES
OR LESS
LOOKS LIKE**



Salad cream

2 tbsp =
100 calories



Celeriac

200g =
84 calories

SNACK SENSIBLY WITH
THESE COUNTED PORTIONS



Rocket

112g =
16 calories

Almond milk

(unsweetened):
100ml = 13 calories



Hazelnut spread

1 tbsp = 100 calories



Savoury snacks

Some healthier alternatives to crisps put to the test

Salty, crunchy and so very satisfying, crisps are one of the nation's favourite snacks. But the deep fried potato versions are so often full of fat and calories making them a no-no for anyone trying to eat healthily. Now though, there are a raft of better-for-you alternatives available, so we see how a few of them measure up...



Burts

Sour Cream and Chive Lentil Waves

Inspired by the waves that surround Devon's beautiful coastlines, this deliciously moreish range of healthier alternatives are the perfect snack. The curls look rather fun, so they would probably appeal to a younger consumer too. They're a little thicker than a regular potato crisp, but there's a really good crunch to them making them

pleasing to eat. The flavour is good too – definitely sour cream rather than cheese with a tang of chives that didn't overpower the taste.

Per 100g: 467 cal, 19.7g fat, 1.9g sat fat, 59.7g carbs, 3.5g sugars, 3.8g fibre, 10.9g protein, 1.5g salt
Price: 99p/20g or £1.80 for five packs from Waitrose



BEPPS

Salt and Vinegar Black Eyed Pea Puff Snacks

As well as coming in with the lowest calories, these unusual little snacks boast the most protein making them a good choice to munch after exercising.

We weren't quite sure what to expect from a snack made by puffing up a black eyed pea, but the result was very pleasing! They deliver a great crunch, but they are also wonderfully light. There's a real tang from the vinegar but the nutty pea flavour was still detectable too which we liked as it made us feel that we were eating something 'real.'

Per 100g: 410 cal, 16g fat, 1.8g sat fat, 50g carbs, 2.1g sugars, 9.5g fibre, 12g protein, 1.5g salt
Price: £1.79/70g from Tesco



Purely

Plantain Chips Wild Garlic

The first thing that struck us when we opened the bag was that you could immediately see that these chips are made from actual slices of plantain, which reassured us that we were eating something that hadn't been overly processed.

The slices are a decent thickness, chunkier than crisps but not too fat, so you get a really satisfying crunch from eating them. The natural slight sweetness of the plantain balanced well with the saltiness, and the wild garlic flavour began gently but built the more chips we ate. These were probably the most filling of the examples we tried, so although the calorie and fat count came in a bit higher than some we felt that you'd need to eat less to satisfy snack cravings.

Per 100g: 517 cal, 30g fat, 3g sat fat, 63g carbs, 1g sugars, 7g fibre, 1g protein, 0.36g salt
Price: £1.99/75g from Ocado



Eat Real

Chilli Cheese Hummus Chips

The front of the packet proudly announces that Eat Real's Chilli Cheese Hummus Chips are "40% less fat" (as well as being gluten-free and vegan), which is a good start on the nutritional front. Rather than being made from hummus as such, the chips are actually made primarily from chickpea flour (which makes rather more sense!). The light golden colour and seashell shape gives them an attractive appearance, and they deliver

a really satisfying crunch. The flavours are quite subtle – the cheese certainly isn't overpowering, and there's more of a tickle of chilli than a big kick, so would probably appeal to most tastes.

Per 100g: 474 cal, 23g fat, 1.5g sat fat, 57.2g carbs, 3g sugars, 5.8g fibre, 6.5g protein, 3g salt

Price: £1.89/135g from Ocado, Holland & Barrett Click and Collect and Amazon

Abakus

Salt and Vinegar Seaweed Crisps

Made of seaweed harvested from the deep blue seas of South Korea, and coated with a thin layer of crunchy tapioca, these seaweed crisps were definitely the most unusual snack we tried. The tapioca gave a crunch, but the slight chew of the seaweed was still detectable – but in no way unpleasant. There was a slight tang from the vinegar, but the distinctive seaweed flavour was most prevalent, so picky or unadventurous eaters might be put off initially. We very much liked the taste though! They also boast some good nutrition credentials since seaweed is a source of iodine which helps support cognitive function and functioning of the nervous system.

Per 100g: 557 cal, 37g fat, 6g sat fat, 43g carbs, 2g sugars, 12.4g fibre, 7g protein, 5.1g salt

Price: £1.29/18g from abakusfoods.com



Metcalfe's

Sizzlin' BBQ Corn Chips

Made from corn that has been popped, not fried, Metcalfe's corn chips come in at 89 calories per serving and a massive 62 per cent less fat than a standard bag of crisps.

Initially we thought that they might be similar to corn tortilla chips, but they are quite a bit thicker (possibly because of the popping) with a pleasing crunch on the outside and a lovely fluffy interior.

We loved the taste, with the barbecue flavour initially delivering a slight sweetness, and a gentle heat that built as we ate more. And because they were very more-ish we did eat a lot more!

Per 100g: 420 cal, 10.9g fat, 0.5g sat fat, 76g carbs, 6.3g sugars, 2.4g fibre, 5.7g protein, 0.83g salt

Price: £1.59/85g sharing bag from Home Bargains, Tesco or 75p/22g from WH Smith Travel stores



Get the lowdown on IBS

As part of IBS Awareness Month in April, **Gillian Goddard**, medical adviser to The IBS Network, explains more about the condition

More than 12 million people in the UK live with irritable bowel syndrome (IBS).

But what exactly is it, how can it be treated and what should you do if you've been recently diagnosed?

What is Irritable Bowel Syndrome (IBS)?

IBS is a functional disorder of the bowel. There is no definitive biomarker which can identify this long-term condition. It is diagnosed clinically using blood tests and/or stool samples in order to rule out any other conditions.

What sort of symptoms should you look out for?

Symptoms can include abdominal pain, bloating, wind, diarrhoea, constipation, mixed diarrhoea/constipation. Other symptoms include lethargy, nausea and backache. Symptoms will vary from person to person.

What can trigger symptoms?

Triggers can be a combination of the food that we eat and the amount of stress in our lives or not getting enough sleep. Eating foods high in fat, consuming alcohol, large portion sizes, eating too much fruit and vegetables, fizzy drinks, and high fibre foods may trigger IBS symptoms.

What if I am experiencing symptoms?

If you are experiencing IBS symptoms, before you make any changes in your diet

it's important that you speak to your GP.

If you are diagnosed with IBS, ask your doctor to refer you to a registered dietitian. While waiting for your appointment try to identify your triggers. The IBS Network has a 12-week wellness diary to help you do this.

How is IBS treated?

There is no cure for IBS and no single treatment that works for everyone. The key

to living well with IBS is self-management. Once you have a better understanding of what is happening in your body you will be able to explore what works best for you.

Consider dietary and lifestyle changes (see below and right for more on these); psychological therapies (talking therapies); and medications (see your GP or pharmacist for advice).

If your symptoms persist and are food related, you may be advised to try the

DIETARY AND LIFESTYLE GUIDANCE

Try one change at a time:

- Reduce high fat, processed and reheated foods, such as chocolate, dairy, fried foods and cakes.
- Drink up to 2 litres of (non-alcoholic) fluids per day.
- Reduce caffeine.
- Chewing gum which contains sorbitol may contribute to extra wind/bloating and acts as a laxative.
- Limit high fibre foods.
- Reduce gassy, bloating foods such as cauliflower, onions, garlic and beans.
- Limit fruit to three portions a day. Adding up to a tablespoon of linseed a day to your food may help to soften your stools.
- Try probiotics for four to six weeks; make time to eat regular meals throughout the day.

- Understand your stress triggers and take time to relax.
- Include exercise in your week.
- Talk to your family, friends and trusted work colleagues about your IBS. Keeping it secret can cause a huge amount of stress which will exacerbate your condition.



WHAT IS THE LOW FODMAP DIET?

The Low FODMAP Diet has been scientifically researched by Monash University in Australia and has been proven to reduce (and in some cases even eliminate) IBS symptoms in more than 75 per cent of people who try it.

The term FODMAP is an acronym that stands for: Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols. They are a collection of poorly absorbed simple and complex sugars that are found in a variety of fruits (such as stone fruits, apples and

pears) and vegetables (especially onions, garlic, pulses and brassicas), milk and wheat.

Not everyone who suffers from IBS will have symptoms with all of these foods.

The process of drawing fluid into the bowel and the fermentation of FODMAPs by bacteria produce the symptoms experienced by people with IBS. Symptom

improvement can follow the reduction of high FODMAP foods, including improvement in bowel habit, especially diarrhoea.



low FODMAP diet. However, this should only be followed with the supervision of a registered dietitian.

There are three stages to the low FODMAP diet:

RESTRICTION - For two to six weeks swap high FODMAP foods for low FODMAP alternatives. However, restricting your diet for longer than this may have a detrimental effect on the healthy gut bacteria.

REINTRODUCTION - Over eight to 12 weeks reintroduce food groups gradually, in a structured way.

PERSONALISATION - In time you will understand what food you can tolerate and what you cannot tolerate while making

sure you have a healthy varied diet. In the long term it's a balance between tolerated FODMAP-rich foods and the avoidance of others. If you still experience symptoms, discuss them with your doctor.

As stress and anxiety can be a major trigger of IBS symptoms, consider one of the talking therapies. Cognitive behavioural therapy and hypnotherapy have some evidence of efficacy and are worth discussing with a GP for a referral.

Our Expert



Gillian Goddard is a registered dietitian and dietetic advisor to the IBS Network - the national charity supporting people living with IBS. She works for Sheffield Teaching Hospital Foundation Trust, and has a special interest in IBS. theibsnetwork.org



Living with IBS

Bay Burdett, founder of Bay's Kitchen - the brand pioneering IBS-friendly foods - shares her IBS journey...

When did you discover you had IBS and what were your symptoms?

I was diagnosed with IBS in November 2015. I went to my GP, they took blood tests to rule out dairy allergy and coeliac disease, we discussed my symptoms and I was given the diagnosis.

I'd been suffering symptoms since July 2012. I'd started a very restrictive diet for

my sister's wedding, and afterwards, when I went back to a 'normal' diet, my digestive system didn't agree! During a 'flare up' my stomach would make very loud grumbling noises, I'd have tummy pain, be bloated, get back pain; and at its worst I'd get extreme fatigue, not to mention a change in bowel habits. This would tend to happen every week or two. I tried to get used to it and

cover it up like it was normal, thinking it would get better.

In October 2015 I was on holiday with my family and watching my mum, sister and nieces all playing in the sea (which I love to do!) yet I was lying on the beach in absolute agony. It was then I decided that the way I was feeling wasn't normal, and I decided to get myself to the doctor.

Was it easy to get a diagnosis?

Not exactly. IBS still can't be properly diagnosed; it's diagnosed through a process of elimination. GPs use blood tests and look at your symptoms to rule out conditions like coeliac disease, endometriosis, bowel cancer, Crohn's disease and colitis, which can all have very similar symptoms to IBS but are more serious.

Did you have to change your lifestyle?

Yes! My GP told me there was a diet called 'FODMAP' which was meant to be good. So I went away and learned as much as I could. For the next three weeks, I wasn't symptom free, but I felt a lot better than I had in years and my symptoms were less intense and much less frequent.

Having IBS and following a restrictive diet had quite a big effect on my life. I was nervous about making social plans in case I felt awful that day, and eating out wasn't enjoyable as I'd have to be fussy and knew most of the time I would unknowingly eat something which would cause a flare-up. I was nervous to go on holiday, mainly due to the flight and being restricted to a seat where I might not be able to go to the toilet if needed. One of my worst experiences was a 13-hour flight back from Kuala Lumpur in 2013 - I was in so much pain by the end of the flight I actually worried my appendix had ruptured!

IBS also totally knocked my confidence, the loud tummy noises made it embarrassing to be in certain situations like client meetings where it would be too quiet to mask the noise. It also stopped me from dating due to the embarrassing nature of the condition.

What was the biggest change?

Probably my diet! A few of my favourite things - garlic bread, garlic prawns and fajitas - all had to go! Cutting out so much was hard to start with, but I learnt to associate those foods with pain, and soon I stopped craving them.

What were the biggest challenges and do you still come across difficulties?

Following the diet was extremely difficult to begin with. I found everything in the supermarkets would have



some form of onion or garlic in, or other high FODMAP ingredients. Eating out has always been a nightmare and still often is, as you can't ask for every ingredient in a dish. There are things I've learnt along the way to make it easier, like emailing a restaurant in advance or selecting something quite plain from the menu. The longer you're on the diet, the easier it becomes as you start to know dishes you can safely eat and the restaurants that can cater for you. The Low FODMAP Diet is also slowly becoming more well known, which is making it easier as people understand it better and more products are becoming available.

How did being diagnosed with IBS inspire you to start your business?

I did so much research about IBS and the Low FODMAP Diet and it didn't take long to find out that nearly one in five UK adults have been diagnosed with IBS and, even more scarily, one in three of them suffer with symptoms.

I was working very long hours at the time of starting the diet, so I just didn't have the time or the motivation to make every meal from scratch, but if I didn't I would have a flare up as anything convenient would have high FODMAP ingredients. I quickly realised that with so many people suffering, there was bound to be a need for convenient, low FODMAP foods.



How did you go about creating low FODMAP sauces?

Being on a Low FODMAP Diet, you have to experiment with new flavours (rather than adding garlic to everything like I used to). I started making my own pasta sauces with different herbs and spices, which were really flavourful. I got my family and friends to try them and they enjoyed them too, so I knew this could be done. If people who don't have intolerances enjoyed them then I was onto a winner. I then began working with a development chef to create the different sauces, ensuring they were full of flavour, but commercially scalable. And that's how Bay's Kitchen began!

Bay's Kitchen range of FODMAP-friendly, gluten-free, vegan-approved stir in sauces are available to buy now from Ocado and Morrisons stores nationwide. bayskitchen.com





ICEBERG LETTUCE

Iceberg lettuce has a high water content, which often leads people to believe it has low nutritional value. However, iceberg lettuce does provide significant amounts of vitamins A and K. Vitamin A is a powerful antioxidant that helps to support cell growth, maintain eye health and vision. Vitamin K helps to prevent bone fractures and is integral for blood clotting. One leaf of iceberg lettuce only has one calorie, and it is also low in sugar and fat.



PEAS

Peas contain a surprising amount of vitamins and minerals. Green peas are a plant-based source of protein, which makes them very filling. Protein works with fibre to slow digestion and promote feelings of fullness, automatically reducing the number of calories you eat throughout the day. Green peas have a relatively low glycemic index which helps to regulate blood sugar levels.



PARSNIPS

Parsnips are a great source of vitamin C, vitamin K and folate. From around 130g of parsnips you can get 25 per cent of the RDI of vitamin C, 25 per cent of the RDI for vitamin K and 22 per cent of the RDI for folate. This amount of vitamin C is important for supporting immune function and may help to decrease symptoms and shorten the duration of a common cold. The same amount of parsnips also contains 26 per cent of the RDI of fibre, which is important for optimising digestive health.

Low-fat LARDER

STAY SEASONAL WITH APRIL'S
HEALTHIEST INGREDIENTS

POTATOES

Potatoes are an excellent source of a range of vitamins and minerals. However, the nutritional content will vary depending on how they are cooked. The skin on the potato contains a lot of goodness, so peeling them significantly lowers their nutritional value. One medium potato baked potato with the skin on contains 4.3g of protein, 0.2g of fat and 161 calories. It also contains 28 per cent of the RDI of vitamin C, 27 per cent of the RDI of vitamin B6 and 26 per cent of the RDI of potassium. Potatoes are also very filling which can help you regulate or lose weight as they can prevent hunger pangs.



ROCKET

Rocket is low in sugars, calories, carbohydrates and fats but high in many nutrients. These include calcium, which helps the blood to clot normally and is necessary for bone, muscle and nerve health, and potassium which is vital for heart and nerve function.





Childish BEHAVIOUR

Nutritionist **Charlotte Stirling-Reed** reveals the bad habits that we are teaching our kids at mealtimes and how to do things right...

Establishing a healthy relationship with food is important from a young age, but encouraging children to eat healthily, and try different foods, can feel like a constant battle for many parents.

Research from leading Scandinavian nursery brand Stokke recently found that just half of us typically enjoy family mealtimes at the dinner table. Charlotte Stirling-Reed, a specialist in child nutrition, is working to help families create healthier and happier mealtimes and ensure that our children pick up the right ideas about what to eat and how to eat. "The idea of eating together as a family for every meal will probably seem unrealistic for most of us," says Charlotte. "However, whenever we can, it's really worthwhile making the most of time together eating, as infants and toddlers pick up so much about what to eat and how to eat from watching us and others around

them. I love the idea of family mealtimes, whenever possible. Even if this just means mum or dad sitting down with baby or grandparents joining children at the table while they eat after school. It all can make a big impact on the enjoyment of mealtimes."

With busier lives comes less time for loved ones – a common problem for many. With more to distract us and entertain us that quality time can be even harder to come by. Once upon a time, mealtimes were a time to chat and discuss your day with your family, but that's steadily on the decline. A quarter of families eat dinner in front of the TV every day, the study found, while just half enjoy a family meal at the dinner table and one in 10 parents admits to letting children under 14 eat alone in their rooms. Meanwhile, although 86 per cent of parents say they believe it is important to eat dinner as a family, just two in five say they eat together every night, according to the report.

It seems parents may be setting a bad example, with three

quarters of parents admitting they keep their phones on the table during dinner. Men are worse offenders than women, with 81 per cent of fathers doing this, compared with 71 per cent of women. Stine Brogaard from Stokke, said, "Eating together as family is so important and however tempting it





might be to have a phone or tablet there to entertain your child, it's important for parents to take the time to talk to their little one, educate them on their food and chat at this special time of day. With work commitments it's often so difficult for parents to get time to spend with their children so, no matter how old, from babies to teenagers - make an effort to talk about things, have a joke and listen."

Charlotte Stirling-Reed has identified the 'bad habits' we're teaching our little ones at the dinner table and offers her advice:

1 Not eating together

This is the bad habit we are all most guilty of. Aiming to sit and eat together whenever possible is the first step to healthy, happy mealtimes! Children learn the skills of eating, social skills and even what foods

they enjoy by first copying others. So even if it's just you and your baby or child, having you as a part of their mealtime makes a huge difference to how they enjoy their food and makes dinner part of a routine.

2 Setting a bad example

If your own diet consists of chips and fried chicken, your children will soon pick up on that and want the same themselves. So, even if it means changing some of your eating habits, it's important that your child has an opportunity to see you eating and enjoying a healthy diet. Try to eat together as much as possible and if you struggle with healthy foods try to involve other family members who you know eat well. Role models have a massive influence on baby and toddler eating habits! Lead by example.

3 Setting too many rules

Making mealtimes too pressured and setting mealtimes rules, such as clearing your plate, eating all your vegetables first, or sitting at the table until everyone has finished, can end up making mealtimes less enjoyable for kids. Instead, stick to rules that you know are 100 per cent necessary and matter to you, and avoid too much pressure for children to 'eat up' their meal. It's good to keep mealtimes light and enjoyable to help children want to be a part of them.

4 Making separate meals.

It is not uncommon for parents to make separate meals for everyone in the family, or even for parents to

create multiple meals for a single child, only to have each and every one rejected. This isn't good for

your child, or for your sanity as a parent. To avoid allowing dinner time to become a dreaded battle, offer a choice between

one or two healthy options. For example, do you want

Weetabix or Porridge? Or, do you want potatoes or pasta today?

This way, you're allowing them some independence whilst still being in control of the food

they're eating. Alternatively, try to have one option that everyone eats. It's good for you and your children to eat the same meals, and seeing you eating similar foods will encourage them to eat a wide variety themselves.

5 Offering too many alternatives

Research has shown that babies and children learn to like what is familiar to them. If you offer your child broccoli and they reject it and you never offer it again, they won't ever learn to like it and their diet is being restricted. Next time a meal is refused, without much comment put it in the fridge for later. Offering alternatives only teaches children that they can control the food they eat, and as soon as they understand this they will exploit it.





6 Giving all your attention to the fussy eater

In most instances, any attention given to food refusal simply encourages it, so don't give all your attention to the fussy eater. Instead, give your attention to the people around the table, whether it be parent or sibling, who are eating well and enjoying their food. Offer lots of praise for good eating behaviour, such as 'well done daddy, you've eaten all your broccoli', and talk about the aspects of the meal you enjoyed. It might not work straight away, but your child will finally realise that they get more attention from eating well than from being fussy.

7 Forcing or coaxing your child into eating

Avoid trying to force or coax your child into eating, even if you're worried they're not consuming enough food. It can establish a negative relationship with food, and can also be dangerous. Young children are actually excellent at knowing when they are hungry and when they are full. If we override these signals, they are likely to have less understanding of their appetite as they grow older.

8 Using distractions such as televisions, toys or phones

According to the research undertaken by Stokke, more than two-thirds of parents try to use distractions to get their children to eat something unconsciously. However, this simply teaches your children that food is bad or unimportant. Even if distractions might make feeding slightly easier in that moment, using them tells children that eating is something we need to 'be over and done with' as quickly as possible. They also distract from what can be an important social occasion for

a family. Often, this also sets yourself up for difficulties in the future as your child experiences eating in new situations, for instance at a friend's house or at nursery. If you want your child

to grow up to love their food, you need to show them that the foods you eat at home are worth attention and time

9 Offering the same foods every week

It's very easy to get stuck offering the same foods each week, but boredom is one of the biggest reasons for



children going off food and acting up at the dinner table. By offering a variety of foods, not only are you exposing your children to a variety of tastes, flavours and nutrients, but you're also preventing them getting fed up. This is definitely easier said than done, so try making some bulk meals at the weekend and then tapping into them during the week. Menu plans can really work for some families too.

Our Expert



Charlotte Stirling-Reed is a registered nutritionist, specialising in maternal, infant and child nutrition. Charlotte works with a variety of clients

including some of the UK's biggest brands and PR companies, local authorities, one-to-one with parents and at events and conferences throughout the UK. srnutrition.co.uk / stokke.com

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APP





LOVE *watercress!*

Main image: www.thewatercresscompany.com

This British-grown peppery green leaf is a nutrient powerhouse, explains nutritionist Lucy Williamson

When it comes to the food we're eating the focus is shifting towards sustainability - healthy for people and planet, and more plant-based. Choosing British, local and seasonal goes a long way to support this style of eating. Watercress ticks all these boxes.

The Watercress Company grow this humble British plant in the mineral rich chalkstream waters of Hampshire. Community-based projects are at the

heart of their farming ethos with current projects including supporting their local NHS foundation in tackling patient under-nutrition with the introduction of a nutrient-dense watercress soup, made exclusively from British ingredients and reaching out to sports enthusiasts with watercress fridges in local gyms where all ages are able to grab a free bag!

Sustainable food choices are to be encouraged. Food production accounts for a quarter of all greenhouse gas emissions. Although increasing plant-based foods in our diet is a good step towards a healthier planet, British beef and dairy can be excellent sustainable food choices too, especially if pasture fed for example.

All of us at Love British Food will be talking more about our fabulous British and sustainable food produce this year!

Watercress is also a

fabulous ingredient to include in meals, as it contains a wealth of vital nutrients. This is especially important if you're following a plant-based diet since it can be easy to end up with nutrient gaps in your diet if you're not careful.

LOVE BRITISH FOOD

Love British Food is the leading promotion of British Food, encouraging everyone to choose local, seasonal produce where possible. Including British Food Fortnight in the autumn, the campaign is the perfect opportunity to enjoy the benefits of buying and eating from our home-produced British larder. lovebritishfood.co.uk

IRON demands are especially high during growth and development, pregnancy, breast feeding and when taking part in sport. An 80g serving of watercress will provide 13 per cent of the recommended daily intake. It's worth noting, though, that the iron in plant-based diets is less easy for our bodies to absorb than the type found in meat, known as haem iron. Luckily, watercress is also high in **VITAMIN C** which promotes the absorption of its iron by converting it into the same form as haem iron. In fact, 80g of watercress contains more vitamin C than an orange of the same weight. Watercress is a rare green leaf in this respect – a leafy green with good iron availability should be top of the shopping list!

Low iron means we can't use the energy from our food so well. And, avoiding low iron stores during pregnancy is a must, being essential for brain development in unborn babies into the first year of life and also, of course, to prevent maternal iron-deficiency anaemia. As many as 46 per cent of 11-18 year-old girls consume below the recommended daily intake of iron in the UK. Research recently published in the *Journal of Neuroscience* highlights a link

between iron intake in adolescent years with improved IQ into adulthood.

VITAMIN A is also required to improve iron absorption. Just 100g of watercress contains more than half our recommended daily intake. Even better, vitamin A is required for a strong immune system too.

CALCIUM is of course needed during growth to reach maximum bone density by age 18. There's no going back after

this, yet nearly 25 per cent of teenage girls have an intake below the lowest recommended daily amount. Beyond this age group, calcium is always required to maintain bone density and provide for that of

a developing baby. For those who suffer dairy intolerance or are following vegan food choices, 100g of watercress gives a quarter of the recommended daily amount of calcium (remember though, that much more is required during pregnancy and breastfeeding).

VITAMIN K is also a key nutrient in bone density and watercress is a vitamin K powerhouse! It's not as easily absorbed from plants as it is from food of animal origin, but 100g of watercress contains four times our recommended daily intake, making it a rich source of another valuable vitamin.

"Sustainable food choices are to be encouraged"



Pear and watercress smoothie



SERVES 2

100g watercress, including the stalks
2 ripe pears, skin on (or canned pear halves, without juice)
50-60g frozen peas
20g walnuts
a 3-inch piece of cucumber, skin on
1 tbsp dates, chopped
2 tbsp cold water

1 Wash the watercress and cut the cucumber into chunks.

2 Blitz all the ingredients, except for the water/ juice/almond milk, together until smooth.

3 Adjust the consistency and taste with water/ juice or milk of your choice. (Adding juice instead of water will also add sugar! Milk gives a nice creamy flavour; it's just personal preference.)

4 Enjoy straight away to benefit from the most nutrients (vitamin C quickly denatures) and vibrant colour!

TAKE NOTE

If you choose to use plant milk for a creamier smoothie, be mindful that soy milk, although a great choice in the diet sometimes, greatly reduces iron absorption due to its high levels of natural phytates. This recipe is a great smoothie for boosting your iron levels!

PER SERVING

238 cal • 7.1g fat • 0.6g sat fat • 42.1g carbs
25.2g sugars • 9.6g fibre • 5.6g protein • 0.04g salt

Watercress, along with other fruit and veg is a great source of **FIBRE**. Fibre is a type of carbohydrate that can't be digested in the small intestine. Instead, it passes to the colon (large intestine) where it's fermented by billions of gut bacteria to produce many compounds essential for our metabolism. Collectively, the genetic make-up of these bacteria is known as our 'microbiome'. With 150 times our own genetic makeup, our microbiome is to be nurtured. In fact, our ratio of human cells to bacterial cells is 1:1 so we're just as much bacteria as we are human! We now know these gut bacteria have key roles in our long-term health, from optimising our immune system to protection against certain types of cancer



and obesity. In addition, fibre maintains our 'digestive health', helping food to pass more quickly through the gut. In 2016, The Scientific Advisory Committee on Nutrition (SACN), who report the findings of research studies to Public Health England, advised increasing the recommended intake of fibre to 18g a day for children and 30g a day for adults, as a result of firm evidence for its health benefits. Watercress also has one of the highest levels of **ANTIOXIDANTS**. Our gut bacteria have an important role activating these antioxidants before we can use them for essential daily detox to reduce DNA damage from the many toxins we're constantly exposed to – either in the environment or those from metabolic processes within our body.

"Watercress is a vitamin K powerhouse"

FOLATE is in all fibre-containing foods like watercress and is needed in far higher amounts before and during pregnancy to avoid neural tube birth defects. This is the main reason why, in the UK, proposals are in place to fortify our flour with folate in line with many other countries worldwide.

Sports performance demands nourishing recovery drinks and in today's climate of 'keeping sport clean', natural nutrients are surely to be encouraged. **VITAMIN C** and **ANTIOXIDANTS** are valuable in reducing oxidative stress which occurs during intense sport and can lead to DNA damage – the start of the ageing process and increased risk to longer-term illness like heart disease. Oxidative stress can also weaken the immune system, so a great source of vitamin C, like watercress, can be a valuable ingredient in any sports recovery drink. Moreover, watercress is a low sugar, low salt food with its high protein content accounting for half its calories!

Watercress can also be beneficial for good mental health. Research published in the Journal of World Psychiatry last year featured an Antidepressant Food Scale, with watercress coming out on top as having the most dense source of nutrients which, evidence shows, have a role in the prevention and recovery from depressive disorders. These include **IRON, OMEGA-3, MAGNESIUM, POTASSIUM, SELENIUM, B VITAMINS, VITAMIN A, VITAMIN C** and **ZINC**.



Watercress pesto



SERVES 4

1 bag or bunch of watercress
1 garlic clove
1 tbsp pine nuts, toasted
50-75ml olive oil
50g Parmesan cheese, finely grated
sea salt and black pepper, to season

1 Place the watercress, garlic and pine nuts in a food processor and purée them lightly.

2 Drizzle in the oil, puréeing in spurts, until you get a slightly runny texture.
3 Place the mixture in a bowl, stir in the Parmesan cheese and season.

MAKE MORE

This recipe freezes well, so make extra for an easy midweek pasta or risotto supper.

PERSERVING

180 cal • 18.3g fat • 3.9g sat fat • 1g carbs
0.1g sugars • 0.3g fibre • 5.2g protein • 0.27g salt

Our Expert



Vet turned registered nutritionist, with a masters' degree in nutrition, Lucy Williamson works with British food producers and the public to promote sustainable, healthy

food choices for better health. Lucy is an ambassador for Love British Food, and a visiting lecturer in nutrition at Hertfordshire University.
lwnutrition.co.uk

Cook the COVER!

THE PERFECT PUD TO GRACE YOUR SPRING TABLE

Raspberry cheesecake



SERVES 6-8

FOR THE BASE:

170g macadamia nuts
60g hazelnuts
2 tbsp almond flour
3 tbsp coconut oil, melted
3 tbsp granulated sweetener, (e.g stevia or xylitol)

FOR THE FILLING:

675g firm silken tofu
150g light agave nectar
100ml coconut milk
3 tbsp almond butter
½ tsp salt
1 tbsp vanilla extract
4 tbsp cornflour, dissolved in 4 tbsp coconut or almond milk
225g raspberries, divided

1 Preheat the oven to 180°C/Gas Mark 4.

2 Combine the nuts, almond flour, coconut oil, and granulated sweetener in a food processor. Pulse until the mixture resembles fine, moist breadcrumbs.

3 Pack the mixture into the base of a 35cm loose-bottomed tartlet tin. Bake until set and golden, about 10-15 minutes. Remove from the oven and chill until needed.

4 Combine all the ingredients for the filling, apart from the raspberries, in a food processor and process for about 30-45 seconds until smooth and well combined. Pour the filling over the baked crust.

5 Clean out the processor and add about two-thirds of the raspberries, puréeing until smooth. Pass the purée through a fine sieve into a bowl and spoon it over the filling, gently swirling it in with a toothpick. Scatter the remaining raspberries on top.

6 Bake for about 35-45 minutes until the filling is just set with a very slight wobble in the centre. Remove to a wire rack, leave to cool briefly, and then cover and chill for 4 hours.

7 After chilling, transfer to the freezer for 1 hour to firm up.

8 When you're ready to serve, turn out the cheesecake from its tin and cut into slices with a knife that's been dipped in hot water.

A SWEET TREAT, FREE FROM REFINED SUGAR!



PERSERVING

476 cal • 10.6g sat fat • 32.7g carbs
19.2g sugars • 5.9g fibre
11.1g protein • 0.7g salt

Ditch the sweet stuff **+ lose up to 8lbs!**



ROB HOBSON'S FOUR-WEEK DIET PLAN
WILL HELP YOU KICK YOUR SUGAR
HABIT AND DROP THE POUNDS

It's a fact that almost all of us eat too much sugar in our diet, with most adults going way beyond the recommended six teaspoons per day. This figure refers to added sugars though - including all sweeteners (even honey), and also fruit juice since it's often added to foods to make them sweeter. It doesn't include sugars which naturally occur in milk, vegetables and whole fruit (although somewhat confusingly, these are included in the "total sugars" figure on food labels). An unhealthy diet containing too much added sugar can lead to weight gain and contribute to high cholesterol which is a risk factor for heart disease.

Cutting out sugar completely is probably not a reality for most people, and not necessary, as a little of it is fine as part of a balanced diet. This plan has removed the most obvious sources of sugar and has used foods like dried fruit to add sweetness. If you are using any shop bought products, such as sauces, then make sure you check the labels and choose the ones with the lowest amount of added sugar. At first, you might notice the change in flavours from less sugar - especially if you're used to eating quite a lot of it - but it doesn't take long for your taste buds to adapt.

Week 1 & 3

MONDAY

Breakfast

150g low fat Greek yoghurt with 2 tbsp sugar-free granola.

Lunch

Add to a bowl 125g of ready-to-eat quinoa, ¼ of a cucumber (diced), ½ an avocado (diced), ½ a small yellow pepper (diced), 1 small handful of frozen peas (thawed), 1 small handful of baby spinach leaves, mint and coriander (chopped). In a separate small bowl, combine 2 tsp of light tahini, 2 tsp sweet miso, 2 tsp lemon juice, 2 tsp sesame oil, 1-2 tbsp hot water, 1 tsp grated ginger and whisk well. Dress the salad and serve.

Dinner

Make a paste by blitzing 2 spring onions, 1 garlic clove, ½ a lemongrass stalk, 1 lime leaf, ½ a red chilli, 1 tsp soy sauce, 2cm piece of ginger (peeled) and 2 tsp groundnut oil in a food processor. Place the paste in a saucepan and heat for 2 minutes. Add 200ml of coconut milk, ½ a 400g can of chickpeas (drained), 1 handful of frozen soya beans, ½ a small red pepper (sliced) and 1 small handful of mange tout, then cook for 10 minutes until the vegetables are tender (cook less for more crunchy veggies). Serve in a bowl with chopped coriander.

Snack

1 small handful of cashews.

TUESDAY

Breakfast

Blend ½ an avocado, ½ a banana, 250ml of almond milk, a handful of frozen berries, 2 tbsp of oats and a small handful of spinach to make a smoothie.

Lunch

Combine 50g of frozen soya beans (defrosted) with 1 tbsp pomegranate seeds, 1 tsp sesame seeds, a squeeze of lime juice and 1 tsp sesame oil. Serve with two dark rye crispbreads spread with a tbsp each of beetroot hummus.

Dinner

Defrost 150g of frozen peas, then place

them in a blender with the zest of ¼ of a lemon, and pulse for a few seconds. Place the peas in a bowl with a courgette (finely diced), chopped parsley, mint and chives. Combine with 1 tbsp of olive oil and a squeeze of lemon juice. Season with salt and pepper. Serve this salad with a piece of grilled salmon fillet.

Snack

2 small oatcakes topped with a mashed avocado.

WEDNESDAY

Breakfast

50g high-fibre breakfast cereal (sugar-free) with 200ml milk or fortified plant drink (soya or nut) and topped with berries.

Lunch

Combine 125g of ready-to-eat quinoa in a bowl with 8 cooked king prawns, ½ an avocado (flesh chopped), ½ a yellow pepper (sliced), 1 spring onion (sliced), 1 tbsp of pumpkin seeds and 1 tbsp of pomegranate seeds. Dress salad with ½ a lime (juiced), coriander (chopped) and salt.

Dinner

Heat 1 tbsp of olive oil in a saucepan then add

½ a garlic clove (crushed), ½ tbsp ginger (grated) and 1 spring onion (chopped) and cook for 3 minutes. Now add 50g of red lentils, ½ a sweet potato (peeled and cubed), 50g of cherry tomatoes, 3 cardamom pods, 2 cloves, ½ tsp turmeric and cook for 3 minutes. Add 100ml of vegetable stock and simmer for 15 minutes. Add 100ml coconut milk, season with salt and simmer for 10 minutes. Remove the cardamom and cloves, and serve with 1 wholemeal pitta bread.

Snack

1 dark rye cracker bread topped with nut butter and sliced banana.

THURSDAY

Breakfast

1 slice of wholegrain bread topped with ½ an avocado (mashed) and two boiled eggs (peeled and sliced).

Lunch

In a large bowl add ½ a red onion (finely sliced), 1 tsp toasted sunflower seeds, ½ an avocado (chopped), 40g sugar snap peas (sliced lengthways), a small handful of rocket, ½ a yellow pepper (finely diced), 2 chives (chopped), ½ a lemon (juiced) and combine. Top the salad with ½ a can of tuna chunks, drizzle with 1 tbsp olive oil and season with salt.

Dinner

Place 180g of chicken or turkey mince into a bowl with 50g of canned chestnuts (finely diced), 1 tbsp light soy sauce, ½ a garlic clove (crushed), 1 spring onion (finely sliced), 4 chives (chopped) and 25g of toasted cashew nuts (chopped). Leave for 5 minutes. Heat 1 tsp oil in a non-stick frying pan and then cook the mixture for about 10 minutes. Serve the mixture alongside 120g of cooked quinoa and iceberg lettuce leaves to use as wraps.

Snack

2 tsp guacamole with 1 red pepper (sliced).

FRIDAY

Breakfast

50g of smoked salmon (squeeze over lemon juice), 1 hard boiled egg and 1 slice of dark rye bread (toasted and drizzled with 2 tsp olive oil).

Lunch

Peel one large sweet potato then cut it into ½cm slices. Take 3 slices and bag the remaining potato to keep in the fridge. Toast the potato slices in a toaster for 5-10 minutes until tender. While toasting place the flesh of ½ an avocado, juice of ½ a lime, and a pinch of salt to a bowl then mash. Spread the sweet potato toasts with avocado then top with pomegranate seeds, crushed hazelnuts and sunflower seeds. Serve with salad.

Dinner

Heat 1 tsp of olive oil in a non-stick frying pan.

Add ½ an aubergine cut into small chunks and fry for 8 minutes until tender then remove from pan. Now add 100g of butter beans (canned) to the pan and cook for 3 minutes, then remove from the pan. Now add ¼ of an onion (chopped) to the pan and cook until soft. Add ¼ tsp mustard seeds and 1½ tsp curry powder and cook for 1 minute. Add 75ml vegetable stock and simmer for 10 minutes until thickened. Stir in 50g of low fat Greek yoghurt and 2 tsp mango chutney. Now add the aubergine and butter beans combining gently and warming through. Garnish with coriander and serve with wholemeal pitta bread.

Snack

1 large rice cake topped with 1 banana mashed with 1 tsp of raw cacao.

SATURDAY

Breakfast

2 eggs, scrambled, and served with 6 roasted cherry tomatoes and 1 slice of rye bread drizzled with olive oil.

Lunch

Place a small handful of blanched almonds in pestle and mortar with 1 small handful of fresh basil, ¼ of a garlic clove, juice of ¼ of a lemon, 1 tbsp olive oil and a pinch of salt, then crush into a rough paste to form a pesto. Toss the pesto in to 180g of cooked pasta along with a handful of chopped cherry tomatoes.

Dinner

In a large bowl combine a 1-inch piece of ginger (grated), 1 garlic clove (sliced), ½ tbsp maple syrup, a pinch of chilli flakes, 150g firm tofu (cut into batons) and two small pak choi (quartered) then leave to marinade for 25 minutes. Heat a griddle pan then cook the tofu and pak choi (retain the dressing). Once cooked, pour over the dressing and add a squeeze of lime. Serve with a little brown rice.

Snack

1 sliced apple served with 1 tbsp nut butter.

SUNDAY

Breakfast

200g of fresh fruit salad topped with 1 tbsp mixed seeds and 1 tbsp chopped nuts.

Lunch

Heat 1 tbsp of olive oil in a frying pan then add 150g mixed mushrooms, 1 handful of spinach (sliced) and chopped tarragon. Sauté everything for 5 minutes and season with salt and pepper. Serve on 1 slice of wholegrain toast and top with 1 poached egg.

Dinner

Combine 100g of cooked quinoa in a bowl with 1 celery stick (sliced), juice of ½ a lemon, 1 tsp olive oil and 1 small white peach (flesh sliced into chunks). Now make a pesto by blitzing 20g cashew nuts, 1 tbsp sunflower seeds, a small handful of spinach, 2 basil sprigs and 1 tsp olive oil in mini blender. Place the quinoa mixture in a bowl and top with 1 roast chicken breast (shredded) and the pesto.

Snack

100g blanched tenderstem broccoli with 1 tbsp tahini.

"A diet containing too much added sugar can lead to weight gain"

"Almost all of us eat too much sugar in our diet"

Week 2 & 4

MONDAY

Breakfast

Two boiled eggs served with 2 small slices of rye bread (toasted) and spread with Marmite.

Lunch

Spread 2 tsp of black olive tapenade and 1 tsp of Greek yoghurt over 1 wholemeal wrap. Add slices of cucumber, red pepper, red onion and rocket to the wrap. Now add 30g feta cheese (crumbled) and wrap it up. Follow with 1 good handful of berries.

Dinner

Preheat the oven to 180°C/Gas Mark 4. Place

½ a medium butternut squash (peeled and sliced) on a baking tray with ½ a pack of ready-cooked black rice and drizzle with olive oil. Sprinkle ½ tsp sumac, zest of ½ a lemon and salt over the squash and rice then bake for 30 minutes. While it's cooking, place ½ a small red onion (finely sliced) in a bowl with the juice of ½ a lemon, ½ tbsp olive oil, ½ tsp za'atar and salt then leave to soak. Scatter soaked onions and the dressing over the cooked rice and squash.

Snack

1 small apple (sliced) with 1 tbsp nut butter.

TUESDAY

Breakfast

50g high-fibre breakfast cereal (sugar-free) with 200ml milk or fortified plant drink (soya or nut) and topped with 3 chopped dates.

Lunch

Combine 100g of cooked spelt, 2 tbsp of canned chickpeas, 25g baby spinach (chopped), 50g red cabbage (finely shredded), ½ a celery stick (finely sliced) and 100g mange tout (shredded) in a bowl. Add the juice of ½ a lemon, 1 tsp olive oil and ½ a small garlic clove (crushed) and combine well.

Dinner

Place 1 chicken breast in a bowl with 1 tsp cumin, 1 tsp ground coriander, 1 tsp smoked paprika, ½ a garlic clove (crushed) and a little salt and leave for 15 minutes. Make a salsa by adding ½ a small mango (chopped), 3 cherry tomatoes (chopped), ¼ of a red chilli (chopped), 1 tbsp fresh coriander (chopped) and juice of ½ a lime (juiced). Now cook the chicken breast in a non-stick pan with 1 tsp oil. Serve with 125g of cooked brown rice and the mango salsa.

Snack

30g dried apricots.

WEDNESDAY

Breakfast

150g of coconut milk yoghurt topped with 80g pomegranate seeds and 1 tbsp dried coconut shavings.

Lunch

2 dark rye crispbreads topped with 1 tbsp each of low fat hummus, grated carrot and 50g of wafer-thin turkey breast. Serve with a small mixed salad dressed with lemon juice.

Dinner

Crush 20g toasted hazelnuts with the zest

and juice of ¼ of an orange and 1 tsp olive oil. Grill a salmon fillet under a medium heat for 6 minutes then spread with the nut mixture and grill for a further 4 minutes. Blanch 100g of French beans, then cool. Add the beans to a bowl with a handful of rocket, 6 cherry tomatoes (halved), 4 orange segments (skinned and chopped), 2 tbsp of quinoa, a small squeeze of orange juice, salt and pepper. Serve the salmon with the salad.

Snack

100g berries.

THURSDAY

Breakfast

2 scrambled eggs with a handful of chopped cherry tomatoes and 1 slice of wholegrain toast.

Lunch

Place two courgettes (julienned) in a bowl. On a large chopping board place a handful each of cashew nuts, mint, basil, mixed seeds (toasted) and frozen peas (defrosted) then chop coarsely. Place the pea mixture on top of the courgette, then drizzle with 1 tbsp olive oil and season with salt and pepper.

Dinner

Preheat the oven to 180°C/Gas Mark 4. Combine 1 tsp jerk seasoning with 1 heaped tbsp of Greek yoghurt then add 1 large chicken thigh (skin on), and ensure the chicken is coated with the mix. Heat 1 tsp olive oil in an ovenproof frying pan. Add the chicken and cook for a few minutes on either side to brown then transfer to the oven and bake for 8 minutes until cooked. Meanwhile, add 50g basmati rice to a small saucepan with 60ml reduced fat coconut milk and 40ml water. Bring to the boil then simmer with the lid on for 10 minutes. Stir the chopped coriander and a handful of frozen peas into the rice before serving with the chicken.

Snack

30g raw walnuts.

FRIDAY

Breakfast

Veggie breakfast made up of 30g grilled halloumi, grilled cherry tomatoes, sautéed mushrooms and spinach on 1 slice of dark rye bread.

Lunch

In a large bowl add 1 tsp pumpkin seeds (toasted), ½ a can of cannellini beans (drained), 1 tbsp each of chopped dill and parsley, ¼ of a cucumber (sliced thinly), ¼ of a red onion (finely sliced), ½ a small fennel bulb (very thinly sliced) and ½ a can of tuna, then combine gently. Add 1 tbsp olive oil and the juice of ½ a lemon, then season with salt and black pepper.

Dinner

Combine 1 ½tbsp mirin, 1 tsp soy sauce, 1 tbsp orange juice and ¼ of a red chilli (chopped) to make a dressing. Prepare 1 'stick' of soba noodles and rinse under cold water when cooked. Place the noodles in a large bowl with 100g soya beans, ½ a cucumber (peeled, seeded and sliced), a handful of beansprouts, 2 spring onions (sliced), coriander (chopped) and ½ tsp sesame oil. Dress the salad and set to one side. Prepare 125g of tofu (pat dry with kitchen towel first) by cutting into 'steaks' lengthways. Sprinkle with cornflour and season with salt, then fry in a hot pan with 2 tsp of oil. Serve the tofu with the salad.

Snack

80g blanched tenderstem broccoli with 1 tbsp tahini.

SATURDAY

Breakfast

Preheat the oven to 200°C/Gas Mark 6. Place 75g of oats in a bowl with 1 tsp olive oil and 25ml fortified soya milk then mix well. Spread oats out on a baking sheet and toast in the oven for 12 minutes. When cooled, place in a bowl with 1 tbsp flaked coconut and 1 tbsp goji berries. Pour over a ready made juice with beetroot (200ml). Add a dollop of fortified coconut soya yoghurt.

Lunch

Heat 1 tbsp olive oil in a saucepan then add 1 large carrot (chopped), ½ an onion (chopped), ½ a stick celery (chopped), ½ a garlic clove (chopped). Fry for 10 minutes then pour in 250ml vegetable stock and simmer for another 10 minutes. Season with salt and pepper then blitz until smooth. Combine 1 tbsp soya yoghurt with ½ tsp tahini and a squeeze of lemon juice.

SUNDAY

Breakfast

1 slice of toasted rye bread, drizzled with 2 tsp olive oil and topped with 1 handful of cherry tomatoes (roasted) and ½ an avocado (mashed).

Lunch

Heat 1 tbsp of olive oil in a small pan then add ½ an onion (finely sliced), ½ a garlic clove (crushed) and cook for 4 minutes. Now add ½ a red pepper (chopped), ½ tsp smoked paprika, ½ tsp cumin, ¾ of a tin of chopped tomatoes and cook for 10 minutes. Season with salt. Now crack two eggs on top of the mixture and cook for another 10 minutes until the eggs are cooked as you like them. Serve with 1 slice of rye bread (toasted).

Serve the soup with yoghurt and toasted rye bread.

Dinner

Preheat the oven to 200°C/Gas Mark 6. Place 1 small carrot (sliced), ½ a red pepper (sliced) and ½ a yellow pepper (sliced) on a baking sheet and roast for 15 minutes. Now blitz together 2 tbsp olive oil and ½ a red onion in a food processor then fry in a saucepan. Add 1 tsp of cumin seeds and 1 tsp smoked paprika to the saucepan and cook for 5 minutes. Add 75ml water to the pan and bring to the boil. Add 200g of black beans (canned) and simmer gently for 20 minutes. Serve the beans topped with roasted vegetables and chopped coriander.

Snack

1 large carrot (sliced) with 2 tbsp guacamole.

Dinner

Place 75g of brown lentils in a pan with 300ml vegetable stock, bring to the boil and cooking for 15 minutes. Heat 1 tbsp olive oil in a pan and add 1 large shallot (finely diced) and 1 garlic clove (chopped). Fry until soft then add 1 handful of spinach, zest and juice of ½ a lemon, and fresh thyme. Place the drained lentils in a bowl with the spinach and toss. Serve with a fillet of grilled white fish.

Snack

2 dates stuffed with almond butter (open each one, remove stone and fill with 1 tsp of nut butter).

"Cutting out sugar completely is not necessary"

Kick SUGAR

DITCH THE SWEET STUFF
WITH THESE TASTY,
LOW-SUGAR RECIPES

LITTLE
GEMS

Pomegranate seeds are high in health-boosting antioxidants.

Harissa lamb burgers with courgette and pomegranate

LOW SUGAR HIGH PROTEIN LOW CARB HIGH IRON 100% A DAY

SERVES 2

3 tbsp olive oil
1 red onion, very finely sliced
2 garlic cloves, grated
a few sprigs of fresh coriander, stalks and leaves separated and very

finely chopped
2 tbsp harissa paste
400g minced lamb
salt and freshly ground black pepper

TO SERVE

2 courgettes, cut with a peeler into ribbons
25g pomegranate seeds
100g natural Greek yoghurt
2 sprigs of mint, leaves picked and chopped
a handful of rocket

1 Place a small frying pan over a low-medium heat and add 1 tbsp of the oil. Add the red

onion, garlic, coriander stalks, season, and fry gently for 8 minutes.

2 Add 1 tbsp of water to the onions towards the end of cooking, then stir in the harissa paste and remove from the heat. Leave to cool slightly.

3 Place the minced lamb into a bowl, add the onion mixture and work in using your hands.

4 Form the mixture into four burger patty shapes, flattening them so they are not too thick in the middle, and place in the fridge to rest for 5-10 minutes.

5 Meanwhile, toss the courgette ribbons with the pomegranate seeds and arrange on to two plates.



6 Heat a large, non-stick frying pan over a medium heat and add the remaining 2 tbsp oil. Add the lamb burgers and cook for about 4 minutes on each side until they are cooked through. Rest the burgers in the pan for a few minutes covered with a lid.

7 Serve the burgers alongside the courgette and pomegranate mixture with dollops of yoghurt, the rockets and scattered with coriander and mint leaves.

PER SERVING

692 cal • 48g fat • 8g sat fat • 13g carbs
11g sugars • 5.4g fibre • 49g protein • 0.2g salt

Coconut rice pudding with berry jam



SERVES 2

FOR THE RICE PUDDING

60g brown basmati rice
1 x 400g can of unsweetened coconut milk
a tiny pinch of salt
1 tsp vanilla extract

FOR THE JAM

200g fresh berries (raspberries, blueberries and/or strawberries etc), plus extra to serve (optional)
grated zest and freshly squeezed juice of ½ an orange, plus extra zest to decorate (optional)
1 tbsp ground white chia seeds

1 Place the rice into a high-speed blender and pulse a few times to break up the grains a little.

2 Place the rice in a sieve and rinse briefly.

3 Put the rice, coconut milk and a tiny pinch of salt and the vanilla into a small saucepan. Bring to the boil, then reduce the heat, cover with a lid and simmer gently for 25 minutes or until the liquid has been mostly absorbed, uncovering to stir occasionally.

4 Meanwhile, to make the jam, put the berries and orange zest and juice in a bowl and crush together with a fork. Mix in the ground chia seeds and set the jam aside to rest for 15 minutes – it will start to thicken as the chia seeds absorb the juice.

5 Serve the rice pudding with a dollop of the jam in each portion. Decorate with extra berries and orange zest, if liked. Keep any remaining jam in a clean glass jar in the fridge.

GOOD SEEDS

Chia seeds are full of fibre, and also contain high quantities of heart-healthy omega-3 fatty acids.

PER SERVING

326 cal • 16g fat • 10g sat fat • 33g carbs
7.9g sugars • 10g fibre • 5.9g protein • 0.1g salt



Lemon chicken

LOW SUGAR **df** HIGH PROTEIN LOW CARB

SERVES 2

4 free-range skin-on bone-in chicken thighs
2 tbsp buckwheat flour
1 tbsp olive oil
2 garlic cloves, peeled
1 red chilli, finely chopped
2 small sprigs of fresh thyme
100ml white wine
grated zest and freshly squeezed juice of 1 lemon
salt and freshly ground black pepper

1 Season the chicken thighs with salt and black pepper. Coat the chicken in the flour and tap off the excess.

2 Heat the oil in a large, non-stick frying pan over a medium heat. Fry the chicken, skin-side down at first, until golden brown. Turn the chicken over to brown the other side and add the garlic, chilli and thyme.

3 Carefully pour away the excess oil and fat released from the chicken and return the pan to the heat. Add the white wine and allow it to reduce for a few minutes, then add 50ml

water and the lemon zest and juice.

4 Cook the chicken for another 8-10 minutes on each side. Check that the meat is cooked all the way through, before serving.

DISH UP

Serve this with a salad, roasted vegetables or steamed green beans.

PER SERVING

817 cal • 58g fat • 10g sat fat
7.5g carbs • 1.4g sugars • 1.8g fibre
54g protein • 0.14g salt





VEGGIE
VERSION

For a meat-free version, just use good-quality vegetarian sausages.

PER SERVING

837 cal • 50g fat • 5g sat fat • 45g carbs
12g sugars • 17g fibre • 42g protein • 0.4g salt

One-pot sausage casserole



SERVES 2

FOR THE CASSEROLE

2 tbsp olive oil
2 red onions, cut into wedges
1 garlic clove, finely chopped
12 good-quality chipolatas (at least 90% meat)
1 x 400g can of borlotti beans, drained
200g Speedy Tomato Sauce (see below)
a few sprigs of fresh parsley, leaves only, finely chopped

FOR THE SPEEDY TOMATO SAUCE (MAKES 700G)

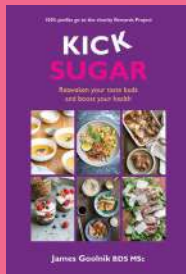
3 tbsp olive oil
3 garlic cloves, finely grated

2 x 400g cans of whole plum tomatoes
15g fresh basil leaves, torn
salt and freshly ground black pepper

- 1** Begin by making the sauce. Put the olive oil into a large saucepan over a medium heat. Add the red onions and garlic and season with salt and pepper. Cook for 5-8 minutes, stirring occasionally to avoid browning, until the onions are soft, translucent and sweet.
- 2** Add the tomatoes to the pan, stir, cover with a lid and simmer gently for 20 minutes.
- 3** Stir in the torn basil leaves and add more seasoning to taste if needed. Blitz with a hand-held stick blender if you like your sauce a bit smoother.
- 4** Set aside 200ml for the casserole. Leave the rest to cool and store in the fridge for up to 7 days, or freeze.
- 5** To make the casserole, put the oil in a large frying pan or casserole dish over a medium

heat. Add the onions and fry for 5 minutes until softened. Add the garlic and fry for 1 minute more.

- 6** Add the sausages whole and fry for 5 minutes more until they are golden brown.
- 7** Add the beans and tomato sauce and bring to the boil, then lower the heat and simmer for 5-6 minutes.
- 8** Scatter with the parsley and serve.



read MORE...

The recipes on pages 36-39 are taken from *Kick Sugar* by James Goolnik (£20, kicksugar.co.uk).

Photography by Rebecca Fennell.

Nuts for **walnuts**

DR RUPY SHARES SOME NUT-FILLED RECIPES



Roast pumpkin with leeks and California Walnuts



SERVES 2

1 small pumpkin (approx. 600-700g), cut into roughly 2cm wedges
1 large leek, cut into 2cm slices
50g California Walnuts, halved
1 red onion, cut into thick wedges
2 tbsp olive oil
15g fresh rosemary (left on the stems)
50g spinach, finely chopped
salt and pepper, to season

- 1 Preheat the oven to 200°C/Gas Mark 6.
- 2 Prepare the pumpkin, leeks and onion and place on a baking tray with the olive oil and plenty of salt and pepper.
- 3 Give everything a good shake to coat the vegetables in the oil.
- 4 Roast for around 25 minutes before adding the California Walnuts and rosemary to the mix.
- 5 Return to the oven for a further 10-15 minutes until the vegetables are golden and completely cooked.
- 6 Fold in the spinach through the tray ingredients at the end. The residual heat will gently wilt the leaves.

FULL OF FIBRE

A handful of walnuts contains 1.4g fibre.

PER SERVING

483 cal • 31.2g fat • 3.9g sat fat
50.2g carbs • 16.4g sugars • 17.4g fibre
12.4g protein • 0.8g salt

Roasted cinnamon apricots with maple California Walnuts

HIGH FIBRE 1 OF 5 A DAY df V LOW SALT

SERVES 2

4 apricots, halved with stones removed
1 tsp ground cinnamon
2 tbsp honey or maple syrup
a pinch of sea salt
200g coconut yoghurt
1 orange, juice and zest

50g California Walnuts

- 1 Preheat the oven to 180°C/Gas Mark 4.
- 2 Place the apricot halves on a baking tray, drizzle with 1 tbsp honey and cinnamon with a pinch of salt.
- 3 Roast for 20-25 minutes until the apricots are tender and nicely golden.
- 4 Mix together the yoghurt, 2 tsp orange zest and 2 tbsp of the orange juice.
- 5 Put a pan over a medium heat and toast the walnuts for 2-3 minutes until they release their aroma and turn slightly brown. Take off the heat and drizzle 1 tbsp maple syrup into the pan to coat and lightly caramelize the nuts.

- 6 Remove the apricots from the oven and carefully place on top of the yoghurt, topping with the sweet walnuts.

NUTRIENT RICH

Vitamin B1, vitamin B6, folate, vitamin E, phosphorus, magnesium, copper, manganese and biotin are all found in walnuts.

PER SERVING

471 cal • 32.7g fat • 17.4g sat fat
45.3g carbs • 33.6g sugars • 5.9g fibre
9.5g protein • 0.06g salt



California Walnut and wild mushroom gnocchi

HIGH FIBRE 1 OF 5 A DAY V LOW SUGAR HIGH IRON

SERVES 2

2 tbsp olive oil
50g celery, diced
50g shallot, diced
50g carrot, diced
2 garlic cloves, finely chopped
60g California Walnuts, crushed

into small pieces
40g dried porcini mushrooms, rehydrated in boiling water for 5 minutes
150g fresh spinach gnocchi (or regular gnocchi if you prefer)

TO GARNISH

15g Parmesan, grated
20g parsley, finely chopped

1 Boil the gnocchi for 1 minute until they float to the top, drain and set aside (saving a little of the cooking water).

2 Sauté the carrot, shallot, celery and garlic for 3-4 minutes in olive oil over a medium heat.

3 Add the mushrooms, with a little of the mushroom soaking water for flavour, and cook for another minute before adding the walnuts and gnocchi to the pan.

4 Stir for another minute and garnish with parsley before serving with Parmesan.

GOOD FATS

Walnuts are the only tree nut to contain omega-3.

PER SERVING

531 cal • 33.6g fat • 4.1g sat fat
41.1g carbs • 2.4g sugars • 9.9g fibre
18g protein • 0.37g salt



Spicy cauliflower and California Walnut shawarma

HIGH
FIBRE

2 OF 5
A DAY

vg

df

LOW
CAL

SERVES 2

50g California Walnuts, roughly crushed
250g cauliflower florets, broken into 2cm pieces
2 tsp shawarma or harissa paste
2 tbsp olive oil
1 shallot, roughly chopped
50g spring greens, finely chopped
100g tomatoes, diced

20g coriander, roughly chopped
20g tahini paste
10ml pomegranate molasses
4 shawarma or pitta breads

- 1 Preheat the oven to 200°C/Gas Mark 6.
- 2 Place the cauliflower florets, walnuts and shallot into a baking tray with the paste and olive oil. Combine until the ingredients are covered with the paste.
- 3 Bake for 20 minutes, remove and add the greens. Bake for another 10 minutes.
- 4 Spread out the mixture onto warm breads. Garnish with tomatoes, coriander, pomegranate and tahini.

PER SERVING

438 cal • 30.4g fat • 2.9g sat fat • 36.2g carbs
9.9g sugars • 7.6g fibre • 12.9g protein • 0.2g salt

PROTEIN
POWER

Around 30g of
walnuts contains
4.4g fibre.

Love your **LEFTOVERS**

Registered dietitian **Juliette Kellow** explains how to turn some of the most common leftovers into tasty meals



Every year in the UK, we waste a massive five million tonnes of food. To try to help combat this huge issue Panasonic has joined together with Love Food Hate Waste, a charity that aims to raise awareness of the need to reduce food waste.

When we talk about this figure, we're not talking about the bits we can't eat like banana skins, apple cores or chicken bones, but perfectly good food that could have landed in our stomachs rather than the bin.

A quarter of this waste comes from leftovers - food we end up throwing away because we've cooked, prepared, served, or even just bought, too much. Throwing away these leftovers may not seem a big deal. But when you tot up all the leftovers that are wasted like this from everyone in the UK, it adds up to enough food to fill 10 million large wheelie bins, 1,000 Olympic-sized swimming pools or 2¼ Wembley stadiums each year. In short, that's a lot of perfectly tasty food that's chucked away.

Why should cutting our food waste be a priority? At the top of the list, it's good news for the environment. On top of all the greenhouse gases created from producing, transporting, storing and cooking food in the first place, leftovers that are binned end up in landfill. Here, bacteria break them down, generating even more of these climate-changing greenhouse gases. In fact, it's estimated that eating up leftovers rather than sending them to landfill would have the same environmental benefit as taking more than half a million cars off the road for a year!

But it's not just the environment

that wins if we eat leftovers. Putting them in our body rather than landfill means we benefit from all the nutrients they contain. Throwing away leftover meat means losing out on muscle-friendly protein, together with fatigue-busting iron and vitamin B12, immune-boosting zinc and copper, and phosphorus for healthy bones and teeth. Leftover pasta, rice and potato that ends up in the bin means we miss out on energy-giving carbs and a range of B vitamins that work together

to keep our nervous system healthy. Meanwhile, leftover veg that gets dumped means we miss out on fibre, which helps to feed all those friendly bacteria in our gut. Plus, we lose a range of skin-friendly nutrients such as vitamins A and C, potassium that helps

to keep our blood pressure normal, and all those health-promoting antioxidants that protect our body from free radical damage.

Here are some ideas to help you make the most of your leftovers:

1. Leftover cooked pasta

- Combine pasta with canned tuna, sweetcorn and pesto, heat through and serve topped with reduced-fat cheese.

- Mix pasta with jarred or homemade tomato sauce, top with mozzarella cheese, and heat until the cheese melts. Serve with salad.
- Can't decide on macaroni cheese or cauliflower cheese? Have both by steaming some cauliflower florets in the microwave. Combine them with leftover pasta, any other leftover veg, pour over cheese sauce, top with grated reduced-fat cheese and heat until the cheese has melted and the sauce is bubbling.

2. Leftover cooked rice

- Recreate a takeaway favourite - make a veggie biriyani by steaming frozen mixed veg in the microwave then mix them with cooked rice, biriyani curry paste, chickpeas, raisins and a little reduced-salt stock. Heat until piping hot and garnish with toasted flaked almonds to serve.
- Use it as a filling for stuffed peppers.
- Make rice pudding in the microwave - combine equal amounts of leftover rice and milk and heat until the milk is boiling. Add sugar or sweetener to taste, and any other flavours you like such as lemon zest, cinnamon, vanilla essence, ginger or cocoa powder. Heat on low, frequently taking the pudding out to stir, adding more milk if necessary until you have the perfect consistency for you. If you have any leftover fruit that you're unsure what to do with - now is the perfect time to add!

3. Leftover mashed potato

- Turn it into a pie topping - simply put leftover casserole or stew into a dish, top with warmed up mash (or sliced boiled or new potatoes), a little grated reduced-fat cheese and heat.
- Whip up some gnocchi - reheat mashed potato then pass through a fine sieve. Mix with plain flour and Parmesan. Roll into a log, cut into 2cm pieces, form into bite-



"A quarter of waste comes from leftovers"





sized oblongs and press lightly with a fork. Drop into boiling water and cook in the microwave until the gnocchi rise to the surface. Drain and serve the gnocchi with tomato sauce, a sprinkle of Parmesan and salad.

- A heart-warming soup is a great way to use leftovers - cook a chopped onion and leek in a little olive oil in the microwave until soft. Pour in some reduced-salt veggie stock and the mash. Stir and heat thoroughly, then blend until smooth. Stir in a little single cream if you like and season with black pepper.

4. Leftover Bolognese

- Simply add chilli powder, tabasco and a can of drained kidney beans and you have chilli! Heat through and serve with microwaveable or leftover rice, and a spoonful of reduced-fat soured cream.
- Top leftover Bolognese with leftover mashed potato to convert into a cottage pie. Alternatively, reheat frozen mash or boil some potatoes in the microwave then mash. Top with grated reduced-fat cheese and reheat until piping hot.
- Believe it or not, it's easy to make lasagne in the microwave. Layer up leftover Bolognese with lasagne sheets and a white or cheese sauce (use a jar of white sauce, leftover homemade cheese sauce or combine ricotta or cottage cheese with Greek yoghurt, eggs and Parmesan). Finish with a layer of white sauce, sprinkle with grated reduced-fat cheese and cook in the microwave until the pasta is soft.

5. Leftover roasted meat

- Turn roasted chicken, lamb, beef or pork into a casserole. Chop the meat into bite-sized pieces and combine with chopped garlic, onions, carrots, leeks, a can of tomatoes, tomato purée, a little reduced-salt stock, red or white wine (perfect for using up a nearly empty bottle), mixed herbs and black pepper. Microwave until all the vegetables are cooked. Thicken with cornflour if needed and serve with bread or mash.
- Add some spice into your life. Chop leftover meat and combine with chopped onions and peppers and a jar of your favourite curry sauce. Heat through until the vegetables are soft and serve with rice or naan bread.
- Fill wraps with shredded meat and roasted red peppers from a jar. Roll up and place in a microwaveable dish. Spoon over jarred chilli sauce, top with grated reduced-fat cheese and heat through. Serve with salsa, guacamole and reduced-fat soured cream for easy enchiladas.



6. Leftover vegetables

- Grease a microwaveable dish, add leftover vegetables, pour over beaten egg and top with grated reduced-fat cheese. Microwave until the egg is cooked through (don't cook for too long or it will become rubbery). Add pieces of leftover potato, ham or cooked sausage, if you have them.
- Leftover roasted vegetables are perfect for adding to a pizza base, or combining with pasta, rice or couscous for a hearty salad.
- Heat in the microwave then purée, *MasterChef*-style, with a little olive oil and plenty of black pepper to create a creamy vegetable mash to serve alongside your main course.

Tips for using your microwave to create meals in minutes

- Make sure you use microwave-friendly bowls and dishes.
- Invest in a reusable and washable cover that's designed for using in a microwave - it will reduce the amount of single-use clingfilm you use.
- Make sure you reheat food until it's piping hot, and remember, you should only ever reheat food once.
- If your microwave is combined with an oven and grill, get experimenting with these functions - it will open even more possibilities for creating delicious dishes from leftovers.
- For microwave-friendly dishes visit The Ideas Kitchen (theideaskitchen.co.uk).

Our Expert



Juliette Kellow is a registered dietitian with a BSc in Nutrition and Dietetics. She now works as a nutrition consultant and writer.



ZERO waste

RECIPES TO HELP YOU
CUT YOUR FOOD WASTE

Braised pork with plums (using leftover meat)



SERVES 4

1.6kg pork shoulder
5 tbsp rice wine
5 tbsp light soy sauce, for flavour
1 tbsp dark soy sauce, for colour
a generous thumb-sized piece of
fresh root ginger
5 garlic cloves
1 red chilli, deseed and finely
chopped
2 tbsp vegetable oil
a bunch of spring onions,
finely sliced
2 star anise
1½ tsp five spice
1 cinnamon stick
2 tbsp sugar

1 tbsp tomato purée
500ml chicken stock
6 ripe plums, halved and stoned

1 Cut the pork into big pieces about the length of your thumb and twice as wide. Put into a large bowl and add the rice wine, soy sauces, half the ginger, half the garlic and half the chilli. Marinate for at least 1 hour or up to 24 hours to let the flavours develop.

2 Heat the oven to 140°C/Gas Mark 1. Heat the oil on the stove in a large casserole dish, tip in half the spring onions, remaining ginger and garlic, star anise, five spice powder and cinnamon. Fry gently until fragrant and soft. Stir in the sugar, turn up the heat, then lift the pork from the marinade and place in the casserole with the onion mix. Cook for about 3 minutes until the meat is just sealed but not browned.

3 Tip in the marinade, tomato purée and stock, give it a stir, cover, then place in the oven and cook for 2½ hours. After the first hour is up, add the plums to the pan.

4 Take the lid off and carry on cooking uncovered. The meat should be completely tender, turning golden brown where it breaks the surface of the sauce.

5 Spoon off any excess fat from surface, then scoop the meat and plums carefully from the pan with a slotted spoon.

6 Turn the oven up to 180°C/Gas Mark 4 and let the sauce cook for a further 5-10 minutes until reduced and slightly syrupy.

7 Return everything to the pan and gently warm through. Scatter the spring onions over the top to serve.

MEAT SWAP

Chicken or beef will also work – depending on what you have in the fridge/freezer.

PER SERVING

530 cal • 36g fat • 13g sat fat • 11g carbs
10g sugars • 1g fibre • 40g protein • 2.9g salt

"Every year in the UK,
we waste five million
tonnes of food"



Roasted vegetable pasta bake (using leftover vegetables)



SERVES 4

360g dried pasta
2 courgettes, diced into 3cm chunks
1 red pepper, diced into 3cm chunks
1 aubergine, diced into 3cm chunks
1 red onion, finely chopped
½ a butternut squash,
diced into 3cm chunks
4 garlic cloves, chopped
3 tbsp olive oil
350g jar of pasta sauce
1 ball of low fat mozzarella
50g Cheddar cheese, grated.

- 1** Preheat the oven to 190°C/Gas Mark 5. Put all the vegetables into a roasting dish and drizzle them with oil.
- 2** Roast them in the oven for around 45 minutes or until tender, turning occasionally.
- 3** Cook the pasta according to the packet instructions.
- 4** When cooked, drain the pasta and add to a ceramic dish.
- 5** Mix the roasted vegetables and the pasta sauce together, then add to the pasta and mix again to combine.
- 6** Thinly slice the mozzarella ball and lay the slices over the pasta and top with the grated cheddar.
- 7** Return to the oven for another 10-15 minutes until bubbling hot and the cheese has melted.
- 8** Garnish with basil leaves before serving.

**VARY THE
VEG**

Try tossing in any
leftover veg you
have languishing
in your fridge.
Mushrooms or
broccoli would
both be delicious!

PER SERVING

680 cal • 21.9g fat • 4.8g sat fat
102.3g carbs • 20.6g sugars • 13.5g fibre
25.5g protein • 0.5g salt



Potato and leek soup (using leftover potatoes)

LOW
CAL

SERVES 4

350g leeks, sliced
(prepared weight)
350g potatoes, peeled and cubed
25g butter
300ml chicken stock

300ml whole milk
30ml crème fraîche
salt and pepper

- 1** Place the leeks, potatoes and butter in a large bowl. Cover and cook on high power in the microwave for 5 minutes.
- 2** Gradually add the stock and seasoning. Re-cover and cook on high power in the microwave for 15 minutes or until the vegetables are tender. Stir halfway through the cooking time. Allow to cool slightly.
- 3** Place in a liquidiser and blend until the mixture is smooth.

Stir in the crème fraîche and season to taste.

- 4** Heat on medium power in the microwave for 3 minutes or until piping hot.

GO VEGGIE

Simply swap
out the chicken
stock for
vegetable stock!

PER SERVING

235 cal • 11.1g fat • 4.7g sat fat • 29.8g carbs
8.6g sugars • 3.7g fibre • 5.7g protein • 0.3g salt

Cooking light

NUTRIENT DENSE, LOW CARB DISHES
THAT ARE FULL OF FLAVOUR!



Shakshuka

LOW CAL LOW CARB 100% ADAY HIGH IRON HIGH CALCIUM

SERVES 4

2 yellow onions
2 red peppers
4 garlic cloves
3 tbsp olive oil
1 tsp ground cumin
1 tsp cayenne pepper
2 tbsp tomato purée
2 x 400g cans of whole tomatoes (with juice reserved)
8 eggs
4 sprigs of fresh coriander
1 bunch of flat-leaf parsley
80g creamy feta cheese
salt and pepper, to season

- 1 Assemble, prepare, and measure the ingredients. Thinly slice the onions. Chop the peppers. Mince the garlic.
- 2 In a wide straight-sided saucepan, heat the olive oil over medium heat. Sauté the onions and peppers for 5 minutes, or until soft. Add the garlic and cook for 1 minute. Season with salt and pepper. Add the cumin and cayenne, and stir in the tomato purée. Cook for 2-3 minutes, or until the tomato purée starts to caramelise. Add the tomatoes with their juice. Season again with salt and pepper.
- 3 Simmer gently (just a few bubbles), uncovered, for 10-15 minutes to reduce liquid. The sauce should be thick enough to hold an indentation from the back of your spoon.
- 4 Make eight indentations in the sauce and carefully crack a whole egg into each one. (This is easiest to do if you crack each egg into a ramekin and then pour it into the sauce.) Season with salt and pepper. Cover and cook for 3 minutes, or until the whites are set and the yolks are cooked to your liking.
- 5 Roughly tear the coriander and parsley and scatter over the shakshuka. Crumble the feta evenly over the sauce, avoiding the eggs.
- 6 To serve, divide the shakshuka among four bowls, giving everyone two eggs.

ANY TIME

The beauty of this dish is that it works brilliantly for breakfast, lunch or dinner!

PER SERVING

359 cal • 24.3g fat • 7.3g sat fat • 22.4g carbs
12.7g sugars • 4.7g fibre • 17.5g protein • 0.4g salt



Mediterranean one-pan chicken and vegetables

df gf LOW CARB HIGH IRON 2 OF 5 ADAY LOW SUGAR HIGH PROTEIN

SERVES 4

2 small courgettes
1 yellow onion
1 bulb of garlic
225g Kalamata olives
1 bunch of fresh basil
4 tbsp olive oil, divided
225g bacon or sliced pancetta
8 skin-on, bone-in chicken thighs and legs (4 of each)
450g mini plum tomatoes
1 bird's eye chilli

- 1 Preheat the oven to 180°C/Gas Mark 4.
- 2 Assemble, prepare, and measure the ingredients. Slice the courgette thickly into rounds about 1 cm thick. Cut the onion into eight wedges. Separate the garlic cloves from their bulb but don't peel them. Smash the garlic in its peel, then discard the peel. Remove the stones from olives. Roughly chop the basil leaves.
- 3 Line a plate with paper towels. Add 2 tbsp of olive oil to a roasting pan large enough

to fit all the ingredients in one layer. Place the bacon (or pancetta) in roasting pan and cook over medium-low heat for 10 minutes. Use a slotted spoon to transfer it to the lined plate to drain.

4 Place the courgettes, onions, garlic, olives, basil, chicken, tomatoes, and chilli in a pan. Drizzle with the remaining 2 tbsp olive oil and season with salt and pepper. Toss everything together to coat well. Shake the pan to settle ingredients into a (mostly) single layer. Roast, undisturbed, for around 30 minutes.

5 Place the bacon (or pancetta) over the other ingredients and cook for another 15-20 minutes, or until the juices run clear when chicken is pierced close to the bone.

6 Serve the chicken with the vegetables and bacon (or pancetta), spooning over some pan juices, if you like.

VEG LOAD

Don't be shy about increasing the quantity of veggies – just use two baking sheets instead of one roasting pan.

PER SERVING

873 cal • 70.7g fat • 17.9g sat fat • 15.3g carbs
5.4g sugars • 2.8g fibre • 49.4g protein • 1.5g salt

HOT AND
COLD

This is equally good
served hot or at
room temperature,
tapas-style.

Chilli-garlic shrimp with cannellini beans

df

LOW
CAL

LOW
CARB

10F5
ADAY

LOW
SUGAR

HIGH
FIBRE

HIGH
PROTEIN

SERVES 4

3 garlic cloves
2 fresh red chillies
1 ½ x 400g cans of cannellini beans
2 tbsp fresh flat-leaf parsley
5 tbsp olive oil, divided
300g chopped tomatoes, drained
1 tbsp tomato purée
250 ml chicken stock
1 tsp smoked paprika
450g raw medium prawns, shelled
salt and pepper, to season

1 Assemble, prepare, and measure the ingredients. Mince the garlic. Trim and de-seed the chillies. Drain and rinse the cannellini beans. Roughly chop the parsley.

2 Heat 3 tbsp olive oil over medium heat in a large, heavy-bottomed pan until the oil is fragrant but not smoking. Stir in two-thirds of the garlic and all the chillies. Stir with a wooden spoon for 1 minute, being careful not to burn the garlic. The aroma should be absolutely heavenly.

3 Add the drained tomatoes and season with salt and pepper. Cook the tomato mix, stirring, for about 5 minutes, or until the tomatoes have softened completely.

4 Add the tomato purée and cook, stirring, for about 3 minutes until it has caramelised. Stir in the beans and the stock and bring it all to a fast simmer (many little bubbles) and cook until the liquid has reduced and thickened slightly, about 4 minutes. Season with salt and pepper, to taste.

5 Sprinkle paprika over the prawns and add the prawns and remaining garlic to the bean mixture. Simmer for about 3 minutes until the shrimp are opaque and curled into a C shape. Drizzle the remaining 2 tbsp olive oil over the shrimp and beans. Taste and adjust the seasoning.

6 To serve, divide among four individual bowls and garnish with parsley.

PER SERVING

404 cal • 20.7g fat • 3.2g sat fat • 22.8g carbs
2.7g sugars • 5.9g fibre • 32.6g protein • 0.5g salt



read
MORE...

The recipes on pages
50-52 are taken from *The
Obesity Code Cookbook*

by Dr Jason Fung. Photography by Gabriel
Cabrera, assisted by Marley Hutchinson.

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Easter feasting

SWEET AND SAVOURY EASTER TREATS



Low carb shortbread bunnies



SERVES 14

90g butter, softened
3 tbsp stevia
1 tsp vanilla extract
zest of 1 orange
280g ground almonds

- 1 Preheat the oven to 200°C/Gas Mark 6. Line a baking tray with greaseproof paper.
- 2 In a bowl, beat together the butter and stevia until light and fluffy. Then, mix in the vanilla extract, the orange zest and half the

ground almonds at a time. The mixture should begin to form a dough.

3 Place the dough in between two sheets of greaseproof paper and roll out until it is about 1cm thick. Place the rolled out dough in the fridge to chill for 30 minutes.

4 Remove the dough from the fridge and cut out bunny shapes using a cookie cutter. Place each biscuit on a baking tray.

5 Bake for 10-12 minutes until golden brown. Then remove from the oven and leave to cool.

PER SERVING

174 cal • 16g fat • 4g sat fat • 2g carbs
1g sugars • 3g fibre • 4g protein • 0.01g salt

GOOD
NUTS

Almonds are rich in vitamin E which may help lower the risk of Alzheimer's, heart disease and some cancers.

Tear-n-share sticky hot cross buns



SERVES 12

390ml unsweetened soya milk
60g dairy-free spread
1 tsp apple cider vinegar
14g fast action yeast
400g strong white bread flour
200g wholemeal spelt flour
75g xylitol sugar alternative
(available as Total Sweet in health stores and supermarkets)
1 tsp fine sea salt
1½ tbsp gram flour
1 eating apple, peeled and grated
1 orange, zest only
50g mixed peel
1 tsp ground mixed spice
1 tsp ground cinnamon
¼ tsp nutmeg
50g raisins and sultanas
50g sugar-free 100% dark choc chips
oil, for greasing the bowl
flour for dusting

FOR THE CROSS

3 tbsp white flour
a few drops of water to form a paste

FOR THE GLAZE

2 tbsp powdered xylitol ground in a coffee grinder
a few drops of water to form a paste

1 Place the milk and dairy-free spread into a small pan and heat gently over low heat until the spread melts. Do not allow the milk to boil or get too hot. Set the pan to one side, off the heat, once complete, and stir in the apple cider vinegar.

2 In a large bowl, add the white and wholemeal flour, yeast, xylitol, salt, and gram flour and mix together with a wooden spoon.

3 Once the milk mixture is lukewarm, make a well in the centre of the flour mixture and begin to pour the milk slowly into the flour whilst stirring with the wooden spoon. Continue until all of the milk has been incorporated into the flour.

4 Dust a clean work surface with flour and turn the mixture on to the surface. Knead with clean hands by folding the dough into itself to the centre, turning and continuing to fold into the centre until you form a smooth ball shape, this should take about 5 minutes. The dough will be quite sticky, to begin with.

5 Oil the bowl and then return the dough to the bowl, cover with a clean tea towel

and leave to rise for 1 hour in a warm place.

6 After 1 hour, add the grated apple, orange zest, mixed peel, ground spices, raisins, sultanas and choc chips to the dough. Knead with clean hands, folding the dough into the centre until the added ingredients are evenly incorporated.

7 Place the dough on to some scales, it should weigh exactly 1,200g. You will now make 12 equal sized balls of dough by taking 100g of the dough each time and forming a small round bun shape with your clean hands. Place each bun into an ovenproof dish, 9 around the perimeter and 3 in the middle, equally spaced. They will expand in the oven so do not worry if there is significant space between the buns.

8 Place a clean tea towel over the buns and once again leave to rise for 1 hour. Preheat the oven to 220°C/Gas Mark 7.

9 Just before the end of the second 1 hour rising time, create a paste for the crosses by mixing the extra flour with a few drops of water until you reach a thick paste consistency. Add the paste to a pipping bag with a thin nozzle and draw crosses on each bun.

10 Bake in the oven for 30 minutes.

11 Remove the hot cross buns from the oven and whilst still warm, brush with the glaze of powdered xylitol which has been mixed with a little water to form a paste.

12 Leave to cool before serving. Best eaten on the day of making or stored in an airtight container for 2-3 days.

PER SERVING

257 cal • 3.3g fat • 1.2g sat fat • 48.8g carbs
9.4g sugars • 5g fibre • 9.2g protein • 0.2g salt



WHAT IS IT?

Gram flour is made from ground chickpeas and can be used as an egg replacement in vegan cooking.



PER SERVING

443 cal • 23.3g fat • 3g sat fat • 57.1g carbs • 34.7g sugars • 7.4g fibre • 7.9g protein • 0.3g salt

FULL OF
FIBRE

Weight for weight, goji berries contain around 10 times more fibre than blueberries or raspberries.

Simnel swirl cake



SERVES 12

150g dried figs
150g dried apricots
100g dried goji berries
300g mix of raisins and sultanas
50g mixed peel
150ml fresh orange juice
2 tsp almond extract
zest of 1 whole orange
zest of 1 whole lemon
1 tbsp mixed spice
200g dairy-free spread
100g xylitol (available as Total Sweet in health stores and supermarkets)
1 large ripe banana
100g buckwheat flour
100g ground almonds
70g gram flour
70ml water

1½ tsp baking powder
1 tsp bicarbonate of soda

FOR THE MARZIPAN

100g ground almonds
70g xylitol, powdered using a coffee grinder or similar
30ml water

1 Begin by placing the dried fruit, mixed peel, almond extract, zest and orange juice into a large bowl. Mix together until the ingredients are coated in the orange juice, then cover with a plate or clean tea towel and leave to soak overnight or for at least 5 hours.

2 Preheat the oven to 160°C/Gas Mark 2½. After soaking the fruit, stir through the mixed spice.

3 In a separate bowl, cream together the dairy-free spread, banana and xylitol until smooth, then add this mixture to the fruit mix and stir until combined.

4 Next, add the flour, ground almonds,

gram flour, water, baking powder and bicarbonate of soda.

5 Spoon the mixture into the cake tin and compress down with the back of a spoon. Cover with foil and bake in the oven for 1 hour 15 minutes.

6 After 1 hour and 15 minutes of cooking time, remove the foil from the cake tin and cook for a further 15 minutes until starting to brown on top.

7 Remove the cake from the oven and leave to cool for 20 minutes before turning it out on to a cooling rack and leaving to cool completely.

8 To make the sugar-free marzipan, mix the ground almonds and xylitol together in a small bowl and gradually stir in the water until the ingredients start to stick together.

9 Take 1 level tbsp measure of the mixture and, with clean hands, roll it together in your palms to form a smooth ball shape. Set to one-side and continue with the remaining mixture until you have 12 equal sized balls.

CHOC
FULL

Dark chocolate is an excellent source of antioxidants which may help prevent against heart disease and some cancers.



Chocolate peanut butter eggs



SERVES 6

150ml double cream
90g smooth peanut butter
100g 85% dark chocolate
60g salted peanuts

1 Roughly chop the dark chocolate and

melt in a glass bowl over a pan of simmering water.

2 Spoon the melted chocolate into six medium Easter egg moulds and use a pastry brush to spread the chocolate out in the mould.

3 Place the eggs somewhere cool for about 30 minutes, until fully set and hard. You will need to do two or three coats of chocolate to strengthen the eggs.

4 While the chocolate eggs are setting, make the peanut cream filling. Place the double cream in a large bowl. Using an

electric whisk, whip until thick.

5 Gently fold in half of the peanut butter.

6 Gently remove the eggs from the moulds and spoon the peanut cream filling into the egg halves.

7 Roughly chop the peanuts and sprinkle over the top, followed by a drizzle of the remaining peanut butter.

PER SERVING

375 cal • 34g fat • 16g sat fat • 8g carbs
4g sugars • 4g fibre • 9g protein • 0.16g salt



**GRAB
AND GO**

These cupcakes are the perfect size for a lunchbox treat!

PER SERVING

131 cal • 4.3g fat • 1.1g sat fat • 20.6g carbs
3.3g sugars • 3g fibre • 4g protein • 0.4g salt

Recipe by Clarence Court Eggs: clarencecourt.co.uk

Alpha Foodie's rainbow mixed vegetable savoury cupcakes



MAKES 12

180g flour
1 tbsp baking powder
250ml milk
50g mozzarella cheese
1 tbsp dried mixed salt and pepper, to taste
3 Clarence Court Burford Brown Eggs
1 small green courgette
1 pepper
1 large carrot
1 purple carrot

a handful of broccoli
1 ear of corn
a handful of shredded purple cauliflower

FOR THE FROSTING

1 extra large avocado
lime juice, to taste
crushed pink peppercorns, to sprinkle (optional)

1 The first thing you'll need to do is to prepare the veg. Begin by chopping the corn off of the ear of corn and roughly chopping the purple cauliflower.

2 Using a spiraliser, spiralise all the remaining veg on the large spiral setting (or grate with a cheese grater if you don't have a spiraliser) then set all vegetables aside.

3 At this point, preheat your oven to around 170°C/Gas Mark 3.

4 Make a well in the centre of the bowl and pour in the milk then add the eggs and whisk

until a smooth batter has formed.

5 Add in your cheese and the vegetables then mix until thoroughly combined. You may not need all the veggies prepared depending on the exact size of each veggie used so judge it by eye. (Any remaining veg can be used for a super simple stir-fry later on or to add to your next meal.)

6 Lightly grease a 12 cup, cupcake tin and then divide the mixture evenly.

7 Bake in the oven for between 25-30 minutes. Use a toothpick or sharp knife to check and make sure the batter is completely cooked through before removing from the oven.

8 To prepare the avocado frosting, simply place the flesh of one extra-large avocado into a blender with some lime juice and blend until silky smooth.

9 Once the savoury cupcakes have cooled, place your avocado mix into a piping bag and pipe onto the cupcakes. Top with some crushed pink peppercorns (optional) and enjoy!

Italian stuffed Easter bread with baked eggs



SERVES 10-12

180ml warm water
28g active dry yeast
1 tbsp sugar
180ml milk
500g bread flour, plus more for dusting
1 tbsp sea salt
80ml olive oil
1 large egg
1 tsp water
4 eggs

FOR THE PESTO
leaves and soft stems from 85g watercress, roughly chopped
5 garlic cloves, peeled and grated
150g Parmesan or other hard cheese, grated
zest of 1 lemon
55g pine nuts, toasted
120ml extra virgin olive oil

1 In the bowl of a stand mixer fitted with a paddle attachment combine the warm water, yeast and sugar and mix at low speed until just combined (about 30 seconds). Leave to stand for about 5 minutes or until the mixture is frothy.

2 Heat the milk in a saucepan set over a medium-low heat until tiny bubbles form at the edge of the pan. Do not allow to boil. Set aside and cool to room temperature.

3 Once the milk has cooled, add it to the mixer along with the olive oil and salt. Mix at a low speed until just combined. Add the flour one quarter at a time, mixing after each addition on a medium-low speed. Ensure everything is combined.

4 Change the paddle attachment on the mixer over to the hook, ensuring that any dough is scraped off and put back into the bowl. Mix on low speed for about 1 minute, then increase the speed to medium and mix for about 5-6 minutes, or until the dough is smooth and elastic.

5 Lightly oil a large mixing bowl and place the dough inside. Lightly oil a piece of clingfilm and use it to cover the dough, oiled side down. Cover this with a clean cloth and set aside in a warm place to prove for around 1 hour, or until the dough has roughly doubled in size.

6 Make the pesto by adding the watercress, garlic, cheese, lemon zest, and pine nuts to a processor. Pulse until everything is puréed, then blend continuously while adding the olive oil in a steady stream. Scrape down the sides with a spatula and then blend for another 30 seconds to make sure everything is combined. Set aside. (This can be done up to two days in advance but must be brought back up to room temperature before using.)

7 While the dough is proving, preheat the oven to 200°C/Gas Mark 6. Line a large baking sheet with parchment paper or a non-stick mat. Make an egg wash by whisking the egg and teaspoon of water together then set aside. Also prepare another large square of parchment to work on when you shape the bread.

8 Lightly flour a work surface then turn out the proved dough and cut it into three equal

pieces. Use a lightly floured rolling pin to roll out the first piece to a 30cm square. It should be about 3mm in thickness. Use a spatula to scoop a third of the pesto onto the dough and spread evenly, leaving a border uncovered on the edge closest to you. Brush this exposed border with egg wash, then begin to roll the dough into a tube from the furthest edge towards you as tightly as you can. Once you have rolled the dough fully into a tube, pinch the seam closed with your fingertips. Gently roll the tube back and forth over the work surface until it spreads lengthwise to about 50cm long. Cover with cling film and set aside while you repeat with the remaining dough and pesto.

9 Line up the rolled tubes on the prepared piece of parchment paper. Use a large sharp knife to make a lengthways slash in each roll, cutting a deep slit halfway down the depth of the tube. Be careful not to cut all the way through.

10 Roughly measure the centre point of the tubes. Working towards you from the centre, plait the tubes together by crossing one of the outer tubes gently over the middle one. Then cross the other outer tube up and over the new middle one exactly as if you were braiding hair. Repeat, working your way down to the end so that half the tube is braided. Then turn the parchment around and plait the other side from the centre to the end. Carefully join up the ends so that the plaited dough forms a ring shape, then pinch firmly together to complete the circle. Use the parchment paper the dough is resting on to transfer the whole thing to your lined baking tray.

11 Make four equally spaced dents for the eggs in between the strips of the plait. Gently position the eggs one by one. Press them down carefully to avoid breaking them. Lightly oil a piece of cling film then use this to cover the bread. Allow to prove for around 30 minutes.

12 Uncover the plaited loaf and brush well with the remainder of the egg wash. Place in the centre of the oven and bake for 10 minutes, then reduce the oven temperature to 180°C/Gas Mark 4 and bake for an additional 45 minutes or until the bread is a warm brown colour. If you rap the bread gently on the bottom, it should sound quite hollow.

13 Remove from the oven and allow to cool for 10 minutes on the baking tray. Then transfer to a cooling rack and allow to come down to room temperature before serving. Serve on a platter and slice at the table.

PER SERVING

407 cal • 24.3g fat • 5.1g sat fat • 36.5g carbs
2.3g sugars • 2g fibre • 13g protein • 0.6g salt



DOUBLE BENEFIT

Watercress is high in both iron and the vitamin C needed to absorb it.

Fresh ideas

RECIPES TO HELP YOU EAT WELL AND LIVE WELL



ANOTHER WAY

This dish is also amazing with salmon, beef, duck breast or even just vegetables.

Chicken ramen



SERVES 4

4 chicken breasts
flaked sea salt, to season
a grind of black pepper, to season
1 tbsp sunflower oil
1 tsp sesame oil
3 tsp garlic, freshly grated
2 tsp ginger, freshly grated
3 tbsp soy sauce
2 tbsp mirin
1.2 litres chicken stock
200g shiitake mushrooms, thinly sliced
4 packs of dried ramen noodles
100g pak choi, sliced in half lengthways

2 soft boiled eggs
1 spring onion, finely chopped (optional)
a handful of fresh coriander
a pinch of togarashi (Japanese spice blend)
1 lime, cut into wedges

1 Preheat the oven to 180°C/Gas Mark 4. Season the chicken generously with salt and pepper.
2 Add the sunflower oil to a frying pan on a medium heat then lay the chicken breasts, skin side down, in the oil. Cook for 5 minutes until the skin is golden brown. Turn the breasts over and cook for another 5 minutes until golden on both sides.
3 Transfer the chicken breasts to a baking tray and roast them in the preheated oven for 15 minutes, until cooked through. Remove the chicken from the oven, transfer to a plate and

cover loosely with foil until ready to serve.

4 Next, make the ramen broth. Heat the sesame oil in a large pot over a medium heat, until shimmering. Add the garlic and ginger, cook for a few minutes until softened, then add the soy sauce and mirin. Stir to combine then cook for another minute. Add the chicken stock, cover the pan, and bring to the boil.

5 Remove the lid, turn the heat down, simmer the broth uncovered for 10 minutes, then add the mushrooms. Simmer gently for a further 10 minutes to allow all the flavours to develop.

PERSERVING

509 cal • 18.8g fat • 4.6g sat fat • 44g carbs
5.8g sugars • 2.3g fibre • 41.8g protein • 2.5g salt



Garlic and horseradish beef fillet

LOW
CAL

LOW
CARB

LOW
SUGAR

HIGH
PROTEIN

HIGH
IRON

SERVES 4

1 kg beef fillet, trimmed and tied with kitchen string
1 tbsp sunflower oil
1 tbsp malt vinegar
1 tbsp maple syrup
1 tbsp horseradish (fresh or jarred)
2 garlic cloves, peeled and grated
2 tbsp olive oil
flaked sea salt, to season
a grind of black pepper, to season

- 1 Preheat the oven to 200°C/Gas Mark 6.
- 2 In a small bowl, combine the vinegar, maple syrup, horseradish, garlic, olive oil, a pinch of salt and the black pepper.
- 3 Mix well, then rub the marinade liberally all over the beef fillet. Leave for at least 10 minutes so the beef takes on the flavour, longer if you have time. Add more salt and pepper before cooking; the salt will give the beef a lovely crust.
- 4 Add the sunflower oil to a large frying pan over a high heat, and then carefully place the marinated fillet into it using tongs. Turn the fillet after it has had two minutes left untouched on each side, until it is browned and sealed well all over, including the ends.
- 5 Transfer the fillet to a roasting tin and cook in the preheated oven for 10 minutes for rare, 15 for medium rare, 20 for medium.
- 6 Cover the beef with foil to keep it warm and rest properly for 10 minutes before slicing, as thick or thinly as you like.

MANY USES

You can head down various routes with a beautifully cooked fillet: a roast with all the trimmings, steak and chips, a noodle dish such as ramen, or even simply served with mashed potato and any other vegetables.

PER SERVING

554 cal • 25.6g fat • 6.3g sat fat
4.3g carbs • 3.3g sugars • 0.2g fibre
80.1g protein • 2g salt

Chilli glazed salmon skewers



SERVES 4

2 tbsp Thai chilli jam
1 x 400ml can of good quality coconut milk, shaken well
1 tsp tamarind paste
1 tbsp lime juice
1 tbsp fish sauce
1 kaffir lime leaf, thinly sliced
4 x 200g skinless salmon fillets, pin boned and cut into 3cm cubes
1 tbsp sunflower oil

PER SERVING

555 cal • 40.2g fat • 23.6g sat fat • 11.1g carbs
8.5g sugars • 2.3g fibre • 41.9g protein • 0.4g salt

1 In a small saucepan over a medium heat, bring the chilli jam and coconut milk to a simmer.

2 Add the tamarind, lime juice, fish sauce and kaffir lime leaf then simmer for a few more minutes to reduce.

3 Preheat a griddle pan or barbecue to medium heat. Thread the salmon onto eight metal skewers, and brush both sides with the glaze.

4 Brush the grill rack or pan with the sunflower oil and cook the salmon, turning regularly, for 3 to 4 minutes or until charred. Brush with more glaze once cooked.



SUPER SALMON

Salmon is a great source of omega-3 which can help reduce inflammation and lower blood pressure.

Lentils with maple and cumin roast carrots



SERVES 4

FOR THE SALAD

300g carrots, quartered lengthways
2 tsp cumin seeds
2 tbsp olive oil
3 tbsp maple syrup
1 tbsp sunflower oil
2 garlic cloves, peeled and sliced
1 small red onion, halved and thinly sliced
400g brown lentils, cooked
20g fresh coriander leaves, chopped
20g fresh mint leaves, chopped

FOR THE GARLIC AND CAPER DRESSING

1 garlic clove, grated
1 lemon, zested and juiced
2 tsp capers, drained
2 tbsp olive oil
flaked sea salt, to season
a grind of black pepper, to season

For the salad

1 Preheat the oven to 200°C/Gas Mark 6. Add the carrot batons and cumin seeds to a large tin and drizzle over the olive oil. Roast in the preheated oven for 20 minutes until cooked and starting to caramelize. Brush each piece of carrot well with the maple syrup then cook for a further 5 minutes.
2 Meanwhile, heat the sunflower oil in a frying pan then add the garlic and red onion and cook for a minute until softened. Add the cooked lentils. Leave on the heat while stirring for a couple of minutes, and then pour the lentil mixture into a large serving bowl or platter.
3 Stir the ingredients for the dressing together in a small bowl or jug.
4 Add the roasted carrots, coriander and mint to the lentils. Season well, then drizzle the dressing all over the warm salad. Finish with extra herbs and more black pepper.

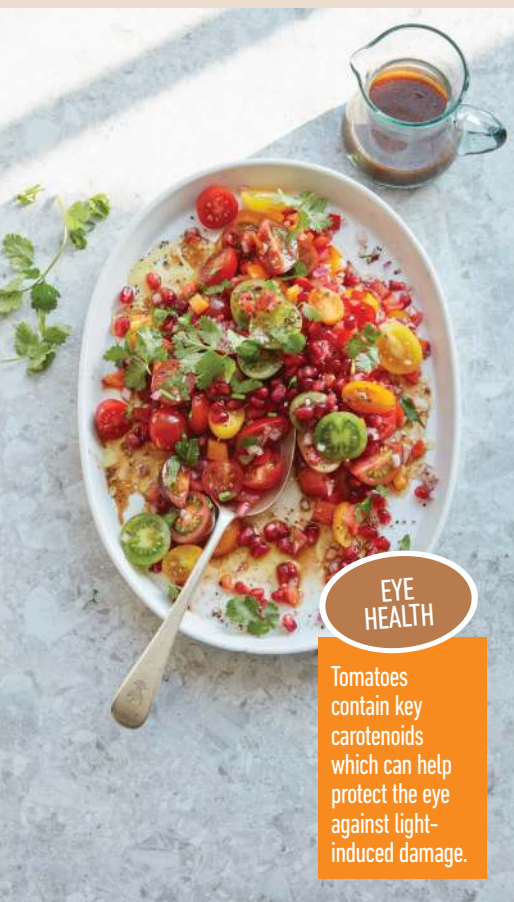
PERSERVING

352 cal • 17.9g fat • 2.4g sat fat • 39.2g carbs
14.2g sugars • 6.5g fibre • 9.7g protein • 0.2g salt



THE A GAME

Carrots get their bright orange colour from beta-carotene, an antioxidant that is converted to vitamin A in the body.



EYE HEALTH

Tomatoes contain key carotenoids which can help protect the eye against light-induced damage.

Tomato and pomegranate salad



SERVES 4

FOR THE POMEGRANATE DRESSING

5 tbsp pomegranate molasses
3 tbsp olive oil
2 tsp balsamic vinegar
2 garlic cloves, grated
¼ tsp cinnamon
¼ tsp nutmeg

FOR THE SALAD

200g red cherry tomatoes, halved
200g yellow cherry tomatoes, halved
200g vine tomatoes, chopped into 1cm dice
1 red pepper, chopped into 1cm dice
1 yellow pepper, chopped into 1cm dice
1 small red onion, finely diced
1 medium pomegranate, deseeded
a handful of fresh coriander leaves
flaked sea salt, to season
a grind of black pepper, to season

1 Put all the ingredients for the dressing into a jar, put the lid on and shake well until combined. Or put everything into a small bowl and whisk together until well combined.
2 Add all the prepared tomatoes, peppers, onion and pomegranate seeds to a platter. Toss to distribute everything evenly. Drizzle the pomegranate dressing over the whole salad with a spoon and toss to coat everything well.
3 Add the fresh coriander, and season well with salt and pepper before serving.

PERSERVING

352 cal • 17.9g fat • 2.4g sat fat • 39.2g carbs
14.2g sugars • 6.5g fibre • 9.7g protein • 0.2g salt



read MORE...

The recipes on page 60-63 are taken from *The mymuybuena Cookbook* by Justine Murphy. (£25, Meze Publishing). *The mymuybuena Cookbook* is available to pre-order now on Amazon

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BOWLED OVER

BOWL FOOD RECIPES, PERFECT FOR
COMFORTING MIDWEEK MEALS

FISH
DISH

Try adding
some cooked
tiger prawns for
a non-veggie
version.

Super veg pad Thai



SERVES 2

150g cavolo nero, shredded
150g folded rice noodles
1 tbsp oil
1 yellow pepper, sliced
1 red birds eye chilli, sliced
4 spring onions, thinly sliced
1 tbsp smooth peanut butter

2 tbsp reduced salt soy sauce
1 tbsp vegetarian fish sauce
2 tbsp chopped coriander, plus a
little extra to serve
juice of 1 lime
chopped roasted peanuts, to
serve (optional)
lime wedges, to serve (optional)

1 Cook the cavolo nero in boiling water for 3 minutes, then drain. At the same time, cook the noodles until tender then drain.

2 Meanwhile, heat the oil in a frying pan and fry the pepper for 2-3 minutes,

add the chilli and spring onions and cook for 1 minute. Stir in the peanut butter, soy, fish sauce and 4 tbsp water. Add the noodles and cavolo nero and stir to combine. Stir in the coriander and lime juice.

3 Divide between 2 bowls and serve scattered with peanuts, coriander leaves and lime wedges.

PER SERVING

492 cal • 13.8g fa • 2.1g sat fat • 83.9g carbs
7g sugars • 5.3g fibre • 10.2g protein • 1.2g salt

Falafel with tomato and cavolo nero sauce



SERVES 4

200g cavolo nero, shredded
2 tbsp olive oil
1 large onion, finely chopped
1 tsp ground cumin
1 tsp ground coriander
1 x 400g can of chickpeas, drained

25g plain flour
2 x 400g cans of chopped tomatoes
300ml vegetable stock

- 1 Cook the cavolo nero in a large saucepan of boiling water for 3 minutes, then drain. Reserve the saucepan.
- 2 Meanwhile, heat half the oil in a large frying pan and fry the onion for 4-5 minutes until golden, tip half into the saucepan and set aside.
- 3 Add the spices to the onion in the frying pan and cook for 1 minute. Transfer to the bowl of a food processor with the chick peas, 50g cooked cavolo nero and the flour. Season and blitz to give a coarse paste. Divide into 12 balls with damp hands and flatten slightly.

- 4 Add the chopped tomatoes and stock to the saucepan, bring to the boil and simmer for 10 minutes until thickened. Stir in the remaining cavolo nero and cook for a further 3 minutes, then season.
- 5 Heat the remaining oil in the empty frying pan and fry the falafels for 3 minutes each side or until golden.
- 6 Serve the falafels with the tomato sauce and couscous or pasta.

PER SERVING

291 cal • 10.1g fat • 1.4g sat fat • 36.8g carbs
2g sugars • 5.7g fibre • 11.7g protein • 0.16g salt



EXTRA KICK

Try adding chilli flakes to the falafels for a bit more heat.

SPICE
IT UP

Add a fresh chilli
if you like it a
bit hotter!



Chilli con carne

df

LOW
CAL

LOW
SAT

LOW
CARB

HIGH
FIBRE

HIGH
PROTEIN

10g
A DAY

SERVES 4

2 tbsp olive oil
450g lean minced beef
1 onion, chopped
1 tsp hot chilli powder
1 tsp ground cumin
3 tbsp Tarantella organic
tomato purée
300ml hot vegetable stock
1 x 400g can of Tarantella organic

chopped tomatoes
400g canned red kidney beans,
drained and rinsed
40g fresh coriander, chopped,
plus extra to garnish
salt and pepper, to season

1 Heat a tbsp of olive oil in a large non-stick pan and fry the beef for 10 minutes until well browned, stirring well as you go to break up any lumps. Remove the meat from the pan with a slotted spoon and set aside.

2 Add the remaining oil to the pan, then fry the onion until soft and golden.

3 Add the spices to the onion and fry for a minute, then return the browned beef

mince to the pan. Add the tomato purée, stock and chopped tomatoes. Bring to boil, then reduce to simmer. Continue to bubble gently, uncovered for 35-40 minutes.

4 5 minutes before you're ready to serve, stir in the kidney beans and the coriander, then season and simmer for 5 minutes.

5 Serve with rice, if liked.

PER SERVING

366 cal • 14.3g fat • 1.2g sat fat • 21g carbs
6.5g sugars • 9.3g fibre • 34.2g protein • 0.5g salt

Sesame cod rice bowls

df

LOW
CAL

LOW
SUGAR

HIGH
PROTEIN

10F5
A DAY

SERVES 2

2 x 150g cod loins, halved
3 tsp toasted sesame seeds
150g shredded cavolo nero, shredded
250g pouch microwaveable basmati rice
1 tbsp toasted sesame oil
1 red pepper, sliced

2 tbsp soy sauce
25g ginger, peeled and finely grated
2 medium eggs

- 1 Preheat the oven to 200°C/Gas Mark 6.
- 2 Place the cod in a small roasting tin and sprinkle over 2 tsp sesame seeds, roast for 15 minutes until just cooked through.
- 3 Meanwhile, cook the cavolo nero in boiling water for 3 minutes and drain. Cook the rice according to pack instructions.
- 4 While these are cooking, heat the oil in a frying pan and fry the pepper for 2-3 minutes, remove with a slotted spoon and set aside, add the soy and ginger

to the pan with 2 tbsp water and heat through for a few seconds.

- 5 Pile the rice in the centre of 2 shallow bowls and place the peppers and cavolo nero around the side, drizzle with soy dressing then top with the cod. Fry the egg in the frying pan according to your liking and add to the bowl.
- 6 Serve sprinkled with the remaining sesame seeds.

PERSERVING

479 cal • 16.1g fat • 2.9g sat fat • 43.8g carbs
4g sugars • 4.6g fibre • 38.3g protein • 1g salt



Recipe by Discover Great Veg, discovergreatveg.co.uk

**VERSATILE
VEGETABLE**

Use any leftover cavolo nero in a smoothie, or add to pasta dishes or soup.

Bean casserole



SERVES 4

1 tbsp olive oil
1 onion, finely chopped
1 garlic clove, crushed
1 carrot, chopped
1 leek, chopped
1 tbsp Tarantella organic tomato purée
1 x 400g can of Tarantella organic peeled plum tomatoes
200g canned butter beans, rinsed and drained
400g canned flageolet beans, rinsed and drained
222ml vegan red wine
250ml hot vegetable stock
1 tbsp fresh thyme leaves

- 1** Heat the oil in a large pan and fry the onion, garlic, carrot and leek until soft.
- 2** Add the tomato purée, plum tomatoes, beans, red wine, stock and thyme and simmer for 15 to 20 minutes. Serve.

Recipe by Tarantella: tarantella.uk.com

SERVING SUGGESTION

Serve with mash of your choice – try sweet potato or celeriac instead of potato.



PER SERVING

268 cal • 4g fat • 0.6g sat fat • 34.1g carbs
6.8g sugars • 9.1g fibre • 12.8g protein • 0.4g salt



REDUCE WASTE

You could also use any chicken leftover from a Sunday roast.

Pasta with chicken, cavolo nero and tomatoes



SERVES 2

125g fusilli pasta
150g cavolo nero, shredded
75g sun-dried tomatoes from a jar, sliced
1 tbsp oil (from the sun-dried tomato jar)
2 chicken breast fillets, thinly sliced (approx. 350g)
2 garlic cloves, crushed
200g cherry tomatoes, halved
Parmigiano Reggiano, grated, to serve

- 1** Cook the pasta in boiling water for 7 minutes, add the cavolo nero and cook for a further 3 minutes, then drain, reserving some of the cooking liquid.
- 2** Meanwhile, heat the oil from the sun-dried tomato jar and fry the chicken for 5-6 minutes until golden and cooked throughout. Add the garlic, sun-dried tomatoes and cherry tomatoes and fry for a further 1-2 minutes. Stir in the pasta and cavolo nero with a little of the cooking liquid and season.
- 3** Serve sprinkled with grated Parmigiano Reggiano.

PER SERVING

670 cal • 14.4g fat • 2g sat fat • 81.9g carbs
17.3g sugars • 8.6g fibre • 55.1g protein • 1g salt

Recipe by Discover Great Veg: discovergreatveg.co.uk

smart swaps

STAY HEALTHY AND IN SHAPE
WITH A FEW ALTERNATIVES TO
YOUR FAVOURITE FOODS

swap Shop bought dressing

Making your own dressing takes only minutes, it is much healthier, and a non-creamy version can last you weeks. By using a base of olive oil and vinegar you can then add whatever you like, for example, herbs, nuts or garlic.



for Homemade dressing



swap Crisps



Snacking on banana chips rather than crisps will help reduce your fat intake. One serving of crisps might contain 250 calories but one cup of dried banana might only have 34 calories.



for Dried banana

swap Raisins



Snacking on dried fruit always seems like a healthy option, but due to taking up much less space, half a cup of raisins contain about 250 calories whereas half a cup of grapes contains 31 calories. The water content of grapes also helps to keep you hydrated.



for Grapes

swap Ice cream



While 100g of vanilla ice cream can have more than 200 calories, the same amount of Greek yoghurt has 59 calories. You can pair the yoghurt with fresh fruit and berries to add extra flavour.



for Greek yoghurt

swap Sugar



Cinnamon can be used to add extra sweetness to a meal or drink. One teaspoon only has 6 calories but a teaspoon of sugar has 16 calories. Sugar also provides almost no nutritional value, while cinnamon can actually help reduce blood sugar levels.



for Cinnamon

Hidden VEG

SWEET TREATS BAKED
WITH PLENTY OF GOOD-
FOR-YOU VEGETABLES!

Chocolate and beetroot cupcakes



MAKES 12

120g vegan butter
120g caster sugar
200ml almond milk
200g plain flour
1 tsp baking powder
40g cocoa powder
50g dairy-free dark
chocolate, melted

FOR THE ICING

340g cooked beetroot,
fresh or jarred
250g vegan butter
500g icing sugar
50g pistachios
50g dairy-free dark chocolate

- 1 Preheat oven to 180°C/Gas Mark 4.
- 2 Beat the vegan butter and caster sugar until light and fluffy.
- 3 Beat the almond milk into the butter mix, adding a little at a time and making sure it is fully mixed in before adding more.
- 4 Sieve flour, cocoa and baking powder. Fold into the mixture.
- 5 Beat in the melted chocolate.
- 6 Divide the cake batter evenly between 12 cupcake cases.
- 7 Bake for 12 minutes. Set aside to cool.
- 8 To make the butter cream, strain the beetroot and blend in a food processor until you have a smooth purée.
- 9 Soften the vegan butter by beating until light and fluffy.
- 10 Add the purée and icing sugar to the vegan butter and beat until fully mixed.
- 11 Place the butter cream into a piping bag and pipe onto cooled cakes.
- 12 To finish, grate over the remaining chocolate and sprinkle with the pistachios.



EAT BEETS

Beetroots have a high concentration of nitrates which can help lower blood pressure.

PER SERVING

568 cal • 28.3g fat • 12.2g sat fat • 75.2g carbs
56.4g sugars • 3.8g fibre • 4.6g protein • 0.05g salt

Chocolate cavolo nero brownies



SERVES 12

200g plain chocolate, broken into pieces

225g butter, diced

200g pack of cavolo nero

225g light brown soft sugar

3 medium eggs

100g plain flour

1 tsp baking powder

1 Preheat the oven to 180°C/Gas Mark 4.

Grease and base line a 22cm square tin.

2 Melt the chocolate and butter in a bowl over a pan of simmering water.

3 Meanwhile, cook the cavolo nero in boiling water for 3-4 minutes, then cool under cold

water and drain well, squeezing out any excess liquid, then chop.

4 Whisk the sugar and eggs together until pale, then stir in the chocolate mixture and cavolo nero.

5 Mix together the flour and baking powder and fold into the brownie mixture then pour it into the prepared tin.

6 Bake for 35-40 minutes. Cool slightly before removing from the tin and cut into 12 equal pieces.

COOK'S TIP

Add extra chocolate chips and raisins to the mix for some added texture.

PER SERVING

358 cal • 23.1g fat • 13.8g sat fat • 35.1g carbs
24g sugars • 2.2g fibre • 3.9g protein • 0.14g salt





Courgette, lemon and poppyseed cake



SERVES 12

75ml whole milk
2 tbsp poppy seeds
zest of 2 lemons, finely grated
250g unsalted butter, plus a little extra for greasing the tin
250g light brown soft sugar
4 eggs, yolks and whites separated
½ tsp almond extract
200g gluten-free self-raising flour
75g ground almonds
250g grated weight of courgettes

FOR THE TOPPING

300g icing sugar
1½ tsp lemon zest, finely grated
30g unsalted butter
2 tbsp lemon juice
1 tbsp poppy seeds

- 1 Preheat your oven to 180°C/Gas Mark 4. Lightly grease a 23cm springform cake tin with a little butter and then line it with some baking parchment.
- 2 Warm the milk, poppy seeds and lemon zest in a small pan for a couple of minutes, then remove from the heat and leave to cool.
- 3 Cream the butter and sugar in a large bowl until pale, light and fluffy (an electric hand mixer makes life easier). Beat in the egg yolks, one at a time.
- 4 Stir in the almond extract, flour and ground almonds. Then fold in the courgettes and cooled milk.
- 5 Whisk the egg whites in a separate clean bowl until they form stiff peaks. Add a large spoon of the egg white to the courgette mixture and stir it in, then very gently fold in the rest, keeping as much air in the mixture as possible.
- 6 Pour the mixture into the tin. Bake for about 60 minutes, depending on your oven, until firm to the touch; it should spring back when you lightly press the middle. Cool the cake in the tin for 15 minutes, then turn onto a wire rack to cool completely.
- 7 To make the topping, sift the icing sugar into a bowl. Stir in the lemon zest. Melt the butter and working quickly, pour it over the icing sugar.
- 8 Add the lemon juice and quickly stir it together, adding a splash of cold water if needed, until you have a thick but spreadable icing. Use a pallet knife to spread the icing over the cake.
- 9 Sprinkle over the poppy seeds and leave the cake for about 30 minutes (if you can!), so the icing can set a little before serving.

A-CLASS

Courgettes are rich in vitamin A which supports vision and the immune system.

PER SERVING

462 cal • 25g fat • 12.9g sat fat • 57.3g carbs
42.8g sugars • 1.8g fibre • 5.8g protein • 0.2g salt

Recipe by Riverford: riverford.co.uk

Spiced apple & parsnip cake with cinnamon coconut topping



SERVES 8-10

150g buckwheat flour
100g ground almonds
3 tbsp ground flaxseeds
1½ tsp baking powder
½ tsp baking soda
½ tsp sea salt
1 tbsp apple cider vinegar
250ml plant-based milk
1 large ripe banana
2 tbsp coconut oil
150g Medjool dates, pitted
1 tbsp vanilla essence

1 tsp ginger powder
1 tsp cinnamon
½ tsp clove powder
½ tsp all spice
150g grated parsnip
125g grated apple

FOR THE FROSTING

6 tbsp coconut yoghurt or cream
1 tsp vanilla essence
½ tsp cinnamon
2 tbsp icing sugar
berries of choice

- 1 Preheat your oven to 180°C/Gas Mark 4.
- 2 Grease a loose bottom cake pan with coconut oil.
- 3 Add all the ingredients (apart from the parsnip and carrot) to a food processor or high speed blender and blitz until you get a smooth batter and there are no lumps.

4 Grate the apple and parsnip and add to a large bowl. Then mix the batter into the grated apple and parsnip.

5 Spoon the batter into the cake tin and bake for 40 minutes.

6 To make the frosting, combine all the ingredients in a bowl.

7 Once cooked, remove the cake from the oven and allow to cool for 10-15 minutes before turning out.

8 Smooth the frosting over the top of the cake and top with a few berries

VITAMIN K

Parsnips are a good source of vitamin K, which is needed for blood clotting.

PER SERVING

268 cal • 10.9g fat • 3g sat fat • 40.9g carbs
19.6g sugars • 6.7g fibre • 6g protein • 0.4g salt

A photograph of two people sitting on a dark blue couch. The person on the left is wearing a white tank top under a blue and white plaid shirt and blue jeans, holding a silver laptop. The person on the right is wearing a light blue long-sleeved shirt and blue jeans, holding a black smartphone. The background is a plain, light-colored wall.

Do you need a *digital detox?*

Natural health specialist **Dr Chris Etheridge** looks at the impact our digital devices could be having on our health

We are surrounded by digital devices and are usually never more than a few steps away from one - or even attached to one if we have a smart watch.

Digital devices have become integral to our lives and daily activities. From keeping up with breaking news, streaming the latest box set, snapping photos and working on the go, it seems that a digital device is just an extension of us.

We are a connected nation. Statistics show that in the 87 per cent of UK households have the internet, 79 per cent of UK adults personally use a smartphone and people are using more data - which is being driven by watching online videos.

And while we may have to accept that digital devices will always be part of our life, do we also need to be more mindful, or aware about how attached we become to them? Could you go a day without interacting with your phone, your tablet or your laptop? Even if you think the answer is yes, would it happen in reality?

Major consequences

Perhaps the hidden danger of digital devices is what they are doing to our health. While we are busy scrolling through social media feeds our bodies and minds are dealing with the impact. From a mental health perspective, viewing endless images of people enjoying and living what seems to be an exciting life online can immediately lead us to compare our own lives, leaving us feeling disconnected, isolated, low and sad, or that our own lives are unfulfilled. This can quickly manifest

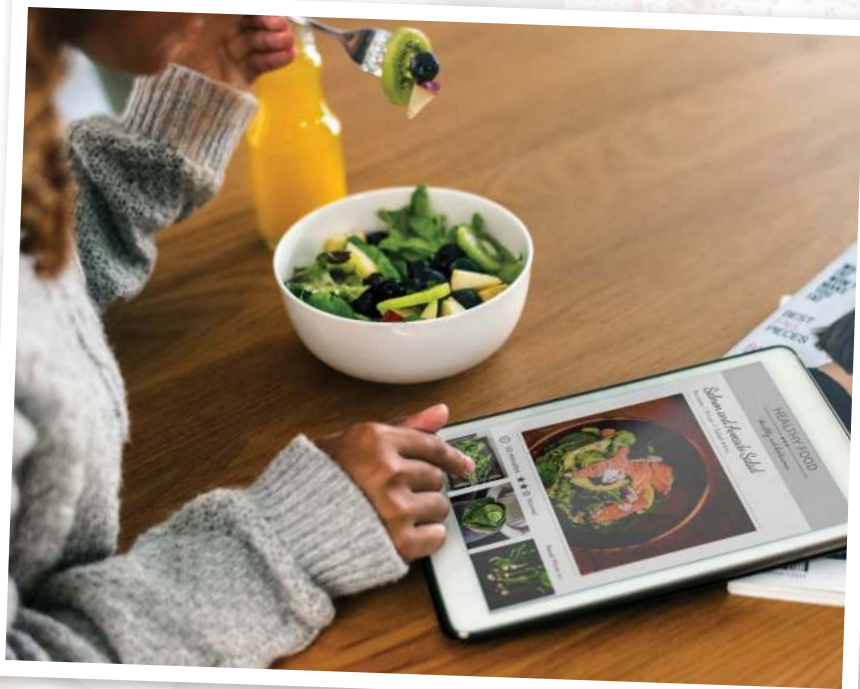
into feelings of loneliness anxiety or stress.

Many studies have demonstrated the detrimental link between mental health and social media. In fact, one study in America found that teenagers who spend more than three hours a day on social media may have double the risk of mental health problems as those who shun it, and other research suggested a link between social media use and depression in girls.

This ever switched-on lifestyle has a major impact on our sleep, both in terms of quality and quantity. And we can all feel the effects of a sleepless or disturbed night. Lying in bed at night, scrolling through our

phones or streaming a programme does nothing to help our sleep. Not only is it stopping us from getting that vital seven to eight hours a night in terms of quantity, but scrolling through social media can even increase our anxiety levels.

It's not just reserved for mobile devices either. A study, published in *BioMed Central Psychiatry*, reported that 'high' and 'medium' computer use was linked to a higher incidence of sleep disturbance and mental health problems, and revealed that combining computer screen time with a heavy reliance on mobile phones tripled the risk for sleep disturbance.



COUNTING THE COST



- Getting less than six hours sleep almost doubles the risk of dying from heart disease.
- Less than six hours a night increases the risk of stroke by 15 per cent.
- Less than five hours almost doubles the risk of having blood pressure so high it requires treatment.
- A combination of less than six hours sleep and high cholesterol almost quadruples the odds of developing type 2 diabetes.

- Two nights of poor sleep triggers hormonal changes which drive weight gain.
- Men who get less than 6½ hours a night produce more sperm with DNA damage.
- Women with low ovarian reserves are 30 per cent more likely to suffer disturbed sleep.
- Lack of sleep increases inflammation associated with joint problems.
- Losing even small amounts of sleep impairs the immune system and undermines the efficacy of vaccinations.



Impact on sleep

Poor quality sleep and sleep deprivation is a major threat to public health in the UK. A lack of inadequate sleep has been associated with a number of very serious conditions and illnesses, and it's likely the true cost is woefully underestimated. Getting a good night's sleep is absolutely

essential for good mental and physical wellbeing and should be made a priority.

Research by Puresseintiel, makers of evidence backed essential oils, showed that more than two in five people (42 per cent) had experienced sleep problems in the last week. Three quarters of those surveyed also said they feel like a lack of sleep is having a negative effect on their life - blaming a lack of sleep for their mood, energy levels, concentration, eating habits, headaches, immunity, weight and alcohol consumption.

But much more than this, lack of quality sleep can increase the risk of heart disease, diabetes, cancer and dementia. As Professor Jason Ellis, Director of Sleep Science and Director of the Northumbria Centre of Sleep Research, said, "Almost every ailment known to man, and woman, is linked in some way to poor sleep. Sleep deprivation increases our risk of developing health issues and it reduces our body's ability to cope with them."

SLEEP BETTER

■ **Plant power:** Get some plants and put one in your bedroom - not only do they look great, they help purify the air, improving our moods and make us feel calm and less stressed. Try plants that require little looking after such as an aloe vera plant or an orchid.

■ **Let go with lavender:** Lavender is synonymous with relaxation and sleep and essential oils have long been known to have powerful therapeutic properties, harnessing the power of nature to work with the body and promote a calm mind. Try Puresseintiel Rest & Relax Air Spray, which has been clinically proven to help with a good night's sleep or treat yourself to a bath with Puresseintiel Rest & Relax Bath Shower - both products combine 12 essential oils to help with peaceful and restorative sleep.

■ **Say goodnight to your thoughts:** One of the things that keeps us awake at night and interrupts our quality of



sleep is dealing with thoughts that are going through our mind. At least an hour before going to bed jot down anything in your head such as things you need to do, remember or even feelings - this frees up your mind and lets you slip into slumber. Also try saying or writing down three things that you are grateful for that day - it's surprising how this alters your state of mind and puts you in a positive place to go to sleep. Keep a notepad by your bed as well for those middle of the night thoughts that pop into your head.

DIGITAL DETOX TIPS

■ **Have a day off:** Challenge yourself to see if you can go a day without interacting with a digital device. Plan something for the day so your mind is occupied and isn't wondering what emails you have, or what other people have been up to.

■ **Give digital devices a curfew:** Just as we have a bedtime, give your digital devices a bedtime; a cut off time where you put them out of reach and no longer use or check them. Try to do this at least an hour before bed. The more often you practice this, the more of a habit it will become.

■ **Keep it out the bedroom:** Don't be tempted to take digital devices into the bedroom. By making the bedroom a place to sleep, your body and mind will tune into this when you go to bed. If you need some help to drift off try reading a book or listen to some music. If you use your phone as an alarm, invest in an alarm clock or keep the phone outside the bedroom door. This will also encourage you to get out of bed instead of hitting the snooze button.



Our Expert



Dr Chris Etheridge is a medical herbalist and natural health specialist, and an advisor to Puresseintiel which provides evidence based essential

oils for every day healthcare needs.
ukpuresseintiel.com



Next month in...

Healthy Diet

Gut Reactions

An eating plan to boost your gut health

Busting nutrition myths

**Sorting the facts
from fiction**

BEAUTY SOS

Eat your way to a healthy glow

Plus...

- The best sources of vitamin B12
- Foods to blast away the blues

**MAKE
HEALTHY
HAPPEN**

Small changes
that make a
big difference

ON SALE 2 APRIL

Find more recipes and advice at www.healthydietmag.com *Contents subject to change

Spring into spring

The new season is the ideal time to overhaul your diet and put a spring back into your step, says nutritionist **Suzie Sawyer**

Sighs of relief all round as we move into the best season of all! We leave those long, dark, grey days of winter behind, come out of hibernation and look forward to spring and a new freshness in the air.

It's also the time when many of us reflect on our health and, most importantly, diet. How we look, the texture of our skin and the condition of our hair, as well as how we feel in terms of mood, energy levels and sleep patterns, are all a reflection of what's within. There's no getting away from it, what we eat is crucial to overall wellness.

Eat the seasons

Eating seasonally is important all-year round but especially key when the body needs 'waking up' and energising. Some of the big gun cruciferous vegetables, such as purple sprouting broccoli and cauliflower, are in season right now.

This food family can deliver a wealth of health benefits especially for the immune system, heart and hormones. Plus, they help the liver's natural detoxication processes, which in turn will boost energy levels. Passion fruit and oysters are also in season; sounds like a date night might be in order! Also, on the menu is beetroot which is not only delicious and versatile in sweet or savoury dishes, but is also an amazingly powerful antioxidant and liver detoxifier.

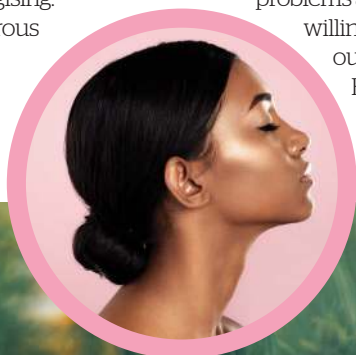
Love the planet and eat plants

With environmental issues front facing, the need to eat a more plant-based diet can't be ignored. That's not to say we should all become vegans overnight; merely there should be an acknowledgement of the problems around us and a

willingness 'to do our bit' to help. However, eating more

plant-based foods can also provide a great health boost - after all, fruits and vegetables are some of the most nutrient-dense foods on the planet. It's all about colour, and the deeper, richer coloured fruits and vegetables tend to deliver greater health benefits, particularly antioxidants, which help prevent serious degenerative diseases, as well as hold back the ageing process. If you're wanting to spring into action then get some vegetable juices going to increase nutrient intake and serve up some colourful dishes. Think about the colours of the rainbow and compare your meals to see how they match up.

There are also plenty of options for plant-based protein sources. Remember that protein is essential for the immune system, hormone production, repair and growth of muscle and is the building block for bone, skin and blood. There are plenty of soya foods available, but ensure you're choosing





those made from whole soya beans that are not genetically modified and are preferably organic, for the best quality. Equally, pea protein is hot right now with an array of pea shakes and foods to choose. There's even high protein pea milk available. And don't forget the humble frozen pea! Frozen fruit and veg often contain more nutrients because they're quickly frozen after harvesting. Peas are high in energising folate and immune-boosting vitamin C, and are so quick and easy to add to any meal.

Spring clean digestion

Spring is also a time to overhaul gut health.

We tend to comfort eat during the winter months and that can often include more processed cakes, pastries and biscuits. Sweet foods, lacking in fibre are the digestive system's worst nightmare. Not only will they make bowel function sluggish, the beneficial bacteria that happily reside down there will get pushed to one side by the 'bad guys'! Upping fruit and vegetable intake can help enormously due to their high fibre content. Plant-based proteins, especially beans and legumes are high in fibre and energising B vitamins, and feed the good bacteria, replenishing and restoring along the way. You'll be hearing

more and more about probiotics, both now and moving further into 2020 and beyond. Many foods, including yoghurts are now fortified with probiotics, which is a step in the right direction. However, foods need to pass intact through our stomach acid, the gate-keeper to the digestive tract, which can be challenging. If your digestive system is feeling sluggish then it would certainly be worth taking a probiotic supplement.

Make sure you're also including foods that are known to feed the good bacteria such as Jerusalem artichokes (delicious roasted), kefir and natural yoghurt (both can be added to cereal), asparagus (great



with poached egg), tempeh (high in protein) and sauerkraut (a special type of shredded cabbage), plus drink plenty of tea. Sugar, in all its forms, knocks out the good guys so make this spring the time to take a long, hard look at sugar intake and cut back as much as possible. Fizzy drinks are also a no-no when it comes to gut health, even diet colas and sodas contain sugar and sweeteners and the chemical mixtures are detrimental to good gut health. They'll also upset blood sugar balance, further depleting energy levels.

Be honest about portions

For many, the start of a new season is the springboard needed to shed those kilos that have piled on over winter. This is not the time to start some fad diet that promises super-fast weight loss. It will deplete energy levels, plus slow the metabolism so you'll end up putting it all back on (and more!). Firstly, be honest with yourself about portion sizes. If you eat meals quickly and keep eating until you feel overly full, then you're eating too much. Eating mindfully might be an over-used phrase right now, but it makes huge sense, both physiologically and emotionally. By putting your knife and fork down between mouthfuls you'll automatically be eating slower. This encourages natural gut hormone and

enzyme production so you'll feel full before you over-eat, plus you'll digest food better, alleviating any nasty post-meal bloating. Eating slowly means insulin release is balanced, which encourages sustained energy rather than a quick burst.

Spice it up

In the same way that lots of foods will give a springtime boost to health and energy, so will certain herbs and spices. And there are some that are particularly on trend right now, for very good reasons. Fenugreek seeds are certainly hot news. They help smooth the digestive system, balance blood sugar and add a distinctive nutty taste to dishes. They work especially well as a triad with coriander and turmeric. Turmeric's hot properties have been, and continue to be, well-documented. Not only is turmeric a powerful anti-inflammatory, it's great for joint health and beneficial for the brain and liver. And with plant-based diets becoming more and more popular, it's a great opportunity to experiment and enjoy various curries. Chickpea, root vegetables, jackfruit or tempeh will all marry up nicely with the spice triad, jump the digestive system into life and excite taste buds. Remember eating mindfully is also about enjoying and embracing mealtimes.

Jump into action

With your new-found energy, there's no excuse to not get moving. Don't overcomplicate or overthink this one - just get active. While it's great to aim for 10,000 steps daily, remember this is an arbitrary number to encourage the population to become more active. Nothing wrong with that, and it's working, but don't beat yourself up if you don't manage it every day, and instead look at your overall activity levels. Taking the stairs rather than the lift, cycling or walking to work, adopting a standing desk or joining a dance class are all ways of introducing more activity into your every day routine. It doesn't matter what you do, just become more active! It's especially important if you know exercise has been lacking through the winter months.

Our Expert



Suzie Sawyer is a clinical nutritionist and an advisor to Alive! – a unique supplement range packed with 26 fruits and vegetables, with products for all ages.

feelaliveuk.com

THE Health Report

THE ESSENTIAL ADVICE YOU NEED TO STAY HEALTHY.

Spotlight on...

Kale

Kale is one of the healthiest ingredients you can add to your meals. This leafy green is nutrient dense and packed with minerals and vitamins. In fact, a 100g portion of kale contains a massive 200 per cent of the RDI of vitamin C, 300 per cent of the vitamin A RDI and 1,000 per cent of vitamin K RDI. This amount of kale also contains 2g of fibre, 3g of protein and only 50 calories.



Sober curious

With 57 per cent of the nation cutting back on alcohol and 1 in 5 now teetotal, research commissioned by Robinsons and 7UP Free has revealed that well over half of Millennials (58 per cent of 18-34 year olds) are shunning wine and choosing to match soft drinks with different food types to enhance aroma, flavour and texture. More soft drinks are being consumed at home than ever before and by those cutting back on their alcohol intake. In the past year alone, £71 million of UK spend has switched from alcohol to soft drinks.



Heart healthy berries



New research published in *Food and Function* journal found that blueberries are a rich source of anthocyanins, which are associated with a reduction in the risk of developing cardiovascular disease.

In particular, the beneficial effects of blueberries and their polyphenols help boost flow-mediated dilation, which is the process of arteries dilating and adapting when blood flow increases.



Calm your mind

According to a new study from the University of California Berkeley, a sleepless night can trigger up to a 30 per cent rise in emotional stress levels. Tips to relax an anxious mind include watching your caffeine intake, (try to cut down gradually by substituting your usual coffee for something healthier) and learning to say 'no' when you feel anxious to avoid putting extra pressure on yourself. Adding probiotics to your diet can also be effective in reducing anxiety symptoms.

Mineral... Zinc

Zinc is key to metabolism and essential for cell division and, therefore, for growth and tissue repair. The recommended intake of zinc is 11mg for adults and 8mg for women.

100g of minced beef = **44%**
6 medium oysters = **291%**
100g of cooked lentils = **12%**



Improving symptoms

Researchers at the University of Kent studied Parkinson's patients that performed weekly physical and cognitive exercise regimes. These patients showed an improvement specifically in one-minute sit-to-stand tests and a cognitive test called MiniMental, but no other significant changes in cognitive and physical health. This is especially positive as Parkinson's is a degenerative disease, so the expected outcome, without any interventions, for these symptoms would be a decline.

Good gum health

Dr Reena Wadia explains why taking care of your gums is important for your health

Most people know that regular visits to the dentist are important to keep teeth in good condition. But the health of your gums is equally important.

Can gum disease affect my general health?

The simple answer is yes. The mouth is connected with the rest of the body. It is the doorway to the body, rather than a separate organ, and is the access point for bacteria to enter the bloodstream via the gums.

There are particularly strong associations with diabetes and heart disease. When considering diabetes, not only does gum disease have an affect on diabetic control, it also increases the risk of diabetes in otherwise healthy individuals.

The good news is that treating gum/periodontal disease may have a positive impact on general health. So, don't ignore the signs of gum disease and take the necessary steps to ensure healthy gums. Remember, healthy gums = healthy body.

"Treating gum disease may have a positive impact on general health"

How do I know if I've got gum disease?

There are a few key warning signs to look out for. The first is bleeding gums following brushing, flossing or eating. Bleeding gums are not healthy - they are a natural alarm bell signifying disease. Gum disease may also change the appearance of the gums. In health, the gums are usually a light pink colour. Red, swollen or receded gums are all signs of gum disease.

Persistent bad breath or a bad taste in the mouth may also signify gum disease. With more advanced cases, the teeth may start to loosen up and change position.

The good news is that with treatment, all of the above can be addressed. The key is to catch and treat gum disease early!

Our Expert



Dr Reena Wadia is founder of RW Perio - a private practice dedicated to the treatment of periodontal (gum) diseases. She also works as an associate specialist at King's College Dental Hospital and holds positions at the Faculty of General Dental Practice, the British Dental Association and the European Federation of Periodontology. rwperio.com



GENERAL TIPS ON PREVENTING GUM DISEASE

1 Brush twice a day using an electric toothbrush

I'd recommend buying an electric (re-chargeable) toothbrush. These are far more effective at removing plaque because they're designed to gently massage teeth and gums correctly and many even have a pressure sensor that warns you if you're pressing too hard. You need to place the toothbrush at a 45-degree angle against the spot where the gums and teeth meet, angle upwards for the upper teeth and downwards for the lower teeth. Spend a few seconds per tooth. For those with established gum disease, you are likely to need more than two minutes.

2 Use the right toothpaste

Always use a toothpaste containing fluoride. If you have specific issues eg. tooth sensitivity, find a toothpaste which helps tackle this. Always spit and don't rinse out your mouth after using the toothpaste or it will wash away all the good stuff!

3 Clean in between your teeth

You wouldn't wash only one side of a dirty dish, and then put it back in the cupboard to use again tomorrow, would you? When you brush your teeth, you're only washing half of the surfaces of your teeth, front and back. You're neglecting the two sides your toothbrush doesn't touch. This leaves the sides of your teeth and the area near the gum line dirty, like only washing one side of a dish! Flossing or use of interdental brushes between your teeth is the way to get into these "nooks and crannies," which need to be kept clean just as much as the rest of your teeth for good gum health. Interdental brushes are your first choice if these fit in between your teeth. They come in various sizes and you need to ensure a snug fit so go for the largest size that fits. You'll often need a variety of sizes. If the interdental brushes don't fit then floss is your next best option.

4 If you want to use a mouthwash, use it at a different time to brushing

This is great as a breath freshener but should be used at a different time to brushing or it will wash away all the good stuff in the toothpaste.

5 Clean your tongue

Tongue scraping/cleaning can be a helpful part of your oral healthcare regime. The tongue is made up of lots of little crypts, which can harbour bacteria and debris. If these are not regularly removed, a tongue coating forms and this is one of the biggest causes of bad breath. Once you've got used to it, your mouth won't feel clean without it!

6 Do not smoke

Smoking is one of the biggest risk factors for gum/periodontal disease. It increases both risk and severity. Smokers have deeper gum pockets and more bone loss. This can all lead to loose teeth and tooth loss. As the nicotine affects the blood vessels in the gums, bleeding gums is not common in smokers.

7 Healthy diet

A healthy diet is important in oral and general health. Ensure you have a well-balanced diet with sufficient fresh fruit and vegetable intake. Diet modification is preferred to the use of supplements. With fruit, as it can be acidic, try not to spread it out throughout the day (focus on a good amount but limit the frequency). Avoid frequent intakes of sugar.

8 Visit the dentist regularly, not just when you're in pain

Depending on how at risk you are of dental disease you may need to visit the dentist more/less often but a yearly visit at minimum is likely to be a good idea for most people.

GET GARDENING

Discover how gardening could help your mental health

With spring right around the corner, it's the perfect time of year to start thinking about getting out into the garden. And not only can spending time outside be good for you physically, it can also benefit your mental health as well.

More and more of us are reporting feelings of stress on a regular basis, and studies have shown that interacting with plants can have a soothing effect and help to reduce psychological and physiological stress.

With this in mind, Interflora has launched the #Mindfloral campaign, sharing new ways in which people can help their own daily wellbeing. Gardening therapy is a growing trend for improving wellbeing, and as part of the campaign Interflora has partnered with Kirsty of @my_little_allotment to share her story about how after being diagnosed with post-traumatic stress

disorder, the discovery of gardening therapy has aided her recovery.

Kirsty said, "Two and a half years ago I suffered a huge breakdown in my own mental health after the birth of my second daughter, Mila (aged 3). After visiting my GP I was advised to go for CBT (cognitive behavioural therapy). CBT was a wonderful therapy option for me, and it got me back on my feet but more importantly gave me the answers I was seeking, and this was a diagnosis of post-traumatic stress disorder (PTSD).

"The diagnosis came as a shock, I really had no idea what it was that I was dealing with. I've never suffered with mental health issues and to hear it was post-traumatic

stress disorder confused me further. I didn't really understand what PTSD was and how I could help myself cope. After some research into what you can do to help yourself, a recurring theme that came up was gardening therapy and how you can use it to improve mental health and wellbeing.

"Nurturing plants is known to have a calming effect on our minds and bodies and being wholly absorbed in an activity can help us to remove ourselves from the frenetic noise of a fast-moving world. It's like nurturing yourself and going out and tending to plants is an effective way to be mindful, while walking barefoot through a garden can be a unique way to connect with nature and the earth.

"Wellbeing is a huge part of improving mental health, and I've found that gardening therapy has been a huge stress reliever. And the best part of it is that you don't need a huge garden, it's about helping your mind to slow down. Spending just 5-10 minutes in the greenhouse, or a weekend on the allotment has completely changed my life."

For more information, head to the Interflora Instagram TV Channel for the latest #Mindfloral tips, or for more information on the campaign visit interflora.co.uk/blog/mindfloral.





*"Interacting
with plants
can have
a soothing
effect"*

Kirsty's top tips for mindfulness in the garden

1 Take a deep breath. Taking a deep breath is proven to calm the mind, lower your heart rate and reduce muscle tension and doing this before starting a task can have a positive effect on the task ahead.

2 Be present/engage the senses. To help with my own wellbeing before I start gardening, I like to be present in the moment and engage my senses. I think about what I can see, smell, touch and taste on the allotment and that way my mind is in tune with what's going on around me.

3 Grounding. Placing your hands in soil without gloves, taking your shoes off and walking around the allotment or garden is a way to ground yourself. Your body soaks up the negatively charged electrons and doing this will help improve sleep, pain management and stress.

4 Small tasks. I find setting myself small tasks out on the garden is an easy way to make gardening and the allotment become less overwhelming.

Set yourself bite-sized jobs and complete one before moving on to the next. It's easier to see progress this way, and this in turn gives you a sense of achievement, which boosts positivity and mood.

5 Grow flowers for wellbeing. The colour, the scent, the textures; flowers provide us with everything we need to enlighten our senses and are a great way to boost the mood. As I love growing food you can always try growing edible flowers at home like calendula, borage and cornflowers. So not only can you see, touch and smell the flowers, you can taste them too!

6 Have a go at growing your own. You don't need a big garden or an allotment space to grow your own. You can grow your own herbs and chillies on windowsills, balconies and in small urban gardens. There are lots of ways to make the most of small spaces. For example, you could try growing vertically, putting plants in pots and hanging baskets.



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Negative effects

Dr Carolyn Plateau from Loughborough University states monitoring physical activity and food intake may not be useful for everyone. People with eating disorders often

have unhealthy relationships with food and exercise, and obsessive behaviours such as calorie counting, rigid exercise and unhealthy perfectionism are common among those with eating issues. Consequently, higher levels of body dissatisfaction and disordered eating have been identified among those who use tracking tools, compared to those who don't.



Weight gain

Struggling with weight gain as we get older is, in fact, a natural part of life. Research from Karolinska Institutet in Sweden states this happens because lipid turnover in the fat tissue decreases during ageing and makes it easier to gain weight, even if we don't eat more or exercise less than before.



THE FRIEND EFFECT

With the average Brit starting and failing an average of two diets each year and admitting to falling out of a gym routine after the first 10 weeks, new research from WW (formerly Weight Watchers) scientists reveals members who join WW together are likely to lose up to 14 per cent more weight. The WW survey of 2,000 Brits also revealed that 62 per cent are more likely to stick to a healthy lifestyle change when doing it alongside someone else and 50 per cent said motivation received from their support was the biggest factor for seeing it through.

On the label

Research led by Loughborough University calculated that if physical activity calorie equivalent (PACE) food labelling was widely applied, on average, it might shave off up to 200 calories per person per day. The research suggests, given that the current system of food labelling by calorie and nutrient content is poorly understood, and there's little evidence that it is altering food consumption or purchasing decisions, it may be worth trying.



Good for the brain

A review of 11 studies published in the Brain Plasticity journal concluded that yoga helps to improve emotional regulation to reduce stress, anxiety and depression, and that seems to improve brain functioning. More research is needed into yoga's effect on the brain but the science is pointing to yoga being beneficial for healthy brain function.

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freeletics.com

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5 Healthy Habits

to start this month

HANDY HINTS TO HELP YOU STICK TO YOUR FITNESS ROUTINE THIS APRIL

1 Work with a personal trainer

A trainer's responsibility is to guide and coach you through your fitness journey and to ensure you remain on track for your goals. Personal trainers are great if you are unsure on where to start with a fitness regime or if you need someone to keep you on track!



2 Use a fitness tracker

A fitness tracker is a great and easy way to keep track of your progress, which can help to create healthy competition with yourself to keep you motivated. Fitness trackers can allow you more flexibility so you can fit your routine around a busy lifestyle.

3 Join a group exercise class

Training with a group can be more social and enjoyable, and exercising with likeminded individuals can be a great incentive to show up to class and continue on your fitness journey. The guidance from the instructor also takes the stress of decision making out of your exercise regime, and ensures you are challenged and inspired.



4 Avoid fad diets

A lot of fad diets lack variety and balance that is required for a healthy diet, making them difficult to stick to in the long term. Instead, personalised diet plans that have been tailored to fit your dietary needs and lifestyle will prove to be much more beneficial and easier to maintain. Aim to find a plan that you can maintain even once you've reached your goals.

5 Cut back on alcohol

Drinking less alcohol has many health benefits. You don't need to cut it out completely, but enjoying it in moderation can dramatically decrease your calorie intake. Cutting back will also reduce your risk of developing cancer, liver or heart failure and could lower your blood pressure.





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