

EAT BETTER

Registered nutritionist Anita Bean reveals the truth behind the latest food trends

STILL TAKING A PINCH OF SALT?

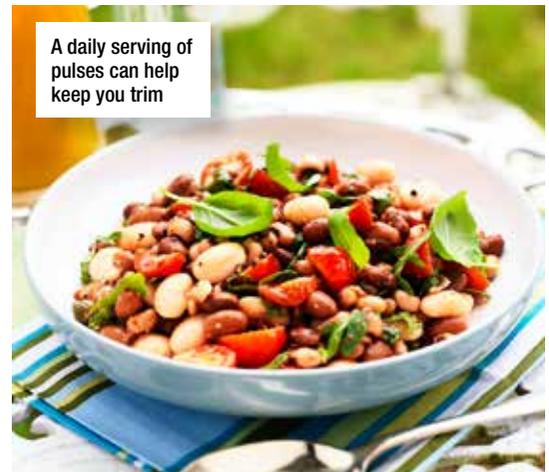
Despite many food companies signing up to a voluntary deal to cut salt levels, plenty of everyday foods still contain too much. Research from Consensus Action on Salt and Health has found that products such as tinned soup and ready meals are among the worst offenders. Almost half of the 45 soups surveyed contained the same amount of salt per serving as two slices of takeaway pizza. Surprisingly, supermarket luxury ready meals tended to contain more salt than basic versions. And the salt content of both branded and own-label cornflakes has actually increased since 2004. All of which means we're still eating a third more salt than the recommended daily amount.



Watch out for hidden salt

According to the National Diet and Nutrition Survey, we're consuming 8g of salt every day, far above the recommended maximum of 6g (around 1tsp). So when choosing foods, remember:

- ◆ A high amount of salt (shown on packaging in red) is more than 1.5g per 100g
- ◆ A medium amount of salt (amber) is 0.3-1.5g per 100g
- ◆ A low amount of salt (green) is 0.3g per 100g



PASS THE PULSES

They are a healthy choice if you are trying to lose weight, and now pulses have also been proven to help keep pounds off. New research has shown that a single serving (130g) a day of beans, chickpeas or lentils can achieve modest weight loss and reduce LDL cholesterol levels by 5% - without making any other dietary changes. In an analysis of 21 previous studies involving almost 1,000 people, it was found that those who included a daily serving of pulses lost an average of 0.75lb over six weeks. Though the weight loss was small, what was more important was that they didn't gain it back after they lost it. Researchers believe that pulses help you feel fuller for longer and reduce your appetite for unhealthy foods. Another study found that meals containing pulses increased the feeling of fullness by 31%.

Apples do keep the doctor away

Eating an apple a day really can help you live longer, according to Australian researchers. In a study of 1,456 women aged 70 to 85, those who ate more than 100g of the fruit daily had a 35% lower risk of dying over the 15-year period than those who didn't. Researchers put it down to the high concentrations of fibre and flavanoids in the fruit, which are linked to lower cholesterol and blood pressure, and a reduced cancer risk. Flavanoids also help relax blood vessels and have been linked to lower risk of heart disease and stroke. Although the study looked mainly at apples, researchers say other fruit and vegetables have similar benefits. □



Crunch time: eat an apple a day to live longer

SMALL CHANGES, BIG DIFFERENCE

Find out how far you'd have to walk to burn off your favourite Summer drink

◆ 330ml Innocent Bubbles Tropical	97 cal		1.2 miles
◆ 330ml Ugly Lemon & Lime	0 cal		0 miles
◆ 330ml San Pellegrino Lemon Limonata	149 cal		1.9 miles
◆ 275ml J20 Orange & Passion Fruit	88 cal		1.1 miles
◆ 420ml This Juicy Water Lemons & Limes	165 cal		2.1 miles
◆ 330ml Little Miracles Organic Energy Green Tea	83 cal		1 mile