

EAT BETTER

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

READY, STEADY SQUEEZE...

Fruit juice has had a bad press lately (due to its high sugar content), but that doesn't mean you should avoid juices altogether. Some are concentrated sources of health-boosting and anti-ageing compounds.



Juice is back on the menu

BEST FOR: Preventing memory loss
JUICE: Blueberry juice

CONTAINS: Anthocyanins, which have powerful antioxidant and anti-inflammatory effects.
BENEFITS: A 12-week study found a daily glass of blueberry juice sharpened recall, improved concentration, brain health and performance of cognitive tasks.

BEST FOR: Beating insomnia
JUICE: Montmorency cherry juice

CONTAINS: Melatonin, a hormone that helps regulate the sleep-wake cycle.
BENEFITS: A glass, morning and evening, can boost sleep time by 84 minutes and improve sleep quality, according to a study of people with insomnia.

BEST FOR: Lowering blood pressure
JUICE: Beetroot

CONTAINS: Nitrates (nitric oxide), which help to relax blood vessels.
BENEFITS: Research shows drinking a 250ml glass of beetroot juice every day could significantly lower blood pressure in people who have high blood pressure.

BEST FOR: Fitness
JUICE: Blackcurrant

CONTAINS: Anthocyanins, which help dilate blood vessels and boost blood flow.
BENEFITS: Studies found that consuming blackcurrant extract before exercise increased endurance, reduced muscle soreness and enhanced recovery.

TIME TO LOSE WEIGHT?

HOPEING to shed a few pounds? Then cut the number of hours you're allowed to eat each day and you'll automatically consume less. Using an app to track the eating habits of 150 people, scientists found that those who confined their eating to a 10-11 hour daily window lost an average of seven pounds over 16 weeks – without making any other dietary changes. What's more, volunteers reported improved sleep and energy levels.



Give yourself a set time for food

♥ your holiday diet

There's yet more evidence for the benefits of eating a Mediterranean diet. According to an international study of more than 15,000 people in 39 countries with heart disease, those who ate the highest proportion of healthy Mediterranean foods (such as fruit, vegetables, oily fish, olive oil and pulses) were 3% less likely to have a heart attack or stroke over a four-year period. It also found that eating a little of what you fancy (crisps, sweets, desserts and sugary drinks) did not increase the risk, provided people stuck to healthy foods most of the time.

Make the Med diet work for you:

- ◆ Focus on fresh and seasonal foods, ideally seven portions of fruit and vegetables a day.
- ◆ Eat more pulses in place of some of the meat in your diet.
- ◆ Eat fish and poultry several times a week.
- ◆ Use olive oil to replace your usual oils and fats, such as margarine and butter.
- ◆ Limit red meat to no more than a few times a month.
- ◆ Eat dairy products and eggs in moderation.
- ◆ Enjoy a daily glass of wine (optional). □

More reasons to eat a Med diet

SMALL CHANGES, BIG DIFFERENCE

Find out how long you'd have to walk to burn off your favourite prepared salad

◆ Waitrose Good To Go Wheatberry, Kale & Feta Salad	322 cal		4 miles
◆ Tesco Chicken Caesar Salad	285 cal		3.6 miles
◆ Sainsbury's Avocado & Goat's Cheese Salad	244 cal		3.1 miles
◆ M&S Quinoa & Edamame Soya Bean Salad	288 cal		3.6 miles
◆ Pret Beets, Squash & Feta Superbowl Salad	302 cal		3.8 miles
◆ Leon Original Superfood Salad	515 cal		6.4 miles