Simplify your life THAT'S GOOD FOR YOU!

Good Housekeeping's nutritionist, Anita Bean, reveals the speediest. smartest ways to overhaul your diet and eat more healthily. And we've added a menu for a day that ensures you get your recommended amounts of vitamins and minerals

Get breakfast sorted the night before

If you're among the one in four people who skips breakfast at least once a week to 'save time', then think again: you're twice as likely to go on to consume an extra 252 calories in snacks a day, according to a recent survey. The solution is to prepare breakfast the evening before: mix oats with grated apple and milk or yogurt, a few sultanas and almonds, cover and leave overnight in the fridge. Make it in individual pots or a big batch - it will happily keep for a couple of days.

Don't waste time peeling carrots, potatoes or apples. There's so much goodness and fibre there - and think of the time you'll save. An apple skin contains about half of its total fibre and a third of its vitamin C, plus high levels of quercetin, an antioxidant that helps lung function and eases breathing. Potatoes in their skin contain almost twice as much vitamin : C, iron and calcium as peeled potatoes.

Stock up on healthy convenience foods

Quick without

compromise:

how to create

a healthy meal

in no time at all

Some processed foods can be as good for vou as fresh ones. That's the conclusion of a review that found that many tinned fruit and veg contain the same amount of fibre and nutrients as their fresh equivalents. Beta-carotene, which the body converts to vitamin A, is more readily absorbed when food is heated. Look out for bagged salad, frozen fruit and veg, tinned fish, beans and • lentils, heat-to-eat rice and noodles, too.

Cook once, eat twice

Save time by cooking a meal now and one for later. Making double the quantity of soups, hot pots, curries and even pasta sauce is a great way to get ahead for those days when you're too busy to cook from scratch. Simply freeze extra portions or use the next day. Grilling fish? Cook an extra fillet for a sandwich, wrap or salad the next day. Making Bolognese? Cook extra and serve over a jacket potato. Leftover veg can • be turned into a speedy soup.

: LUNCH ON LEFTOVERS

Lunching on leftovers not only saves time spent queueing at the sandwich shop, but could be healthier for you than the original meal. It sounds too good to be true, but reheated pasta is less fattening than freshly cooked. According to Surrey University researchers, some of the carbohydrate turns into 'resistant starch', which means it isn't digested and fewer calories are absorbed. Reheated pasta produces a smaller rise in blood sugar, reducing the chances of putting on weight or developing type 2 diabetes. The same goes for leftover rice. Scientists have shown that cooking rice with 1tsp of coconut oil then refrigerating it for 12 hours more than halves the number of calories absorbed by the body. But make sure you cool the rice quick - otherwise food poisoning bacteria may multiply.

PREP FOR THE WEEK

No need to spend a whole day cooking in batches - just one hour at the weekend preparing your veg will turn midweek cooking into a breeze. Chop onions, carrots : day? One brilliant and peppers, then store in containers in the fridge. A study at Cornell University's Food and Brand lab showed you're more likely to eat them if they're at eye level rather than in the salad drawer at the bottom of the fridge.

GO FOR FROZEN

New data presented at the Academy of Nutrition and Dietetics conference showed those who ate frozen meals ate 253 fewer calories, 27% more fibre, and more vegetables and wholegrains compared than those who ate fast food. Worried it's not as healthy as fresh? Research suggests frozen fruits and vegetables may actually contain more itamins than fresh, particularly if they are frozen soon after harvesting. In 2013, scientists at Leatherhead Food Research found the nutrients in frozen broccoli, berries, green beans, peas, spinach, sweetcorn and cauliflower contained higher levels of vitamins and antioxidants than those that had been stored in the fridge for three days (and, let's be honest, you've probably had some fruit and veg in the fridge for longer than that).

Sidetrack the salad

Too busy to chop and eat salad every solution is a green smoothie, made by

combining fruits with mineral-rich greens such as kale, spinach and lettuce, or celery and cucumber. Put them into a blender or the latest must-have gadget: the Nutribullet. Its 'core' recipe is the Nutriblast - a combination of 50% greens and 50% fruit, plus 2-4tbsp nuts, seeds or other supercharged food. Not only is it faster than preparing a salad, but you'll consume your greens quicker than if you had to crunch your way through them.

GET IT DELIVERED

If you tend to do your food shopping on an empty stomach at the end of the day. it's time to get it delivered. In one study from Cornell University, shoppers bought 45% more high-calorie foods when they were hungry.

After the initial time spent tapping in your grocery list when you order online, you can use the same order each week, saving you precious hours in the supermarket. You're also more likely to stav focused and order only what you need.

LOVE 'ONE-POT' MEALS

Save time by using just one pot or pan think casseroles, stews and stir-fries. They're easy to make, leave fewer dishes to wash up and usually freeze and reheat well. Get serious by investing in a slow cooker. The night before, prepare healthy ingredients for a stew, put them into the pot and refrigerate. In the morning, transfer the pot to the slow cooker and turn it on before you leave the house. Voilà! You have a healthy meal that has practically made itself.

A healthy day

you need for around 1.900 calories.

BREAKFAST

Overnight oats

- ♦ 40g (1½oz) oats
- ♦ 1 grated apple
- ♦ 125ml (4fl oz) milk or yogurt
- ♦ 1tbsp sultanas ♦ 1tbsp almonds

Mix together, cover and leave overnight in the fridge.

MORNING SNACK

- ◆ 25g (about 18) cashews
- ♦ 1 banana

LUNCH

Pasta, Avocado and Tuna Salad

- ◆ 175g (3oz) cooked wholewheat pasta
- ◆ 50g (20z) tinned tuna
- ◆ 75g (3oz) cherry tomatoes
- ♦ ½ avocado, sliced
- ♦ 50g (2oz) rocket
- ♦ 2tsp mayonnaise Mix all the ingredients together.

AFTERNOON SNACK

- ◆ 170g pot Total 0% Greek Yogurt with Strawberry
- ◆ 125g (4oz) blueberries, strawberries or raspberries

DINNER

Prawn and Vegetable Stir-fry Heat **2tbsp sunflower oil** in a wok or large frying pan. Add 1 chopped garlic glove, 4cm (11/2in) finely chopped fresh root ginger and 1/4 finely chopped red chilli. Fry for 1min, then add 2 carrots cut into batons and 1 thinly sliced red pepper. Cook for a further 1min, then add 200ml (7fl oz) hot vegetable stock. Simmer for 5min until veg are nearly cooked. Stir in 200g (70z) raw prawns, 4tbsp soy sauce and 3tbsp sweet chilli sauce. Heat through until prawns are pink and piping hot, about 5min. Cook 175g (6oz) medium **noodles** according to pack instructions. Drain, then add to the prawn sauce and toss together. Divide between four bowls and top with some chopped coriander and 25g (1oz) chopped roasted peanuts. Serves 4. 🗆

