

EAT BETTER

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

Make your food work harder

Forget superfoods and faddy diets – and focus on making the food you already eat healthier! That’s the message from plant scientist James Wong, whose new book *How To Eat Better* proves a few simple tweaks to how you select, store and cook everyday foods can boost their nutritional value...

- 1** Pop your punnet of mushrooms (gills facing upwards) on a sunny windowsill for an hour or two and get 100 times more vitamin D.
- 2** Simmer blueberries into a tasty three-minute compote for double the antioxidants compared with raw berries.
- 3** Store tomatoes on your worktop at room temperature rather than in the fridge and you’ll get double the lycopene (the red pigment, thought to be protective against certain cancers, heart disease and stroke).
- 4** Choose Romaine lettuce instead of iceberg – it has 20 times more vitamin A, five times more vitamin K and five



Supercharge your fruit and veg with some clever tricks

- times more folic acid.
- 5** Store strawberries on the worktop, instead of in the fridge, and they will quadruple their heart-healthy compounds (anthocyanins) within just a day or two.
- 6** Choose yellow-skinned mangoes rather than green round ones – they can contain five times more vitamin A and vitamin C.

EAT WELL, SLEEP WELL

Stressful day? Before you spend another night tossing and turning, a new study shows that a diet rich in prebiotics could be the secret to a peaceful night’s sleep. Researchers found that eating them regularly – from sources such as onions, garlic, asparagus, oats, lentils, chickpeas and beans – may improve sleep during and after stressful times. Stress can disrupt the balance of bacteria in the gut, but eating prebiotic-rich foods can help promote a better balance of gut bacteria and help the body resume normal sleeping patterns.



Gut reaction: probiotic foods may help you sleep when you’re stressed

CHOOSE THE PERFECT 10!

Getting your five a day reduces your risk of disease, but the greatest benefits are to be had from eating 800g a day, or ten portions. In an analysis of 95 studies involving 2 million people, researchers found that, compared with people who ate none, those eating ten a day reduced their risk of heart disease by 24% and stroke by 33%. They had a 13% lower risk of cancer and a 31% reduction in the risk of

dying prematurely. But if you’re struggling to even eat five a day, don’t worry – every portion of fruit and veg helps. Focus on the types that offer the biggest health benefits: apples and pears, citrus fruit, salads and green leafy vegetables, such as spinach, broccoli, cabbage and cauliflower, as well as tomatoes and vitamin C-rich fruit and veg were found to have particularly protective effects. The more fruit and veg you eat, the greater the protection you’ll get. □



Love lettuce for a healthy boost

SMALL CHANGES, BIG DIFFERENCE

Not all salads are equal! So find out how long it would take to walk off your favourite.

◆ Waitrose Beetroot, Feta & Walnut Salad (180g)	290 cal		3.6 miles
◆ Bol The Mediterranean Salad Jar (300g)	324 cal		4.1 miles
◆ Tesco Falafel, Red Pepper and Tabbouleh Salad (260g)	254 cal		3.2 miles
◆ Sainsbury's My Goodness! Persian Chicken Salad (280g)	367 cal		4.6 miles
◆ Pret Teriyaki Salmon Sushi Salad (238g) (without dressing)	315 cal		3.9 miles
◆ Starbucks Caesar Salad (201g)	362 cal		4.5 miles