

You may never have thought to add powder to your daily diet, but with food-based supplementation becoming a trend for 2021, the new wave of these clever products could really support your health. Derived from natural ingredients, they contain high levels of specific nutrients that add to your overall intake. These vitamins and minerals are largely left intact during the processing or freeze-drying, which makes the supplements a beneficial addition to your diet.

“If you are someone who struggles to meet your nutrient needs, food-based supplements and powders provide an easy way to add them to foods and drinks you already consume,” explains Waitrose Nutrition Manager Dr Emma Williams. Because they’re in powder form, it’s simple to add a scoop to your glass of water, smoothie or favourite dish.

On first look, these powders are fine in texture and pleasant in colour, but you’d be forgiven for not knowing exactly what they contain. So here’s a guide to tell you what’s in them, how to enjoy them – and the benefits they bring.

Photographs Sara Morris

PROMOTE YOUR GUT AND DIGESTIVE HEALTH

WITH Bioglan Inulin Powder (£12.99/250g)*

WHAT IS IT? Inulin is a ‘prebiotic’ fibre extracted from chicory root. It feeds the ‘good’ bacteria in the gut, helping them grow and multiply, which can help improve digestion, immunity and overall health.

DO YOU NEED IT? One study by the University of Madrid found that people taking inulin experienced more frequent bowel movements and improved stool consistency. So if you suffer from constipation, inulin may help relieve symptoms. Other foods high in inulin include Jerusalem artichokes, asparagus, onion, garlic, leeks and shallots.

HOW TO USE IT Start with small amounts (2-3g a day) and increase over several weeks. This way, your gut is able to adapt and you’ll minimise potential side effects, such as gas and bloating. Ultimately, you can add a teaspoon (5g) to water, juice, smoothies or cereal up to three times a day.

THE SENSIBLE GUIDE TO SUPPLEMENTATION

Nutritionist Anita Bean gives us the lowdown on food-based supplement powders, with a guide to the best buys for your health goals

‘SPIRULINA IS A
NATURAL SOURCE OF
VITAMINS A, B1 AND B2’



→ **SUPPORT
YOUR IMMUNE
SYSTEM**

WITH Naturya Organic Spirulina Powder (£6.10/100g; waitrose.com)

WHAT IS IT? Found in freshwater pools, spirulina is a blue-green algae that is a natural source of vitamins A, B1 (thiamine), B2 (riboflavin), iodine and manganese. These nutrients protect the body against oxidative stress, nourish the immune system and support heart function.

DO YOU NEED IT? Spirulina has a high protein and vitamin content, which makes it a useful supplement if you are vegetarian or vegan. You can get similar benefits by adding edible

seaweeds such as nori, wakame, kombu and kelp to your diet.

HOW TO USE IT You might find the taste of this powder a bit unusual (many people do), so try combining it with bananas, blueberries and almond milk in a smoothie to mask the flavour. It can also be sprinkled on salads, stirred into soups or mixed into energy balls. Two tablespoons (about 15g) contain 10g protein and 69% of your recommended intake of vitamin A, 25% of riboflavin, 21% of manganese, 16% of thiamine and 7% of iron, all of which contribute to supporting your immune system.

INCREASE MUSCLE RECOVERY AFTER EXERCISE

WITH One Pro Whey Protein Chocolate (£3.25/35g; waitrose.com)

WHAT IS IT? Whey protein with added collagen. Derived from milk, whey provides a balanced source of essential amino acids; one in particular, leucine, is a powerful trigger for muscle building, so helps to support recovery after exercise.

DO YOU NEED IT? If you're active, you need more protein than a sedentary person, to the tune of 1.4-2g protein per kg of body weight each day, according to the International Society of Sports Nutrition. (This is equivalent to 84-120g protein a day for someone weighing 60kg.) While eating meat, fish, milk, eggs, beans and lentils will help you achieve this, adding a whey protein shake after a workout might be more convenient for you, especially if you're veggie or otherwise struggle to get enough protein from food.

HOW TO USE IT The ideal protein dose after a workout is 20-25g, so one sachet of One Pro Whey Protein (which provides 23g) is perfect. Add to 250-300ml of water or milk and shake well, or stir into porridge or yogurt. →



‘WHEY PROVIDES A
BALANCED SOURCE OF
ESSENTIAL AMINO ACIDS’



BOOST YOUR MINERAL INTAKE

WITH Nature's Heart Superfoods Vitalising Superpowder (£3.49/100g; waitrose.com)

WHAT IS IT? This is a blend of dried goldenberries, coconut flour and turmeric powder. Goldenberries, also known as Cape gooseberries, come from the plant *Physalis peruviana* and contain high levels of nutrients, including vitamin C and carotenoids, plus polyphenols, which are plant nutrients.

DO YOU NEED IT? As a general rule, people who are regularly eating a variety of plant-based food (fruit, veg, nuts, beans, lentils) have a lower risk of developing health conditions such as cancer, heart disease and diabetes. If you struggle to eat sufficient fruits and vegetables, this supplement may be a useful addition to your diet.

HOW TO USE IT Sweet and tangy in flavour, this powder works well baked into recipes such as granola bars and fruit loaves. Blend it into a smoothie, shake or juice, or stir it into porridge and overnight oats. A 20g serving (4 tsp) gives you 7% of your recommended daily iron, 13% of your potassium (supports nerve function) and 6% of your phosphorus (supports healthy teeth and bones). **WH**

'BAKE THIS SWEET
AND TANGY POWDER
INTO GRANOLA BARS'