

Nourish yourself



Make it count

Did you know that people typically underestimate their daily calorie intake by 34 per cent? In a bid to reduce childhood and adult obesity, Public Health England (PHE) has published new 'Know Your Numbers' calorie advice, helping people make healthier choices. Based on a daily intake of 2,000 calories a day for adults, including an allowance for snacks, PHE's advice recommends sticking to 400 calories for breakfast, 600 for lunch and 600 for the evening meal.

Top 5 calorie-conscious tips

- 1 Get at least one of your five-a-day in the bag at breakfast – top cereal with fruit, or try vegetables such as grilled tomatoes or mushrooms with eggs.
- 2 Look out for hidden calories in drinks – especially in lattes, juices or smoothies. Try lower-calorie options such as filter coffees, unsweetened teas, sugar-free soft drinks and water.
- 3 For more filling meals that help cut snacking, choose wholegrain and fibre-rich foods such as porridge and wholegrain cereals, wholemeal bread, pasta and rice. Pair wholegrains with plant-based proteins like beans and pulses.
- 4 If you're eating out, choose healthy side orders such as mixed salad or vegetables, and avoid deep-fried options, or those with butter or creamy sauces.
- 5 Opting for steamed or grilled food rather than roasted and fried, both in restaurants and at home, will keep the fat and calorie content down.



SPRING SPEARS

British-grown asparagus is not only very tasty, but was once reputed to be an aphrodisiac – and not just because of its distinctive shape! A genuine superfood, these tasty spears pack plenty of antioxidants plus the amino acid asparagine, which helps with healthy brain function. It's also rich in glutathione, which may help fight or protect against some cancers. With the British asparagus season at its peak in May and lasting only until mid-June, fill your plate now.

- Try a Scandi-style twist on avocado toast with asparagus on page 60.



THE SWEET STUFF

The message about sugar has hit home among health-conscious Brits, according to the latest Mintel report ('Attitudes towards healthy eating', February 2018), which reports that 'a low content of sugar is now the most important factor for consumers'. If you have a sweet tooth, try these sugar-savvy switches...

RED DATES If you love making your own energy balls and health bars, the vibrant 'red date' (aka jujube fruit) tastes like dates but reduces the sugar and calorie content by 50 per cent. Plus, it has four times the B vitamins and 32 times more vitamin C than dates. And the best part – no sticky fingers!

SWEET POTATOES Nutrient-packed sweet potatoes can really hit the sweet spot, especially when roasted – pop wedges in the oven tossed with a little oil. You can even use them



to up the nutrient content of baking – try sweet potato brownies with raspberries by health blogger Kayla Itsines at www.kaylaitsines.com.

NICE CREAM Make your own dairy-free 'nice cream' by chopping and freezing ripe bananas on a tray (to avoid clumping). You can also add other fruits such as raspberries or chopped mango. Once frozen, remove and leave to stand for 20 minutes, then whizz in a high-speed blender for 3–5 minutes until smooth. Serve with healthy toppings such as chopped nuts.

- Turn to page 88 to try chocolate treats with a healthier twist.