

Healthy news



Six fresh ideas and simple changes for healthier living

Words ANNA GLOVER



THE FRESH VEGAN KITCHEN

Delicious recipes for the vegan and raw kitchen

HEALTHY BOOKS THE FRESH VEGAN KITCHEN

A new way to look at eating raw and vegan by David and Charlotte Bailey, the founders of Wholefood Heaven street food. From filling, hearty mains to dips, pickles and desserts, this book is about healthy living, without it being all-consuming. Dishes include a raw phad thai, mushroom-filled chickpea pancakes and Vietnamese summer rolls. (£16.99, Pavilion Books).

What the heck is KEFIR?



Kefir is a fermented milk drink, which tastes a lot like a natural yogurt smoothie. It's full of live cultures, which aid digestion, the metabolism, and the immune and nervous systems. We like Bio-tiful Dairy's kefir, which is made from organic milk from Devon to create a smooth, refreshing drink with a little sourness, too. (£1.99/250ml, partridges.co.uk)



ONE SIMPLE CHANGE SNACK ON POPCORN (NOT CRISPS)

Whether you're craving sweet or savoury, popcorn is a great snack without the added calories. If you're a fan of savoury/sweet combo try Ten Acre's Wasabi Popcorn for the right hit of heat, with a subtle sweetness too, and only 70 cals per bag. (89p/28g, vegusto.co.uk)



HIGH-STREET PRODUCT VITACOCO COCONUT OIL

Coconut oil is being linked to a number of health benefits. Although it is very high in saturated fat, the form of fat it contains is more easily digested, so it provides a ready source of fuel, is less likely to be converted to body fat for storage, and helps produce the fullness factor. That said, coconut oil is still a rich source of calories, so use it sparingly for cooking where it adds a sweet richness. This one is 100% raw and cold-pressed so it's a good choice. Try swapping it for oil in your next recipe. (£5.99/250ml, Tesco)



Why eat chia seeds?

High in protein, fibre and important omega-3 fats, these seeds are a superfood that have many uses. Add to cakes, biscuits, salad dressings, porridge or even jams for a tiny crunch that provides a whole lot of goodness. (£5.53/300g, ocado.com)

A healthy trick USE DRIED FRUIT IN SMOOTHIES

A lot of smoothies add honey, sugar or fruit juices to sweeten them, but we're trying to keep our drinks as healthy as possible. Try mixing in low-fat yogurt and one or two pitted dates to your breakfast smoothie for a filling start to the day, or add dried apricots to a green smoothie if you like them more on the sweet side.

