

# Healthy



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Satisfying, superhealthy suppers



Cook and eat well every month with expert tips from nutritionist **Kerry Torrens**, plus our good-for-you recipes



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New ways with sweet potatoes



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Gorgeous gluten-free cake



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Sticky toffee pud made healthier

## Gluten-free

To enjoy a healthy breakfast and quick lunch on the go without gluten, try gluten-free cereals from Scottish firm Nairn's. The porridge and oat mueslis are made from pure oats, grown and milled in uncontaminated conditions.

And for a convenient and filling lunch, M&S has introduced a range of gluten-free sandwiches with tasty fillings. For advice on gluten-free cooking and a new recipe, see p57.



## Cut salt, not flavour

To reduce my salt intake without losing that savoury snap, I fill my salt mill with dried nori or wakame flakes – available in the Asian aisle of most supermarkets – and grind lightly. These sea vegetables naturally contain sodium along with potassium and magnesium, which help to balance the impact of sodium, lessening the likelihood of muscle cramps and high blood pressure. Alternatively, flavour dishes with spices, herbs and citrus juice or zest.

## Ward off hayfever

If you suffer each spring, try these natural ways to keep symptoms at bay.

- Top up on vitamin C-rich foods like peppers and citrus fruits. The vitamin helps to manage the body's response to histamine, a compound hayfever sufferers tend to over-produce.
- Include red onions, apples and berries for their quercetin, a natural inhibitor of histamine.
- Eat oily fish, such as salmon, sardines, trout and mackerel to reduce the inflammatory response caused by histamine.
- Make a fresh ginger tea. This comforting spice supports immunity and acts as a natural decongestant.

• **Kerry Torrens**, a registered nutritional therapist, runs her own practice and has a special interest in family nutrition.

## HOW SWEET ARE YOU?

If you're trying to reduce your sugar intake, you need to know what the descriptions on food labels mean. Here's an at-a-glance guide.

ON THE LABEL	WHAT IT MEANS
<b>Glucose, sucrose, invert sugar, honey, dextrose, molasses, corn and rice syrup, hydrolysed starch</b>	The product you're buying contains sugar. An easy tip is to look for ingredients ending in "ose" and familiarise yourself with other less common names.
<b>No added sugar</b>	This means that no sugar is added during processing, but these products may contain natural sugars, like lactose in milk and yogurt, and fructose in fruit juices.
<b>Sugar-free products</b>	These often have synthetic sweeteners added to them, like aspartame, saccharin and acesulfame-K. These are calorie-free, but may stimulate the appetite so they're not always the low-calorie answer.
<b>Low sugar</b>	May contain sugar alcohols like sorbitol, xylitol and mannitol, which have a reduced impact on blood sugar levels. They don't cause tooth decay, but eaten in excess they may upset digestion.

## Seasonal swap



Although broccoli is a fabulous vegetable the bright green, peppery leaves of watercress are richer in calcium, iron and vitamins A and E. The raw leaves supply more cancer protection than cooked broccoli. Ideally, you should eat a few portions of cruciferous veg a week, so why not make one of these fresh watercress while it's at its best? See p80 for a classic recipe.

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