

LUNCH ON Ouinoa

Or wholegrain pasta, sweet potatoes or pulses. They're low on the glycemic index and won't cause the energy crash you get with simple carbs like white pasta and bread.

AVOID Fruit juice

Stripped of its fibre,
the fruit's sugar enters
your bloodstream very
quickly, sending your
blood sugar and insulin levels
temporarily soaring, ending in a
sugar dip. Instead, opt for berries
low in sugar, such as blueberries.

SIP Green tea

Or other herbal varieties. Highercaffeine drinks like black tea and

coffee are instantly energising, but are followed by a blood sugar dip.

Turn to page 19, for herbal tea ideas.

TEATIME TAKEOVER Valentine's Day treat SCRAPIT **SERVEIT** Chocolate mousse Chocolate and topped with whipped avocado mousse cream, sprinkled with grated chocolate In a small food processor, whizz the flesh from 1 ripe avocado with ½ banana, 2 tbsp maple syrup and 25g cocoa powder until smooth. Divide between 2 small ramekins and chill until ready to serve.

THE BEST RESOLUTION APPROVED COOKBOOKS



DELICIOUSLY ELLA EVERY DAY

by Ella Woodward (£20, Yellow Kite)
Ella's on a mission to make a healthy lifestyle accessible to everyone and, with dishes such as Mushroom Risotto with Basil Cream, and Fizzy Chocolate Truffles, we feel sure she'll succeed!



THE MEDICINAL CHEF: THE POWER OF THREE

by Dale Pinnock
(£20, Quadrille)
Dale writes about
the components of
a healthy diet, using
three nutritional
secrets – blood sugar,
fatty acid balance and
nutrient density – that
underpin his recipes.



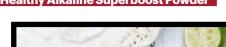
COOK. NOURISH.

by Amelia Freer
(£20, Michael Joseph)
With 120 nutritious
recipes, including
Sweet Potato Cakes
with Grilled Tiger
Prawns and Saffron
Sauce and Fig and
Raspberry Panna Cotta,
it will be easy to clean
up your diet in 2016.

The food feed

shares the news from instagram.com/ honestlyhealthy













What's all the fuss about?

FERMENTING

WHEN VEGETABLES ARE LEFT IN THEIR OWN JUICE, OR IN WATER, TO SOAK, THEY GROW BACTERIA, WHICH FEED ON THE **VEGGIE SUGARS TO** PRODUCE LACTIC ACID. THE LACTIC ACID GIVES THE FOOD A SOUR TASTE, WHILE THE LIVE BACTERIA IN FERMENTED FOODS **RESTORES THE BACTERIA BALANCE** IN OUR DIGESTIVE TRACTS.

Win!

A month's supply of CRU Kafe organic coffee*. To enter, head to The Eat Healthy Club members' area at eathealthymagazine.co.uk.



FOODIE TO FOLLOW

Victoria Young has colitis and her blog, How To Eat (When You Can't Eat Anything At All), has recipes that support her restricted diet

SECRET WEAPON? My beloved KitchenAid, which I use pretty much every day to make haric-ummus (like houmous but with haricot beans, because I can't eat chickpeas).

GO-TO DINNER PARTY DISH?

It has to be coconut fish curry with spiced cabbage, roasted cumin aubergines and coriander yogurt.

GUILTY PLEASURE? Mayonnaise. Lashings of. With pretty much most things!

HARSHEST CRITIC?

My five-year-old son, who treats all vegetables with deep suspicion and lies on the floor in outraged protest if I so much as suggest he eat some spinach.

BIGGEST FAN?

Despite my very restricted diet, the love of food my husband and I share has reigned supreme.

howtoeat.co.uk



QUICK SNACK Courgette fritters with cucumber and mint yogurt



A recent study in BMJ Open Diabetes Research & Care showed that eating walnuts daily can lead to lower cholesterol in those at high risk of diabetes. Try sprinkling some on your lunchtime salad.