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THE RED BODYGUARD THE AMAZING HEALTH PROMOTING PROPERTIES OF THE TOMATO



RON LEVIN WITH GEMMA GLEESMIRE

Know your tomatoes

You've learnt about lycopene, the 'super antioxidant' that's present in tomatoes – but there's much more to know about the red vegetable that's actually a fruit. The Red Bodyguard from pharmacist Ron Levin (£5.99 from bookshops) explains the amazing effects the humble tomato can have on your body, protecting from such things as heart disease.



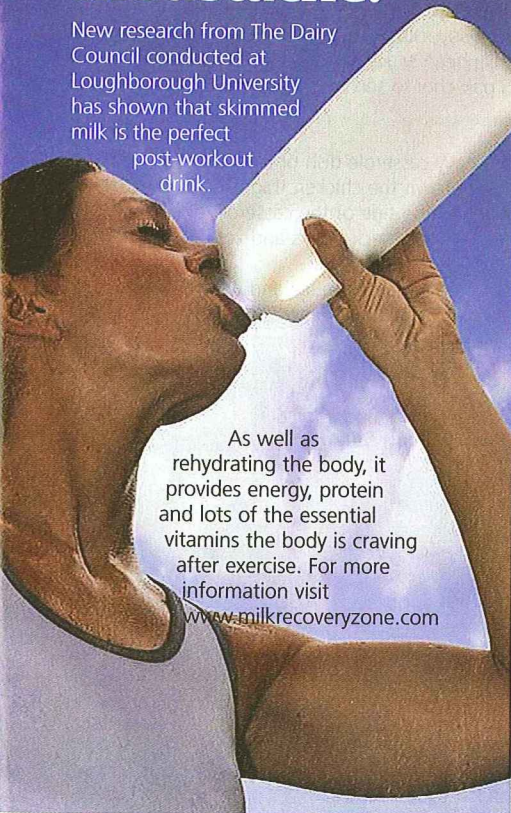
GOODY-GOODY GIFTS

Want something a bit more exciting than flowers but healthier than chocolate? Try Passionleaf – hand sculpted edible flower bouquets made from a mix of seasonal and tropical fruits. And if the dark stuff is a must-have then you can even dip a selection of fruits in luxury chocolate. Visit www.passionleaf.com

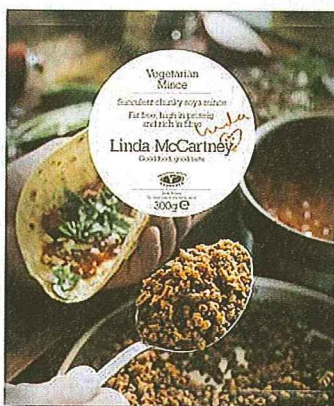
Nutrition

Get your milky moustache!

New research from The Dairy Council conducted at Loughborough University has shown that skimmed milk is the perfect post-workout drink.



As well as rehydrating the body, it provides energy, protein and lots of the essential vitamins the body is craving after exercise. For more information visit www.milkrecoveryzone.com



Mince without the meat

The new vegetarian mince from Linda McCartney Foods (£1.59 available nationwide) is a tasty option for veggies who love their spaghetti bolognese. It's made from soya mince, which is completely fat-free, high in protein and rich in fibre. Now where's that parmesan...

Naturally sweet

Sometimes you just can't beat a good biscuit with your cuppa and luckily for the health-conscious among us, Nairn's have come up with a lovely assortment that are naturally good for you. New Fruity Oaties, Golden Oaties and Oat Digestives are low in calories, high in fibre and only made from natural ingredients including oats, fruit and honey. And because they're low GI, they'll leave you feeling fuller for longer. Saying that...we bet you can finish the packet! From 99p at Waitrose.



35 per cent of children don't know what celery looks like according to Tootsies, a high street restaurant group. 200 children aged 11-13 were surveyed and results showed that more than one in five didn't even recognise a potato