

FREE

April 2007

Food news

Somerfield magazine

STUNNING & SIMPLE

46 food ideas

easy, effortless lamb for Easter eating

Great value classic meals

Thai noodles & pork hotpot

The white stuff new ways with cod for Good Friday

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Tomatoes and porridge? It's got to be...
SU POLLARD!



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Nigel Denby

Your health

Nigel Denby has all the latest food news. He is a dietitian and the nutritionist on Channel 4's *The Fit Farm*. He has just published a new book, *The GL Diet Made Easy*.

Superfood for April Watercress



Watercress is packed with vitamins C and E, iron, calcium, magnesium, zinc, and betacarotene and vitamin A, which are both needed for healthy skin and eyes. The leafy green may also have cancer-fighting properties. Research led by Professor Ian Rowland at the University of Ulster, Coleraine, has found that watercress extracts may even help to prevent cancer developing in the first place. The findings were based on people eating 80g of watercress a day. Try it hot in sauces, teamed with pasta, baked with fish or in a stir-fry. Watercress works well with strong flavours such as garlic, chilli and ginger.



UK kids splash out on sweets

Children in the UK spend more on confectionery and fizzy drinks than any of their European counterparts, according to the findings in the latest report by market researcher Datamonitor. The odd sweet treat is fine, but too many may be contributing to the rising numbers of UK children with weight problems. Think about giving your kids low-sugar treats such as unsweetened fruit juice and unsalted nuts.

GET SAVVY ABOUT SALT

Too much salt can increase our risk of high blood pressure and heart disease. At present the average consumption in the UK is 10g per day, far higher than the recommended maximum of 6g per day. About 75% of salt in our diets is added to foods during processing. Knowing how to read food labels is useful. We should have no more than 1.2g of salt (20% of our guideline daily amount - GDA) for breakfast; 1.8g (30% of our GDA) at lunch; and 3g (50%) at dinner. Use less salt when cooking and at the table. Try herbs and spices, or lemon and lime instead. Choose breakfast cereals with reduced salt levels and eat fewer salty snacks.



FOOD DIARY

Don't miss these brilliant food events happening in April

Food shows
Taking place between 7 and 9 April, the Chester Food & Drink Festival celebrates its sixth year. It will be held at The Taste Marquee and will feature cooking demonstrations, samplings, promotions and visits from celebrity chefs.

New cookery book
Lovers of travel and food will love *The Hairy Bikers Ride Again*, by Dave Myers and Si King (published on 16 April by Penguin/Michael Joseph, £20). It's fun and packed with recipes from the Hairy Bikers' critically acclaimed series.



Coffee is good for you

Recent US research has highlighted some health benefits of coffee. A study of more than 27,000 postmenopausal women concluded that coffee's antioxidant properties may inhibit inflammation and development of cardiovascular disease. The key is moderation, so avoid drinking too much coffee.



DIET MYTH: CELERY ACTUALLY BURNS MORE CALORIES THAN IT PROVIDES

Lots of people believe that snacking on celery helps you to lose weight because it takes more energy to digest than it provides in calories. This is not true. If you eat enough of any vegetable you could still gain weight. Of course celery is an excellent low-calorie, low-fat and high-fibre snack and I recommend it as part of any calorie-controlled diet. And it counts towards your 5-a-day target for fruit and vegetables.

