

Did you know that?

- Adding avocados to your daily salad increases the amount of carotenoids such as lutein that protect against the eye condition called macular degeneration
- Chicken choice: choose thighs or drumsticks rather than breasts – they are much cheaper, leaner, are better for your weight and contain more minerals like iron
- The right diet and exercise has been shown to reverse Type 2 diabetes and Metabolic Syndrome in only 3 weeks
- Organic milk has significantly more fatty acids, anti-oxidants and vitamins than non-organic, as well as a substance called CLA that supports weight loss
- Substances called flavonoids in chocolate and cocoa are likely to reduce the risk of both heart disease and cancer, and appear to benefit M.E. sufferers
- Vitamin E: only 8% of British men and 2% of British women get sufficient of this high-powered anti-oxidant and skin protector in their diet
- Taking vitamin supplements in pregnancy improves birth weight, while taking DHA essential oils and breast-feeding both make kids smarter!
- Just having breakfast daily improves how children do at school both daily and long-term, as well as adding years to your life
- Tips for weight management
 - you can make 15 to 20 gms of fat daily just by eating more carbs than your body needs for energy production
 - a low glycaemic diet (GI or GL) has been shown consistently to be the most effective for both losing weight and keeping it off
 - there are at least nine different factors that can stop you losing weight even if you are eating healthily and exercising regularly – a nutritionist can advise
 - one of the worst things you can do if you're trying to lose weight is combine coffee with a sugary snack because of the effect on your blood sugar
- Memory problems in people over 60 may often be due to undiagnosed deficiency of vitamin B12, which also causes fatigue and sometimes constipation
- The top 15 foods in a new guide to the nutritional value of foods called ONQS are all fruit and vegetables, with broccoli, blueberries, apples, green beans, red onions and green cabbage all scoring very highly
- Taking glucosamine can slow the progress of osteoarthritis in the knee and even prevent the need for surgery, while the herb turmeric works as well as anti-inflammatory drugs for arthritis without the side-effects.
- Statins that reduce cholesterol also reduce your natural production of CoQ10, which is present in every cell of the body. CoQ10 deficiency is linked with lack of energy, muscle aches and pains and heart problems, including heart failure.
- There are increasingly strong links being made in repeated research about links between prostate cancer risk and the regular consumption of milk
- More tips for eating well on a reduced budget:
 - Dry goods like nuts, seeds, wholegrains, beans and pulses are generally cheaper in health food stores
 - Home-made sandwiches, soups and leftovers can cut your lunch bills dramatically
 - Make your own porridge or muesli rather than buying packet cereals
 - Use canned rather than fresh salmon, sardines or mackerel (but not tuna)
 - Cook with 'mild' or 'light' olive oil and save the extra virgin for dressings
 - Enjoy soups, stews and seasonal British produce such as apples, root veggies, leeks, cauli, squashes, celery, chestnuts and Jerusalem