

SOUND BITE

For me, it's just eat whatever makes you feel good. Work out whenever you want to. Just take care of yourself.' Jessica Simpson

5 FOODS WITH MORE IRON THAN **ROAST BEEF**



Roasted salted cashew nuts 6.2mg iron/100g

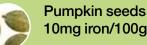
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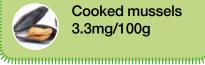
Sardines canned in tomato sauce 2.7mg iron/100g



Ready to eat dried prunes 2.6mg iron/100g



10mg iron/100g



Cooked mussels 3.3mg/100g



GLUTEN'S GOOD!

Celebs such as Gwyneth Paltrow have made glutenfree trendy, but new research at Harvard University shows that the protein found in wheat, barley and rye may protect your health. Crunching data from nearly 200,000 participants, monitored over 30 years, the team found the 20 per cent of people with the highest gluten intake developed type-2 diabetes 13 per cent less often than the 20 per cent who ate it least. One theory is that limiting gluten means you eat fewer high-fibre wholegrains that could play a role in helping reduce diabetes risk. Gluten intolerants should eat high-fibre alternatives, such as quinoa, brown rice and oats.

BEAT BLOATING

Nutritionist Bernadette Keogh, for CNM: 'One cause of amounts of fermented foods to your daily

careers in natural therapies naturopathy-uk.com.

NEW WEIGHT WATCHERS BOX

We're impressed with Weight Watchers Smart Kitchen, the fresh-food box delivery service from Weight Watchers. The dinners with easy-to-follow recipes come in classic and veggie options, including Quinoa stuffed courgettes and Piripiri chicken with kale rice. The meals are Weight Watchers SmartPoints counted, so are lower in saturated fat, sugar and calories, plus contain adequate protein for curbing hunger. Three Classic dinners for two (delivered by fresh-food delivery company Bearfaced Groceries) cost £35 and five meals for four people are £75. Vegetarian meals are cheaper; wwsmartkitchen.co.uk.