

# FOOD notebook



## 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



## GLUTEN'S GOOD!

Celebs such as Gwyneth Paltrow have made gluten-free 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.

## 5 FOODS WITH MORE IRON THAN ROAST BEEF

Iron is important to fight fatigue, but you don't necessarily have to be a big red meat eater to get sufficient. These foods have a higher concentration than medium-rare roast lean topside (2.5g iron/100g)



**Roasted salted cashew nuts**  
6.2mg iron/100g



**Sardines canned in tomato sauce**  
2.7mg iron/100g



**Ready to eat dried prunes**  
2.6mg iron/100g



**Pumpkin seeds**  
10mg iron/100g



**Cooked mussels**  
3.3mg/100g

## BEAT BLOATING



**Nutritionist Bernadette Keogh, for CNM:** 'One cause of bloating can be an imbalance of good and bad bacteria in your gut. To get the right balance, add small amounts of fermented foods to your daily diet, such as miso soup, sauerkraut or sour pickles, kombucha and kefir. They contain natural probiotics (good bacteria). But do avoid sugar, which feeds the bad bacteria.'

CNM trains students for careers in natural therapies; [naturopathy-uk.com](http://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 Piri-piri 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](http://wwsmartkitchen.co.uk).

WORDS: Angela Dowden PHOTOGRAPHY: iStock