

Brits ...ge 11ours

on their health and fitness regime per week (that's 24 days a year!)

Statistics obtained from My Protein

PROTEIN POWER

It's only becoming clearer that the demand for veggie and vegan health products is increasing, and one of our favourite brands, The Good Guru has recognised this. Its vegan range is free from dairy, gluten, preservatives, colour and additives, and packed full of vitamins, minerals and antioxidants. The collection has been formulated to deliver

nutrients from the macros to the micros, with a special focus on essential fatty acids, iron, zinc and iodine – which vegan diets in particular often lack. Find out more and place your order online. Prices start from £16.95 for 500g, thegoodguru.com



Avo Appreciation

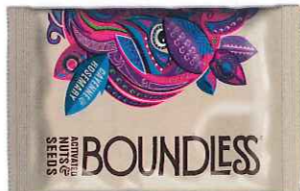
Avocado sales boomed in 2018, and growth is expected to continue for the next five years; so that smashed avocado social media sensation is going nowhere. Research from the World Avocado Organisation shows that 69% of millennials photograph their food before eating it, and the vibrant beauty of smashed avo on toast, in smoothies, and inside burrito bowls means it will always be at the forefront of #veggiefood. The passion for health and fitness has further boosted the avocado's popularity as its nutrient-rich, high-fibre content lends itself to those wanting to lead a healthier lifestyle. Similarly, the rise of veganism has also contributed, as the avocado remains a firm favourite with vegans due to its abundance of vitamins, minerals and healthy fats. We can't wait to see what the future holds for this gem of a food.

In 2018, Europe and the UK consumed over 650 million kilos of avocados

Statistics obtained from the World Avocado Organisation (WAO)

SNACK ATTACK

Gut health is another big food trend for 2019, as we all seek to get the nutrients we need for better digestion. This has never been easier, thanks to the launch of Boundless activated nuts and seeds. Each packet is the perfect size for an 11am go-to nibble, and now they come in four delicious flavours: Cayenne & Rosemary; Tamar & Aleppo; Orange, Ginger & Maple; and Turmeric & Smoked Paprika. Boundless nuts are created using the ancient Aztec and Aborigine techniques of soaking and baking the nuts and seeds in the F.A.B (flood, activate, bake) method. This involves drenching them in water to kick-start nature's natural activation process, then soaking them to remove the bitter phytic acid and protective enzymes, which enables better digestion. Finally, they bake the nuts and seeds using natural ingredients for a fuller flavour and lighter crunch. Prices start from £1.25 per packet – pick up yours today from amazon.co.uk



Ask Our Experts

Have a question?
Email paisley.tedder@aceville.co.uk



Q: "I want to cut down on my intake of refined sugar – do you have any recommendations to ensure I can still get a sweet fix?"

My top tip for reducing sugar would be to cut down on the amount you add to your food, either at the table or in cooking. I found having a slice of lemon in my tea, or a glass of hot water with slices of lemon, helped me to lose the taste for sweet things. Although fruit is a good source of vitamins and fibre, eating a lot of it can soon raise our sugar intake; so try to keep to no more than two pieces of fruit, and instead complete your five-a-day with pulses, nuts, and vegetables.

Not only will you lose a few pounds and inches naturally through cutting down, you'll also find you gain vitality and energy. It's well worth doing!

Your expert: Rose Elliot MBE, vegetarian cookery writer and author, roseelliot.com



Q: "I've entered the menopause and am looking for diet changes to improve my bone health – what do I need to eat more of?"

Both calcium and vitamin D play an important role in the prevention of bone loss, as well as iron and magnesium. Vitamin C helps stimulate the cells that build bones, enhances calcium absorption, and helps vitamin D to work properly.

You can increase your intake by eating more of the foods that provide them. For example, calcium is provided through dark leafy green vegetables, wheatgrass and sesame seeds; while magnesium-rich foods include spinach, pumpkin seeds, yoghurt and black beans; and you can get vitamin C from citrus fruits, berries, kiwi and broccoli; and iron sources include seeds, kale and chard."

Your expert: Nutritionist Eva Killeen directs the Natural Chef courses at CNM (College of Naturopathic Medicine) naturopathy-uk.com

WILDLIFE FOR WELLBEING



The number of people suffering with mental health conditions, including depression and anxiety, is on the rise. Recent statistics from The Mental Health Foundation show that 65% of people experience some form of mental health condition in their lifetime, with women often more affected than men.

We want to do all we can to tackle this for future generations as well as our own; and one way to do this is by spending more time with wildlife. Research backs this claim up, and suggests that connecting with nature, even through basic activities such as observing and caring for birds, can have a positive impact on our mental wellbeing. It can also help you to create a bond with other people who have similar interests, by interacting with them at bird groups,

wildlife conservation meetings, and even through social media.

Over the last 30 years, CJ Wildlife has developed an outstanding range of food, bird feeders, nest boxes and wildlife products, which help to further cement its customers' bond with the wildlife in their garden, boosting their self-esteem at the same time. If you're lucky enough to share your garden with wild birds, putting up nest boxes and feeders is vital for you to build your relationship with them. Topping up the feeders with a nutritious food source can also bring structure to your day and it will certainly brighten the birds up, too!

Nature has its own calming rhythm, and there is plenty to engage your senses with. Birds can do wonders for our hearts and minds, if we simply pay attention to them.

Wellness for wildlife, wellness for you

Darwin Feeder
£12.99

Get back to basics with this simple but stylish Darwin feeder, aptly named after the original nature enthusiast, which can be used for any type of bird food. The transparent roof gives your birds full visibility of their surroundings and in return you'll have an unobstructed view of your visitors to enjoy.



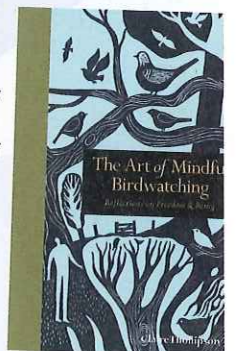
SingingFriend Sam Fat Holder £2.99

Encourage the new generation of garden birds this spring with high energy foods. This fat ball & suet feeder is made from recycled packaging materials so you will be ensuring waste gets a second life too.



The Art of Mindful Birdwatching book
£9.99

Take a mindful journey to enjoy and learn from the magnificent beauty and diversity of the avian world. Read how the practice of mindfulness enriches our birdwatching experiences and how birds are the ideal inspiration for the practice of mindfulness.



Garden Bird Illustrated Mugs £3.99

Relax and enjoy the moment at any time of day with these beautifully designed mugs as nothing beats a cuppa to bring things into



perspective. Available for a range of species and they make excellent gifts too!

SAVE 10%
with code **UKVEGM19**



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