

In an average lifetime, Brits spend over

# £65,000

looking after their basic health

Statistics obtained from SWNS Digital

## POTS OF GOODNESS

We're always looking for healthy desk snacks at Veggie HQ, and these delicious new kefir yoghurts from Yeo Valley really hit our sweet spot! They're made with all the goodness of organic British milk, combined with 14 distinctive strains of lactic cultures to give your gut health a boost. The unique creamy and tangy flavour is glorious, as is the knowledge you're getting goodness with every spoonful. Flavours include Natural, Mango & Passionfruit, Blueberry, and Strawberry. £1.50 per 350g pot, [ocado.com](http://ocado.com)



## Fit for function

No matter how much it's drummed into us that staying fit is great for our health, the temptation to hit the snooze button on the alarm to put off that 7am spin session is all too real. But, new statistics from Johns Hopkins University might make you think twice before ditching the exercise. The study has proven that regular exercise slashes your chance of getting lung cancer by 77%. It's important to remember that getting fit doesn't just cut your cancer risk; it makes you healthier in general, and prevents the likelihood of getting other illnesses, or suffering from mental health issues. So what are you waiting for? Get that spin class booked and that early alarm set!

*Workers typically suffer from tired eyes from staring at their computers by the time they're three-quarters of the way through their day*

Statistics obtained from SWNS Digital

## NOLO LIVING

Brits are well-known, embarrassingly, for their boozing. Whether it's at sporting events or partying in Magaluf, Brits are known for loving a beer or two, but, new research proves we're shying away from it in some cases. The findings suggest the dip is due to 16-24 year-old Brits shunning alcohol, with one in three admitting to never drinking. So why are they stopping? It's thought that the clear evidence that consuming too much alcohol has a direct link to over 200 health problems is one of the reasons. It's also thought that the rise of tasty, non-alcohol alternatives on the market could play a part. Cutting down yourself? Check out the mocktail recipes on our website for serious summer barbecue inspo at [vegetarianrecipesmag.com](http://vegetarianrecipesmag.com)



## Ask Our Experts

Have a question?

Email [paisley.tedder@aceville.co.uk](mailto:paisley.tedder@aceville.co.uk)



**Q:** "The warmer weather has arrived, and with it, barbecue season! Do you have any ideas for mains and side dishes?"

I love to make a big tray of roasted vegetables, especially red and yellow peppers, slices of corn on the cob and aubergine, courgette and red onion. You can cook them on a metal tray or you can thread them onto skewers and cook them over the griddle. Brush them with olive oil and some tasty barbecue sauce. Halloumi cheese is another favourite; cut it into fairly thick slices and cook on the griddle or on skewers, or you can use really firm tofu in a similar way – it's a delicious alternative for vegans. I also like a refreshing salad at a barbecue, such as a green, leafy one, along with some coleslaw.

Bon appetit, and have fun!

Your expert: Rose Elliot MBE, vegetarian cookery writer and author, [roseelliot.com](http://roseelliot.com)



**Q:** "Which plant-based 'milk' is the healthiest to have?"

As always, one size does not fit all, and you must consider a number of factors when looking for dairy milk substitutes. Plant-based 'milks' vary a lot in their macro-nutrient and micronutrient content. One glass of plant-based 'milk' a day won't really affect your macronutrient intake. If you have specific needs, it's important to check the ingredients. Some 'milks' are richer in certain vitamins (e.g. almond and hazelnut contain larger quantities of vitamin E). Be wary of additional ingredients in plant milks, such as sunflower oil. It might give the milk a creamy texture, but it's rich in omega-6s, which become inflammatory if consumed in high amounts.

Your expert: Elle Fox, CNM Naturopath, author and speaker (College of Naturopathic Medicine), [naturopathy-uk.com](http://naturopathy-uk.com)