

Brits spend on average

# 11.1 hours

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](http://thegoodguru.com)



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

Statistics obtained from the World Avocado Organisation (WAO)



## 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.

## 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; Tamari & 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](http://amazon.co.uk)



## Ask Our Experts

Have a question?  
Email [paisley.tedder@aceville.co.uk](mailto: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](http://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](http://naturopathy-uk.com)