## SMART

EXPERT FOOD IDEAS FOR BODY & MIND •

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## GENIUS FOOD SWAPS

We make more than 200 decisions about food every day\*. Use this guide to make sure they're always the right ones

WORDS ANGELA YUSSUFF

CHOOSE:
ALMOND BUTTER
LOSE:
PEANUT BUTTER

Be a good girl and choose which nuts you nibble. Almond butter boasts 25% more fibre and less saturated fat than the peanut kind, FYI.

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CHOOSE: HEMP SEED OIL LOSE: OLIVE OIL

Great for stir-frying and roasting, hemp seed oil has 40% (repeat: forty!) less saturated fat than olive oil. Not just for hippies, then.

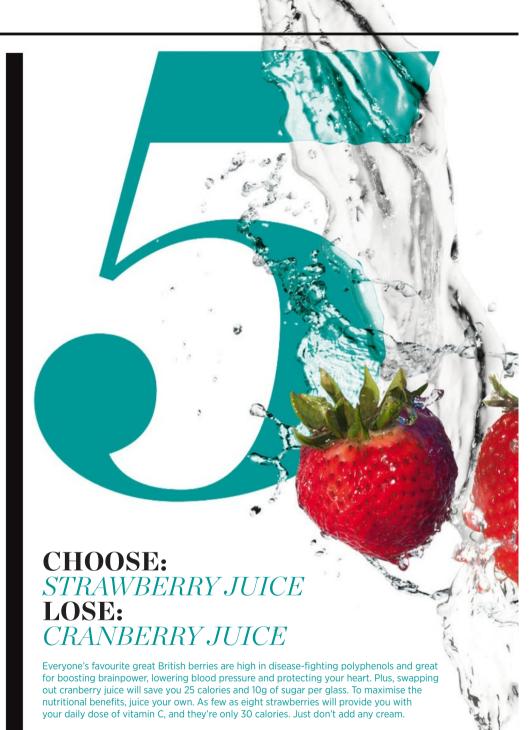
CHOOSE: AVOCADO PUREE LOSE: BUTTER

Butter has 81g of fat per 100g; cholesterol-lowering avocado has only 14g. Done the maths? Good, now swap equal ratios of butter for avocado to bake healthier bites.



CHOOSE: WHEATGRASS LOSE: COFFEE

Wake up to a shot of wheatgrass and cinnamon. A University of Texas study found wheatgrass lowers cancer development by 40%, thanks to its beta-carotein and chlorophyll content. It's also a potent source of vitamins C, E, K and B-complex. Sweeten it up by blitzing it with cinnamon. It'll make it more palatable, plus cinnamon adds a dose of anti-inflammatory and weight loss aiding cinnulin. Try powdered wheatgrass (try Super Nutrients Organic Wheatgrass Powder, £5').



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CHOOSE: XYLITOL LOSE: SUGAR

With a lower glycaemic index than sugar, xylitol (try saying that five times fast) offers all the sweetness without the come down. It also has 40% fewer calories and 75% fewer carbs. Sweet dreams really are made of this.

**Z** 

CHOOSE: CHIA SEEDS LOSE: EGGS

These little seeds are full of fibre, calcium, omega-3s and iron. In recipes, substitute one egg for a tablespoon of ground chia seeds mixed with three tablespoons of water. Sounds crazy, yes – but it does work!