



EAT 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*

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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.

1

2

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.

3

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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-carotene 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**).

5

CHOOSE:
STRAWBERRY JUICE
LOSE:
CRANBERRY JUICE

Everyone's favourite great British berries are high in disease-fighting polyphenols and great for boosting brainpower, lowering blood pressure and protecting your heart. Plus, swapping out cranberry juice will save you 25 calories and 10g of sugar per glass. To maximise the nutritional benefits, juice your own. As few as eight strawberries will provide you with your daily dose of vitamin C, and they're only 30 calories. Just don't add any cream.

6

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.

7

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!

