

**100% OF YOUR
FOOD NEWS
REQUIREMENT**

FOCUS ON PREVENTION

Around 9,500 cases of type 2 diabetes cases are going undetected every year because those at risk are missing out on free screening. The NHS Health Check, which also identifies the risks of heart disease, stroke and kidney failure in people aged between 40 and 74, isn't being fully implemented across England. Diabetes UK estimates fewer than 40% of those who could benefit from a health check received one in 2011-2012, and three areas (Sheffield, Milton Keynes and Western Cheshire) hadn't invited anyone for the check. Chief executive Barbara Young says, 'The fact that there are places where not a single person has been offered a check is appalling. It's vital those with type 2 diabetes are diagnosed as early as possible.' If you're in the age range and haven't had a check, give your GP a call.



Slow your sips

Do you find you've polished off your tippie before your drinking companion has got halfway through theirs? You may want to switch glasses for the next round. A study of 160 social drinkers found that being served alcohol in a straight glass, rather than a curved one, slowed drinking time by nearly 60%. It's simple: swapping for a straight glass will help you pace yourself, so you'll consume fewer drinks over the course of the evening.

LABEL UPDATE *The Government and supermarkets have agreed on a uniform system for nutrition labels, with three key elements: guideline daily amounts (GDAs), the colour-coded traffic light system and the words 'high', 'medium' and 'low' for fat, saturated fat, salt, sugar and kcal. It's a work in progress, so watch this space.*



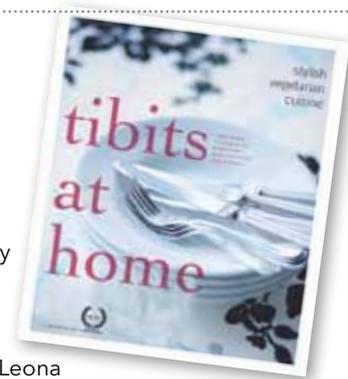
Citrus is the new salt

Your salt and pepper pots will be shaking in their boots, knowing they're about to be usurped by the new flavour duo: lemon and lime. Slice the top off the fruit, screw in a Lékué Citrus Spray (£14.25, jwpltd.co.uk), and you're ready to spritz your food with a burst of citrusy flavour.



PIC HEALTHY

Need a little healthy eating support? Before you tuck into your next meal or snack, take a photo of it, upload it, then rate how healthy or unhealthy you think it is and ask your friends for their opinion. Your friends can cheer you on for your nutritious choice - or, if you've given in to an unhealthy treat, their comments can help you find the willpower to resist. A good alternative to a food diary. Free from iTunes.



A vegetarian restaurant in London's Piccadilly - favourite haunt of celebs such as actress Ellen Page and singers Leona Lewis and Beverley Knight - Tibits has lifted the lid on its secret recipes in a sumptuous cookbook, *Tibits at Home* (£25, AT Verlag). The recipes are great for at-a-glance inspiration for using up an abundance of in-season veg.

SOUND BITES



Phil Vickery on eating healthily at Christmas

How will you be spending Christmas?

We always stay at home, and I keep it simple and stress-free. I don't buy massive amounts of food - we're small eaters, and by the time you get to Christmas Day you've had so many parties, you're almost fed up with food. My young boys and girls aren't particularly interested in the vegetables, but we have brussels sprouts. My wife [Fern Britton] will eat one, but my youngest daughter loves them.

How did you get into gluten-free cooking?

About five years ago, I started a Christmas pudding company and I wanted to use organic flour, but my manufacturer told me it was too expensive. So we tried making the puddings with rice flour instead. When we launched them, people would say, 'I can't eat that because I'm coeliac,' but when we told them it was gluten-free, they'd buy loads. I realised the gluten issue was a real problem, so I decided to write a gluten-free recipe book. I didn't realise how hard it was going to be. Gluten's in absolutely everything: in soy sauce; in gravies; in cloudy lemonade...

Do you have any gluten-free Christmas recipes?

Yes, we've got a gluten-free gravy, Christmas pudding and Christmas cake.

Do you consider yourself to be a healthy eater?

I'm aware of what I eat, and as I've got older, I've become careful about fat intake, and I don't drink too much alcohol. I did three years working in Scotland for the FSA, demonstrating that you can cut 50% of salt out of your diet and not notice it's gone. Take out refined foods and you've got to box a bit clever - you can use things like vinegars, citrus, subtle spicing and herbs to add flavour instead.

What do you have to have at Christmas?

Mince pies. The kids love them too.

Do you shop seasonally?

Yes because it's cheaper. As a chef I look forward to the seasons: the first rhubarb; the first asparagus; the first raspberries. I do a lot of preserving. I preserve peaches so on Christmas Day we can have preserved peach pie - it's what the Victorians did.

● For Phil's gluten-free Christmas recipes, go to vickery.tv.

CHEF'S SECRETS

Want a leaner roast, or big flavour without salt? We picked the brains of Anthony Doyle, head chef at Ragdale Hall spa for his healthy cooking tips...



1 Add grated ginger and garlic to winter stews and casseroles for a warming depth of flavour.

2 Boil large poultry joints in water for about 1 hr before putting into the oven to roast - it will get rid of unwanted fat and make the joint much more moist when carving. Cast iron casserole, from £90, Le Creuset (lecreuset.co.uk).

3 Scrub vegetables rather than peeling them as most of the nutrients are near the skin. Wooden vegetable brush, £3.49, Cookmate Southwest (cookmatesouthwest.co.uk).



● Ragdale Hall Cookbook: *Healthy Food - Tasting Good*, £9.99, is available from ragdalehall.co.uk.

SUSHI SCHOOL

It's delicious, healthy - and looks so impressive on the plate. If you fancy a go at producing professional-style sushi, YO! Sushi is running a series of courses to help you master the art. Prices from £30 per person or £50 for two (yosushi.com/parties/sushi-school).



MORE CALORIES are consumed by adults in winter than at other times of year because the cold weather triggers this natural annual body rhythm. Forewarned is forearmed, so resist the chips and go for warming but lower-calorie comfort food options, such as stews, casseroles, soups and fruit-based puddings like baked apples, to avoid winter weight gain.



DIETER OF THE MONTH



BEFORE

Name Natalie Carter
Age 39 **Height** 5ft 1in

BEFORE
Dress size 18
BMI 36.5
Body fat 35.6%

AFTER
Dress size 14/16
BMI 31
Body fat 28.8%



AFTER

Natalie's diet problem 'I used to kid myself that my diet was healthy during the week to justify what I would eat at weekends. I'd breakfast on toast and have a sandwich for lunch, but there'd be slippage, such as sharing a bowl of chips at lunchtime. I'd have a carb-heavy late dinner and a Friday-night curry with a few glasses of red wine. Weekends would be socials with friends and a big Sunday dinner. I thought occasional trips to the gym meant I could eat what I wanted.'

What worked for her 'I was made redundant a few months ago so had time to go to the gym, and I got myself a personal trainer. My goal was to fit into a size 12 dress for my 40th birthday in April. Alex, my trainer, taught me how to have a full social life and still achieve great results. I write a food diary, and she advises me

on simple changes, such as swapping my bread intake for porridge at breakfast or a protein-rich salad at lunch time. We train together twice a week.

'I'm working again, but I've managed to maintain my new eating and exercise lifestyle. I walk from the station to the office and back every day (about 1½ miles each way), and I've started classes at my old gym in between. I don't feel I'm on a diet - I've noticed my tastes have changed and I prefer the healthier options to the stodgy food I was eating.

'In 12 weeks I've lost 3in off my waist, 1½in off my hips and 7% body fat. When I met up with friends recently, they also commented on how good my skin was and said I looked younger!'

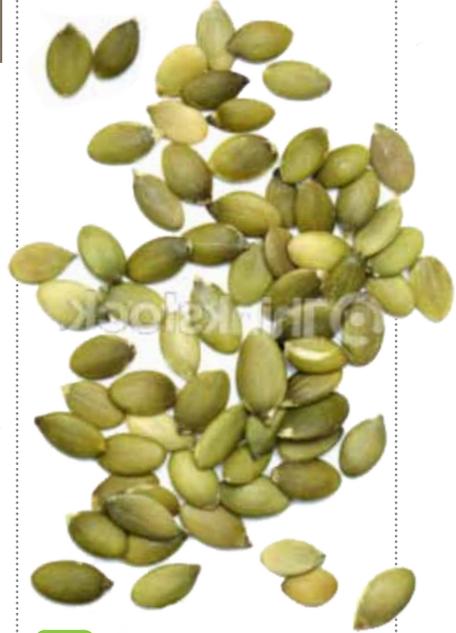
● To contact Alex Ravenscroft for nutritional and exercise advice, go to alexandravenscroft.co.uk.

KNOW YOUR PORTIONS
PUMPKIN SEEDS



HEALTHY 2tbsp (30g) is fantastic for

boosting a range of minerals, including iron, zinc, copper, magnesium and potassium.



UNHEALTHY

Nibble your way through **100g and that's 570kcal and 46g fat** - almost as many calories and 14g more fat than a Burger King Chicken Royale!



THAT'S HOW MANY POUNDS LIGHTER you're likely to be if you're a woman who reads food labels when shopping. According to a study of more than 25,000 people in the US, women who read nutritional information had a BMI that was 1.5 points lower than their non-label-reading counterparts - the difference for men was just 0.1 point!