



Food Matters

with Consultant Nutritionist Sue Radd

summer-savvy food tips

Staying well hydrated and caring for your skin during summer can be a challenge, as can holiday weight gain. Here are some tips to help you enjoy your summer:

1. Drink plenty of water.

While debate rages over the scientific basis for recommending eight glasses of water daily, one study has found you need five glasses to minimise your risk of heart attack.

How does that work? Water helps keep the blood thinner. Other fluids are not protective in this way.

2. Eat plenty of fruit and salad.

More than 200 studies show these foods fight cancer. They're also good for your skin, providing an abundant source of antioxidants to guard against damage from soaking up too much sun!

Chose a variety of brightly coloured stone fruits, berries and melons. Toss baby spinach leaves with roasted pumpkin and beetroot, sprinkle with pumpkin seeds and drizzle with a Mediterranean-style dressing.

3. Don't overdo Christmas dinner!

Eating large amounts and many varieties of foods at once results in indigestion! The key is to pace yourself, since festivities

can often last several days. In the event that you overindulge, go for a walk and cut back the next day to compensate.

4. Go easy on alcohol, if you drink at all.

International guidelines discourage any alcohol intake, since it can cause cancer. If consumed, less than two standard drinks per day for men and one for women are the recommended. Alcohol also promotes weight gain, since it is calorie-rich, although it is usually what is eaten in conjunction with it that puts on the weight.

5. Watch snacks and portion sizes.

Holiday weight gain is common and can be difficult to remove. Keep an eye on your portion sizes, especially if eating out. Don't allow rich snack foods, such as ice-cream, iced coffee and crisps, to become a daily occurrence. These will make you gain weight unless you burn off the extra calories in exercise.

See **page 53** for some summer-safe, tasty fruit and salad recipes.