

FIT FEEDS



Crunchy sprouts and green beans are nutrition stars!

Boost your health with these simple but effective ingredients

5 SURPRISE FOODS

you should eat every day

Skip the health food store and raid your own pantry for these everyday health heroes, advises naturopath Emma Sutherland.

For weight loss

GREEN BEANS

If you're looking to tone up, add green beans to the mix. Research has found beans, and other high fibre foods, may help with weight loss. 'The fibre found in green beans helps to

manage your blood sugar levels, and promotes digestive health by helping to remove toxins from your body,' explains Emma.

For pain relief

TURMERIC

'Research suggests turmeric may be more beneficial than some medications when it comes to assisting with pain relief and inflammation,' says Emma. Turmeric needs to be consumed with a fat such as nuts and seeds, olive oil or coconut milk, so use it in curries, stir-fries or salads. 'There's a great shot recipe by [Sydney smoothie bar] O Superfood (osuperfood.com.au) you can seek inspiration from, containing turmeric, maca, pear, apple, lime and lemon juice,' adds Emma.



For overall health

SPROUTS

We're not talking the Brussels variety, but sprouting alfalfa, mung beans and other seeds. 'Sprouts have more health benefits than you can poke a stick at,' says Emma. 'They improve the digestive process, boost metabolism, work to prevent anaemia, help with weight loss, lower cholesterol, can boost skin health and vision, and support the immune system. Buy fresh sprouts and sprinkle them onto your salad, throw some in a smoothie or just eat a pinch of them every day.'

For immunity

YOGHURT

We're heading into sniffle season, so incorporate yoghurt into your routine to fend off illness. 'Probiotic yoghurts (live and

active) help to boost your immune system and may protect against a number of health issues including certain cancers,' says Emma



For an anti-inflammatory

WALNUTS

We all know nuts are good for you, but how often do you snack on walnuts? '[They're] richer in omega-3s than farmed salmon and they are loaded with more anti-inflammatory polyphenols than red wine,' comments Emma. 'They also contain half as much protein as chicken, making them one of the most nutritionally beneficial foods in the world.'



Miranda Kerr loves to 'grill chicken with turmeric, coconut oil and a bit of sea salt'.

