



HOT *type*

50 Foods That Will Change Your Life

Emma Sutherland & Michelle Thrift
(Viking, \$35)

The shelves of bookstores are groaning under the weight of cookery and diet tomes promising to make you feel better, look younger and live longer, so what makes this one special?

For a start, despite the rather dry subtitle (A Women's Guide to Health and Vitality), it's lovely to look at. Even those not previously inclined toward the likes of cabbage, kale, soybeans and spinach might find themselves seduced by the accompanying photography.

Second, although each of the 50 ingredients is given a write-up listing its various health benefits (almonds are ideal for breastfeeding mums, chickpeas lower cholesterol, salmon reduces anxiety, and so on), the tone is far from preachy. Sutherland, a naturopath, and Thrift, a home economist, simply share the information and then tell you ways you can use it to your advantage.

And this is the most delightful reason to take it home. The recipes are mostly very simple and easy to incorporate into busy lives. A ginger and carrot soup, for example, only has seven ingredients, takes no time at all to whip up — and is delicious. The same could be said for the roast chicken and vegies, the pumpkin, garlic and sage pizza, or the warm egg salad. Aside from set recipes, each ingredient includes a list of quick ideas to get it into your diet, such as steaming asparagus or throwing some soybeans into a salad.

The authors — who met when Thrift sought a naturopath's help to overcome various health issues — have made these steps you would be happy to take rather than merely ones you should.

Besides, what's not to like about a health food book featuring a pavlova recipe? » **Julie Hosking**

