

# Seven foods to eat each week



WORRIED ABOUT WHAT'S GOOD FOR YOU AND WHAT ISN'T? THERE ARE SEVEN TYPES OF FOOD YOU SHOULD BE EATING – DR ELLIE CANNON EXPLAINS WHAT THEY ARE AND WHY...

We're always being told which food groups we need to cut out of our diets to be healthier, but what about the ones you should actually be adding? While taking a better approach to your diet involves avoiding bad foods, equally there are foods you should be making sure you are eating every week for long-term health benefits.

**RETURN OF THE MACK**  
Mackerel is a great oily fish to have every week. National guidelines state that you should have two portions of fish a week for health benefits, and at least one should be oily. Mackerel is a great source of vitamin B12, which is known to be good for improving your energy levels. It's also one of the best dietary sources of vitamin D, which experts now believe may protect against the development of some cancers.

## GET YOUR OATS!

Porridge is a great way to start the day, as it offers sustained energy release, but the benefits last even longer than that. Oats are a natural source of a fibre called beta glucan, which sticks to cholesterol and stops our body taking it in. Keeping cholesterol low is proven to reduce your risks of heart disease and strokes. Other oat-based cereals or oat biscuits will do the same.



## FRUIT AND FIBRE

An apple a day keeps the doctor away, so the saying goes – this is not a myth! Apples are a great source of soluble fibre, which your digestive system needs to keep things moving. Dietary fibre is really important for lowering your risks of constipation and diabetes. It also seems to protect against bowel cancer, as it keeps your gut moving. Apples, bananas and pulses are worth eating every day.

## RED ALERT

We are always hearing about the benefits of the Mediterranean diet, and one of its super ingredients is tomatoes! The fleshy fruit contains lycopene, which is an antioxidant known to be good for men for prostate health, and for everyone for its anti-ageing properties. There is more lycopene in cooked tomatoes, so tomato-based pasta sauces and soups are better than raw tomatoes.



## MELLOW YELLOW

Turmeric has long been hailed in India as a source of health benefits, as well as being a great ingredient for cooking. Turmeric is a yellow spice, and its main component is curcumin, which is thought to have anti-inflammatory properties. This may make it useful in the battle against joint issues such as arthritis, and some believe it could lower your cancer risks. Add it to your cooking regularly.



## OILED UP

Getting enough omega-3 is a sure way to maintain your long-term health – it can lower your risks of dementia, eye problems and heart disease. The best way to get these healthy fats is from oily fish, so why not start the day with kippers? Kippers are the best dietary source of omega-3 – or you could opt for good-quality eggs, pumpkin seeds and lovely dark-green leafy veg, such as kale.



# Look younger with Lesley



Anti-ageing guru **Lesley Reynolds** reveals the latest treatments to help you stay youthful

What's not to love about summer? The beauty woes that bug us at home and abroad, perhaps? From under-eye bags to breakouts, here's how to send problems packing.

## DON'T SWEAT IT

Few things are worse than feeling like you need another shower as soon as you've just got out of one. Make sure to apply an antiperspirant before bed, as they work best when you're not hot – also, sweating rates are lower at night than in the morning.

Treatment-wise, try Botox injections, which block the sweat-producing signals sent to your sweat glands. One treatment under the arms, on the hands or feet, will give guaranteed results and protection within two days. Results should last up to six months. From £400.

## EXCESS BAGGAGE

Hay fever, travelling and dehydration can all exacerbate bags during summer. If pollen is the cause, antihistamines can help. Before jetting off, a couple of Pelleve treatments can instantly transform baggy eyes. A device that emits radio-frequency energy is smoothed under the eyes. It's safe, quick and suits all skin types. You'll see results instantly, but a course of two or three weekly sessions can last three months. From £200 per treatment.



## BANISH BREAKOUTS

Even if you don't usually break out, heat triggers excess oil and sweat to mix with existing dirt and bacteria on your face. If you're overloading your skin with too many products, your

pores can also clog, causing spots. A course of six weekly glycolic peels will treat and prevent breakouts by helping remove any dead skin cells and draw out excess oil from pores. From £60 a peel.

## AND DON'T FORGET...

- Facial mists hydrate, calm irritation and cool skin instantly. I love Monroe of London's Hydro Spray, £42 (monroeflondon.co.uk).
- Rosehip oil, aloe vera and vitamin C are great to soothe dehydrated, sun-baked skin.
- Keep after sun or body moisturisers in the fridge to soothe hot skin.
- Magnesium has disinfecting and anti-inflammatory properties, and absorbs excess oil. Soak a cotton-wool ball in solution and wipe over face.
- Razor burn? An easy DIY remedy is using a tea bag. Wet it and place it on the affected area for a few minutes.
- Sun exposure can trigger cold sores, so always use a lip protector with SPF.

For more information on Lesley and her team of doctors, please visit [harleystreetskinclinic.com](http://harleystreetskinclinic.com)



## THE JOY OF SOYA

Consuming soya is a natural way to lower cholesterol, and your risk of a stroke or a heart attack. You can eat soya protein in many forms – including edamame beans and soya milk products, such as yoghurts or tofu. Research shows that by eating 15g of soya protein a day, you can lower your cholesterol by six per cent – that could be enough for some people to ditch cholesterol medication!