

UK'S
VEGGIE MONTH

Cook



91 fresh
seasonal
make

Vegetarian

JULY 2009, £3.25

meat-free food made ea

137

SUMMER

FOOD IDEAS

IT'S OUR BEST-VALUE
ISSUE SO FAR!

FREE
Recipe Book
worth
£8.99

SAVE
££££

Low-cost
dinners
from 50p
portion



70

**SIMPLE
FAMILY
MEALS**

Taste the Sunshine

Mediterranean mezze * Garden parties and BBQs



Anjum Anand
creates a healthy
Indian feast for
all the family



Neven Maguire
...delicious holiday
style recipes

+PLUS
New ways with
veggie staples

- Soya
- Potatoes
- Sea



In demand

Why you should start up on hemp

It's natural and thought to be super nutritious – here's what all the fuss is about...

- **Fruit of the earth**

Hemp has been grown and eaten for thousands of years in different parts of the world and has always been highly regarded for its health benefits. In fact, it was one of the first crops ever cultivated!

- **Nutrient powerhouse**

Did you know that hemp seeds (the edible part of the plant) are a great source of vegetarian protein, as well as the three essential fatty acids omega-3, -6 and -9? How super is that?

- **Heart healthy**

Studies indicate that hemp products may help to reduce inflammation and improve circulation, which means lower blood pressure and heart function – bonus!

- **Easy to digest**

Being one-third fibre means hemp seeds can aid digestion. Plus, the ratio of omega oils in them is in perfect balance for use by the human body.

3 of the Best Hemp Foods

AMARU HEMPOWER £1.99
WWW.AMARU.COM

A clever blend of organic hemp seeds and hemp seeds. Just add hot water to this powder mix for a great drink to the day



YORKSHIRE HEMP

HEMPSEEDS SHELLED £3.50,
WWW.YORKSHIREHEMP.COM

A pleasant nutty flavour can be intensified by roasting, try adding to stir-fries, bakes and soups or as a healthy snack



AMAZING SALAD DRESSING £7.99,
WWW.AMAZINGHEMP.COM

A delicious tasting super-blend of hemp oil and olive oil, goji berries, and sunflower seeds and much more!



Grapefruit

Did you know half a grapefruit contains almost 75% of the daily recommended amount of Vitamin C? And that their tart taste comes from a nutrient present in grapefruit called naringenin, which may help to prevent cancer by repairing damaged DNA?



Health Q&A



Our nutritionist Emma Wells talks about water retention

I suffer with water retention, which worsens in the heat of the summer months. Will changing my diet help?

There are two main things you can do: Ironically drinking more water will help as many of us are dehydrated, meaning the body is holding on to water to aid hydration. Drinking 1.5 litres of water daily should help, especially in the summer when increased perspiration can dehydrate you.

The other thing is to watch out for salt and sodium. Salt contains sodium and high levels lead to water retention. The daily recommended amount for salt is 6g (about a tsp), and 75 percent of what we

eat is hidden in packaged foods. So watch out for hidden salt in canned food and sweet and savoury ready meals as well as high street sandwiches. Get used to reading labels: Pret's spicy falafel melt hot wrap contains 3.8g of salt – more than half of your daily amount compared with their full sized egg mayo and roasted tomato breakfast baguette which contains just 0.4g.

Emma Wells is the nutritional therapist for Smart Nutrition (www.smartnutrition.co.uk). Telephone 01273 775480.

