

**NEW!**  
VEGGIE MONTHLY



**88** INSPIRED  
CHRISTMAS  
RECIPE IDEAS

# Cook Vegetarian!

DECEMBER/JANUARY, £3.25

meat-free food made easy

## 32 Must-Cook Veggie Dishes

Festive family meals you'll enjoy all winter

### Planning a party?

18 SOLUTIONS TO WOW YOUR GUESTS

This scrumptious veggie tart costs just **£1.66** per portion

**Season's eatings!**  
SIMPLE MEAT-FREE GOURMET FOOD

### In this issue.



### Party Makes

OUR CHIC CANAPES ARE A CINCH TO CREATE



### Cheese Heaven

CURL UP TO THE BEST HOME-COOKED COMFORT FOOD



### Healthier Desserts

WHIP UP ANTONY WORRALL THOMPSON'S LOW SUGAR...



# Q&A

I am six months pregnant and my intense chilli cravings are stronger than ever! Could spicy food have a negative impact on my child? Are there certain foods I should avoid while carrying? **Sarah Matherson, Bath**



### Emma Wells says:

Chilli is completely safe to eat when you are pregnant – the down side is that it can give you heartburn, so you may find yourself avoiding it for this reason alone. You do need to avoid certain foods during pregnancy as they can heighten the risk of getting listeria and salmonella, which in turn can increase risk of miscarriage and still births.

Avoid soft mould-ripened cheeses, such as Camembert and Brie, plus blue-veined cheeses such as Stilton. Also steer clear of any food that isn't properly cooked, especially raw or undercooked eggs. Home grown food where cats may have soiled needs to be well cleaned to avoid the risk of toxoplasmosis, which causes still births.

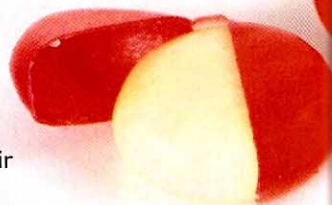
Emma Wells is the nutritional therapist for Smart Nutrition ([www.smartnutrition.com](http://www.smartnutrition.com)). For more info, telephone 01273 775480.



**NHS Choices** has launched a **5-a-day** online meal planner at [www.nhs.uk](http://www.nhs.uk). Find tons of recipes, advice and **tailormade** shopping lists to ensure you and your family are getting your greens

## LUNCHBOX LESSONS

A recent survey found that 73% of kids aged 7-12 regularly swap their lunchbox contents with friends, and 21% never eat any of the food in their lunchbox! Top children's nutritionists are backing Babybel for kids' packed lunches – they're fun to unwrap, a low-fat source of calcium and seriously filling.



## A Class Act

We've always known that going veggie is a clear sign of intelligence, but now science seems to back us up!

In a study of 8,197 people by Southampton University (where participants' IQ had been measured at the age of 10) it was found that those who were vegetarian by 30 had recorded five IQ points more on average. This could suggest that intelligent children are more likely to become vegetarians later in life.

Researchers said that this could also explain why people with higher IQ were healthier, as a vegetarian diet is linked to lower heart disease and obesity rates. Do you need any more reasons?



## Gift List : 3 cookery gifts for your kids

**1 CHILDREN'S 3-PIECE LADYBIRD CUTLERY SET, £17.99**  
[WWW.BECKYANDLOLO.CO.UK](http://WWW.BECKYANDLOLO.CO.UK)

Toddlers will be transfixed by the ladybirds crawling up the sides of this adorable set.



**2 TYPHOON APRON, £6**  
[WWW.TYPHOONHOUSEWARES.COM](http://WWW.TYPHOONHOUSEWARES.COM)

Egg on budding little chefs to take command in the kitchen with this super fun apron.

**3 THE VEGETARIAN STUDENT COOKBOOK, (£6.99, HAMLIN)**

Ensure your student offspring don't go hungry with this super book for eating on a budget.

