



## NUTRITION

# FIVE FOODS YOU SHOULD EAT WEEKLY TO BOOST YOUR NUTRITION

**Nutrition and Hydration Week launches on the 11th of March and it's significant because what we eat, and drink is intrinsically linked to the quality of life that we may or may not be able to enjoy.**

Here is a list of foods recommended by Harvard Professor of Nutrition, Teresa Fung that you should try and incorporate into your menu at least once per week (preferably daily) to be able to enjoy numerous associated benefits.

### 1. Fatty fish

Fatty fish is high in omega 3 fatty acids and vitamin D, which is good for your heart as well as your brain. Professor Fung advocates salmon as being her favoured fish but mackerel, pilchards, trout and sardines also count as good oily fish options.

### 2. Brussel sprouts (believe it or not!)

These crunchy mini cabbages are cruciferous vegetables that prevent cell damage in the body. They also have many antioxidants (noticing a pattern here?) and are packed with vitamin A, vitamin C, vitamin K, potassium, and the essential nutrient folate too.

### 3. Berries

Guess what berries are rich in? Yep, antioxidants! These sweet and natural treats are also really good for you and are loaded with vitamin C too. They also have quite a bit of vitamin A and contain loads of fibre, which has been associated with weight loss, improved heart health and lowered cancer risk.

### 4. Nuts and seeds

Get that delicious savoury crunch and while you do, get a good dose of protein, omega 3 fatty oils as well as vitamin E. Prof Fung says they are healthier unsalted because salt is bad for you in excess and go easy, they are very high in kilojoules. If you go too nuts about nuts, it may show on your waistline.

### 5. Plain yoghurt

It can be tempting to get the sweetened and fruity variety, but truth be told, all that sugar negates the good qualities that can be found in plain yoghurt. Flavoured yoghurts are often packed with unwanted and unhealthy sugar, whereas plain yoghurt is full of protein, healthy probiotics, calcium, magnesium, fatty acids and vitamin B12.

A good quality plain yoghurt also keeps you feeling full for longer, which may be a great help if you're struggling to curb your appetite.