



Dear Nikki

I am almost addicted to juice bar drinks. I love them. Is it OK to have one a day? I feel very virtuous getting all my 5+ fruit a day this way. Are they too good to be true?

It is recommended that total carbohydrate (including sugars) should contribute at least 50 per cent of the total daily energy consumed. However, there has been growing interest in the role sugar plays in obesity.

One small glass of fruit juice may have the same sugar content as three pieces of fruit. In fact, 200ml of juice contains five teaspoons of sugar! It is very important to realise, therefore, that large intakes of fruit juice should be discouraged.

Need my help?

Need my help? If you have a question about your diet and nutrition, write to: New Idea, PO Box 1467, Auckland or email: newidea@pacificmags.co.nz



Nikki's top tip:
When the olive oil label says 'light' – it doesn't mean light in calories – it means light in flavour or colour!

Omega-3 is important for healthy eyes and the nervous system and can reduce blood clotting and blood pressure.

Foods high in Omega-3 include:

- Oily fish – salmon, fresh tuna (not canned), sardines
- Flaxseed oil

Omega-6 can have a positive effect on inflammation.

Foods high in Omega-6 include:

- Sunflower oil
- Soya bean oil

(It is recommended that we eat Omega-3 and Omega-6 in a ratio to other oils of 4:1 or less).

The mono-unsaturated fat in avocados has health benefits.



5 WAYS TO:

Jazz up a salad to boost health



Lose your cherries among the greens

Sprinkle dried cherries over a salad for their high iron content.

Popeye had nothing on this stuff

Use rocket leaves (arugula). This peppery plant has been reported to contain twice the Vitamin C of spinach.



It's OK to be a bit nutty

Add spiced nuts. Mix 1 tbs of oil to 1 cup walnuts, ½ tsp cumin, ½ tsp curry powder. Bake in 200°C oven for 10 minutes. Walnuts are a great source of Omega-3 fatty acids and contain ellagic acid which supports the immune system.

Even Adam was tempted

Add sliced red-skinned apple. Red skinned apples contain the mineral boron. This mineral seems to help reduce the loss of magnesium and calcium from urine and may alleviate menstrual pain by increasing oestradiol levels.



Ginger – more than a crunch

Add freshly-grated ginger to a salad dressing. Ginger has been reported to contain phenolic compounds that may inhibit the formation of blood clots.

