

## TOMTASTIC!

If you're spending plenty of time in the sun this summer, include some tomatoes in your daily diet. UK researchers asked volunteers to eat 5tbsp of tomato paste mixed with olive oil every day for three months, and results showed that it increased their sunburn protection by a third. You should eat at least two tomato-based meals a day for optimum protection, but you'll still need to slap on the SPF – think of the tomatoes as extra cover rather than a replacement for a good sunscreen.



## FOOD DIARY

**ZOE GRIFFITHS, 28**

**OCCUPATION** Web producer

**HEIGHT** 5ft 9in **WEIGHT** 10st

'I eat a lot, but find food really affects my mood – if I'm hungry or tired I get very ratty. Am I eating the wrong things?'

- Breakfast** >> Muesli with semi-skimmed milk. Glass of orange juice. Cup of tea with semi-skimmed milk.
- Snack** >> Coffee with milk and one sugar. Flapjack.
- Lunch** >> Homemade tomato soup. Cheese sandwich made with wholemeal bread. Apple.
- Snack** >> Cup of tea. KitKat. Banana. Brazil nuts.
- Dinner** >> Mushroom and cheese-filled tortelloni, with cherry tomatoes and green pesto.
- Snack** >> Orange. Pomegranate. Cadbury's Dairy Milk Bar.

### NUTRITIONIST'S VERDICT

'With a BMI of 20.5, Zoe is at the lower end of her healthy weight range,' says nutritionist Dr Carrie Ruxton. 'She eats regularly, but has a lot of high-fat and sugary foods in her diet, such as cheese and chocolate, which can cause drowsiness. Carbs tend to perk you up. The best mood-enhancing foods are oily fish rich in omega-3 fats (salmon, trout, mackerel, sardines) – omega-3s from vegetable sources don't have the same effect. Other useful mood nutrients include magnesium (wheatgerm, brown rice, bananas, cabbage), selenium (fish, Brazil nuts, liver), folate (orange juice, broccoli, spinach, peas) and vitamin B6 (wholegrains, potato, cauliflower, seeds). It's better to get these nutrients from healthy foods rather than supplements. Exercise is also vital for mood. I suggest Zoe takes a brisk 30-minute walk every lunch hour for a regular fix of natural endorphins.'

## ON THE SHELF



### Just what the doctor ordered

Save a packet on vitamin supplements – you can get all the folic acid, calcium, iron, selenium, vitamin E and vitamin B complex a woman needs from two slices of the new Food Doctor Bread For Women. Available from Waitrose and Asda, £1.19.



### Lovely lollies

We love these delicious new pineapple ice lollies. Del Monte 100% Juice Lollies are made from pure fruit juice, each one contains 65 calories and no added sugars. Better still, one lolly counts as a portion of fruit. Also available in orange, from supermarkets, £1.99 for a box of three.



### Use your noodle

Clearspring Organic Soba Noodles are thin Japanese noodles made with 40% buckwheat flour and 60% wheat flour, and they have a delicious nutty taste. Mix them with shredded spring onion, cabbage, carrot and sesame seeds for an Asian summer salad. Available from Sainsbury's, from £1.49.

**Psst!** IF YOUR MEMORY NEEDS A BOOST, FILL UP ON BLUEBERRIES, WHICH UK RESEARCHERS NOW CLAIM CAN HELP IMPROVE BOTH LONG AND SHORT TERM MEMORY. A DAILY DOSE OF THE FLAVONOID-RICH SUPERFOOD CAN IMPROVE AGE-RELATED MEMORY DEFICITS IN JUST THREE WEEKS.

