

# healthyfood GUIDE

WINTER 2013 £2.95

**SPECIAL REPORT**

Is lack of **VITAMIN D** making you **SAD?**

## Eat less and feel full

New research: why protein can stop us overeating



LOW CAL LOW FAT GLUTEN FREE 3 5-A-DAY

Chicken rolls with tomato, spinach and mozzarella

**EXPERT ADVICE**

How your diet can ease skin complaints

**21** ideas for making GUILTY PLEASURES HEALTHIER

EASY WAYS TO BURN CALORIES AT WORK & HOME!

## MAKE FESTIVE MEALS HEALTHIER

healthyfood.co.uk

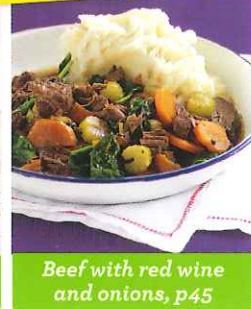


**PLUS** Shopping advice

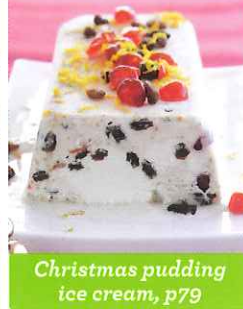
- Green veg that top the nutrition table
- Cranberries: your heart-healthy option
- Our smart guide to Christmas gifts



Turkey with apricot stuffing, p60



Beef with red wine and onions, p45

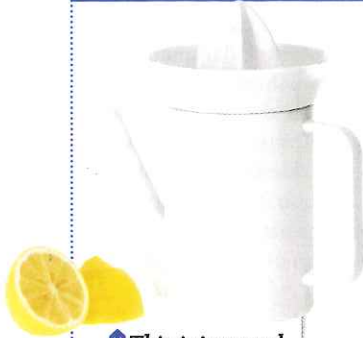


Christmas pudding ice cream, p79

# WISHING YOU A VERY

Make healthy living in 2014 easier for family and friends with our list of perfect

## NUTRITION-SAVVY GOURMETS



↑ *This juicer and fat-separating gravy jug is sleek enough to take to the table. Universal Expert by Sebastian Conran Juicer/Fat Separator, £22 (call 020 7036 0639 for stockists)*



↑ *These organic tea blends come in a range of flavours (some caffeine free), contained in charming metal tins. LØV Organic Wellness-Teas, from £9 for a 100g tin, [uk.lov-organic.com](http://uk.lov-organic.com)*

↓ *How do you like your eggs – with a slice of toast, perhaps? Or do you prefer a bowl of porridge? Either way, enjoy breakfast in bed on Christmas Day.*

*Nordic Breakfast Set And Tray by Sainsbury's, £18, [sainsburys.co.uk](http://sainsburys.co.uk)*

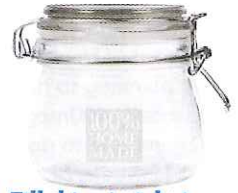


↓ *The Rolls-Royce of coffee machines, this slimline appliance has 13 settings to ensure a connoisseur's cuppa is brewed to perfection every time. Your coffee-shop days are over...*

*De'Longhi PrimaDonna XS DeLuxe, £999, [johnlewis.com](http://johnlewis.com)*



## Stocking fillers



*Fill this airtight jar with edible gifts such as HFG's Christmas trail mix (p68).*

*Glass 100% Homemade Jar, £3, [gardentrading.co.uk](http://gardentrading.co.uk)*



*A healthy dose of omega-3 wrapped in a pretty design.*

*José Gourmet Canned Sardines In Virgin Olive Oil, £3.95, [conranshop.co.uk](http://conranshop.co.uk)*



*Make warming winter drinks a stylish affair with this pretty mug. Waitrose Snow Wheel Embossed Mug, £4.50, [waitrose.com](http://waitrose.com)*