

Eat well and hold back



Nutritional Therapist and **BBC Freaky Eaters** Presenter, **Charlotte Watts**, shares some wisdom and recipes from her latest book, **100 Foods to Stay Young**

TIME

Feeling and looking young is more within our control than we think. Much of what we've assumed are the inevitable consequences of aging – wrinkles, memory loss, an escalating risk of heart disease, osteoporosis and cancer – result more from the lifestyle choices we make. A healthy diet is just as important as using sunscreen or getting exercise to ensure health and vitality as we grow older, because it's the food that we eat that fuels the body's processes of renewal, repair and damage protection and limits degeneration, cell damage and the DNA mutations that stop cells replicating correctly – causing cancer risk.

The ability to renew can have a positive effect on the more obvious signs of ageing, like wrinkles, caused by poor hydration and lack of essential fats; and hair loss, caused by poor protein digestion and low B vitamins. The aim is to support renewal whilst reducing degeneration – you cannot fully stop the ravages of time, but you can help your body to function to its full capacity if you follow this advice:

1 ■ Eat your greens, reds, yellows, purples, oranges... People who consume diets loaded with fresh fruits and vegetables have lower disease rates, more energy and less risk of weight gain (and its associated health problems) than those who skip such foods. The World Health Organisation's claim that we need five portions of fruit and veg a day was a conservative estimate, believed to be the news the public could handle. Eight to ten portions a day are what you should be aiming for; not as daunting as you think if you snack on fruit, raw veg and home-made soups and add a bit more veg to breakfast (eggs florentine with spinach?) and lunch.

■ Fibre-rich foods lower a person's risk of developing age-related diseases such as heart disease, cancer, diabetes and hypertension. Low in calories, yet satiating, they help fill you up without filling you out. One of the best sources are beans and pulses, which you should try to eat daily – mange tout, peas, green beans, chickpeas, lentils, mung beans, adzuki beans, etc. Sprouted beans and alfalfa are truly amazing at supporting digestion and the full absorption of nutrients from food; their high mineral content and quality of protein, makes them truly anti-ageing.



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3 ■ Digestive health is at the root of good detoxification, absorption and reducing inflammatory reactions. So, increase prebiotic foods to help feed probiotics (the beneficial bacteria in the gut), including: chicory, onions, leeks, garlic, beetroot, cabbage and Jerusalem artichoke. Sauerkraut, lemon, ginger and peppermint tea all help to increase digestive juices too. Whilst cinnamon, cloves, garlic, rosemary, oregano and turmeric have antibacterial properties that can help keep the gut clean of unwanted problems.

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■ Keep hydrated. If you have been very dehydrated, build up your fluids slowly, introducing two glasses of apple juice (the quality fresh-pressed 'cloudy' type from the refrigerator) to your daily intake, alongside other non-caffeinated and non-sugary fluids, to aim for two litres a day. After two weeks, one glass a day will suffice until your body is used to its daily two litres of fluids – the sugar in the apple juice helps take water into parched cells but apple juice releases its sugars slowly, causing least damage.

■ Omega 3 fatty acids in oily fish like salmon, mackerel, trout and sardines actively reduce inflammation, a major cause of ageing and degenerative disease.



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DON'T LET SWEETNESS BE YOUR WEAKNESS

Avoid sugar and foods containing sugar: it quickly ages tissues by damaging DNA and causing inflammation. As you can see from the list of hidden sugars below, manufacturers have many ways of fooling us about the sugar content of foods – those in bold are most common.

Barley malt
Beet sugar
Brown rice syrup
Brown sugar
Cane juice
Corn sweetener
Corn syrup
Date sugar
Demerara sugar
Dextrin
Dextrose
Fructose (from fruits)
Fruit juice concentrate
Invert sugar
Lactose (from milk)
Galatose (from milk)
Glucose
Granulated sugar
High-fructose corn syrup
Honey
Malted barley
Maltodextrin
Maltose
Mannitol, sorbitol, xylitol
Maple syrup
Microcrystalline cellulose
Molasses
Polydextrose
Raisin juice
Raisin syrup
Raw sugar
Sucrose
Unrefined sugar
White sugar

READER OFFER

Charlotte has put together a hamper of healthy snacks to help provide sustained energy along with the nutrients you need to keep up good mental energy and mood throughout the day. Hampers, usually priced £12.95, are available at a discounted price of £9.95, simply visit www.healthysupplies.co.uk and enter the code **NHS01** in the search box.



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100 foods to stay **YOUNG**

The Recipes



You've heard the theory, now

get cooking with this flavoursome food that's guaranteed to keep you feeling young, inside and out.

PAPAYA SALAD

Serves 6

This delicious salad offers an all-round package of vitalising nutrients; protein and monounsaturated fats from the peanuts support heart health and energy; cabbage provides sulphur compounds that may help reduce risk of cancers and eliminate ageing toxins; papaya and tomatoes provide colourful carotenoid antioxidants that prevent harm to fatty body areas like skin, liver, eyes, brain and heart, and lettuce provides the mineral, silica, to help ward off wrinkles.

1 crisp lettuce
 ¼ small white cabbage
 2 papayas
 2 tomatoes
 25 g/1 oz peanuts, roughly chopped
 4 spring onions, trimmed and thinly sliced
 basil leaves, to garnish

DRESSING
 4 tbsp extra virgin olive oil

1 tbsp fish sauce or light soy sauce
 2 tbsp lime or lemon juice
 1 tsp dark muscovado sugar
 1 tsp finely chopped fresh red or green chilli

Method

- To make the dressing whisk together the oil, fish sauce, lime juice, sugar and chilli. Set aside, stirring occasionally to dissolve the sugar.
- Shred the lettuce and white cabbage, then toss together and arrange on a large serving plate.
- Peel the papayas and slice them in half. Scoop out the seeds, then slice the flesh thinly. Arrange on top of the lettuce and cabbage.
- Soak the tomatoes in a bowl of boiling water for 1 minute, then lift out and peel. Remove the seeds and chop the flesh. Arrange the tomatoes on top of the lettuce and cabbage.
- Scatter the peanuts and spring onions over the top. Whisk the dressing and pour over the salad. Garnish with basil leaves and serve at once.



FRUITY STUFFED PEACHES

Serves 4

Blueberries and raspberries are exceptionally high on the ORAC (Oxygen Radical Absorbance Capacity) scale. This measures their ability to destroy ageing free radicals – damaged molecules that damage DNA and cause inflammation – two major hindrances to staying young. It is their red/purple antioxidant proanthocyanidins, found in all berries and apples, that are particularly potent. With peaches, this recipe also provides a vitamin C boost that promotes good circulation and healing of all body structures for optimum memory, heart health and skin vitality.

4 ripe but firm peaches
 140 g/5 oz blueberries
 115 g/4 oz raspberries
 150 ml/5 fl oz freshly squeezed orange juice
 1–2 tsp good-quality clear honey, or to

taste
 1 tbsp brandy (optional)
 200 ml/7 fl oz live Greek yogurt
 1 tbsp finely grated orange rind

Method

- Preheat the oven to 180°C/350°F/Gas mark 4. Cut the peaches in half and remove the stones, then place peaches in a shallow ovenproof dish.
- Mix the blueberries and raspberries together in a bowl and use to fill the hollows left by the removal of the peach stones. Spoon any extra berries around.
- Mix together the orange juice and honey, and brandy if using, in a small bowl and pour the mixture over the fruit. Blend the yogurt with the grated orange rind in another bowl and leave to chill in the refrigerator until required.
- Bake the berry-filled peaches for 10 minutes, or until the fruit is hot. Serve with the orange-flavoured yogurt.



WIN

We've got three copies of Charlotte's *100 Foods To Stay Young* to give away, courtesy of our pals at Parragon. If you'd like to win a copy, click **HERE** and tell us: what juice does Charlotte recommend drinking to alleviate dehydration?

100
 Foods to Stay Young



100 Foods To Stay Young is published by Parragon at £9.99

GOAN-STYLE SEAFOOD CURRY

Serves 4–6

Coconut has a reputation as a high-fat food, but we can't store its MCTs (Medium Chain Triglycerides) as fat, instead they help raise metabolism and keep weight under control. They also have immune supporting properties and aid digestive health. This curry is packed with protective antioxidants, from the veggies to the spices, and the fish provides good quality protein to help the continual body repair that stops premature ageing.

3 tbsp groundnut or coconut oil
 1 tbsp black mustard seeds
 12 fresh curry leaves (or 1 tbsp dried)
 6 shallots, finely chopped
 1 garlic clove, crushed
 1 tsp ground turmeric
 ½ tsp ground coriander
 ¼–½ tsp chilli powder
 140 g/5 oz creamed coconut, grated and dissolved in 350 ml/12 fl oz boiling water
 500 g/1 lb 2 oz skinless, boneless white fish, such as monkfish or cod, cut into large chunks
 450 g/1 lb large raw prawns, shelled and deveined
 finely grated rind and juice of 1

lime
 salt
 lime wedges, to garnish

Method

- Heat the oil in a karahi, wok or large frying pan over high heat. Add the mustard seeds and stir them around for about 1 minute, or until they jump. Stir in the curry leaves.
- Add the shallots and garlic and stir-fry for about 5 minutes, or until the shallots are golden. Stir in the turmeric, coriander and chilli powder and continue stir-frying for about 30 seconds.
- Add the creamed coconut. Bring to the boil, then reduce the heat to medium and cook, stirring, for about 2 minutes.
- Reduce the heat to low, add the fish, and simmer for 1 minute, stirring the sauce over the fish and, very gently, stirring it around. Add the prawns and continue to simmer for 4–5 minutes until the fish flesh flakes easily and the prawns turn pink and curl.
- Add half the lime juice, then taste and add more lime juice and salt to taste. Sprinkle the lime rind over, garnish with lime wedges, and serve.

