



## New Year New You

### Healthy eating

The traditional French diet is healthier than British grub as it's lower in saturated fatty acids and rich in dietary fibre, mostly due to the fact that French people tend to cook at home rather than using convenience foods. If you enjoyed a few too many Christmas indulgences, it may be time to 'French it up' a bit in the kitchen...

**1 Passion for prunes:** For a taste of Bordeaux with added antioxidants, make yourself an *Agen provocateur*. Designed by sommelier Quentin Sadler, the delicious 'mocktail', created using Sunraysia pure squeezed fruit juice (made from Agen prunes), sparkling apple juice, ground ginger and lemon zest, offers amazing internal cleansing benefits to help restore the body's natural balance. Sunraysia is available in Waitrose and Morrisons, and you can find the mocktail recipe on the website below.  
[www.sunraysia.co.uk](http://www.sunraysia.co.uk)

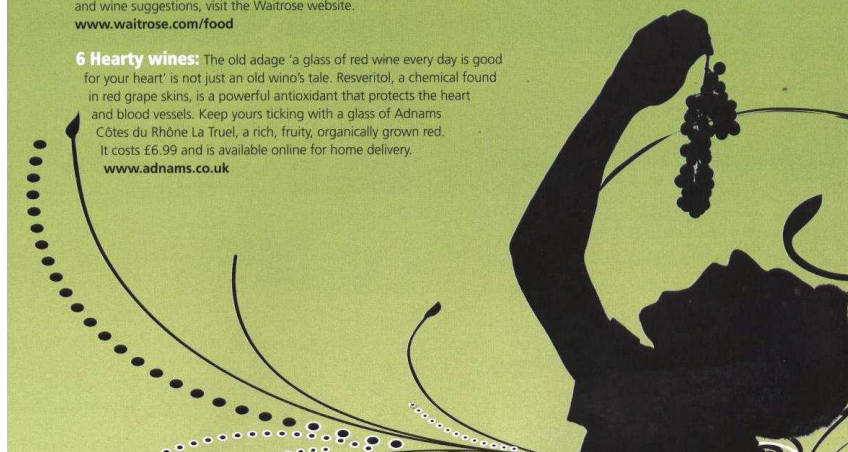
**2 Granola goodness:** Replace those morning fry-ups with a crunchy bowl of LoveDean Granola, a delicious toasted cereal enriched with natural oils and nuts. This tasty treat originated in the Alps, where health-conscious mum of three Lucy O'Donnell went skiing with her family and was so impressed with the yummy granola cereals on offer that she decided to create her own. Several awards later and with new additions including juicy cranberries, LoveDean has now become the *munch du jour* for all health-conscious nut-heads.  
[www.lovedeanlarder.com](http://www.lovedeanlarder.com)

**3 Oil Provençale:** Olive oil makes a great alternative to lard or butter and is rich in vitamin E. Boutique Provençale recently launched a new range of speciality virgin olive oils, including aniseed and fennel, chilli and *herbes de Provence*, and extra fine virgin oil. These are all ideal for dipping and can also add a certain *je ne sais quoi* when drizzled over salads, or brushed over meat and fish before grilling.  
[www.boutiqueprovencale.co.uk](http://www.boutiqueprovencale.co.uk)

**4 Euro stars:** Anyone attempting to change their eating habits will know that it's hard to go it alone. One French diet that has been causing a stir in the UK is the Eurodiet, a made-to-measure service that works out the best eating plan for you. Celebrity fans include chef Aldo Zilli and TV psychologist Dr Linda Papadopoulos.  
[www.eurodietuk.com](http://www.eurodietuk.com)

**5 Fishy dishes:** One of the reasons why the typical French diet is better for you is that it contains less red meat and more fish, which provides plenty of protein, minerals and vitamins. For some great fish recipes and wine suggestions, visit the Waitrose website.  
[www.waitrose.com/food](http://www.waitrose.com/food)

**6 Hearty wines:** The old adage 'a glass of red wine every day is good for your heart' is not just an old wino's tale. Resveritol, a chemical found in red grape skins, is a powerful antioxidant that protects the heart and blood vessels. Keep yours ticking with a glass of Adnams Côtes du Rhône La Truel, a rich, fruity, organically grown red. It costs £6.99 and is available online for home delivery.  
[www.adnams.co.uk](http://www.adnams.co.uk)



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