

Our favourite FOODS

Dietitians TELL!

Want to make healthier choices at the supermarket? Take a tip from these nutrition experts, says Patricia Flokis



If there was just one food you could eat for good health, what would it be? Here, top dietitians and nutritionists reveal their favourites and explain why these foods are always on their shopping list.

Vanessa Schuldt
dietitian and nutritionist

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Oats

"I'm a huge fan of oats, especially for breakfast. Make porridge with 40g of rolled oats and 125ml of reduced-fat milk and you'll get a good dose of wholegrains, almost 20 per cent of your daily protein needs, and 13 per cent of your daily fibre needs. Oats are also a great source of beta-glucan, a soluble fibre that's proven to help lower blood cholesterol levels. And being low-GI, oats help you to stay full for longer. I use fresh fruit like grated apple or mashed banana to naturally sweeten my porridge, or I add fresh mango, kiwifruit or fresh berries to my oat-based muesli. I also frequently add oats and oat bran to home-made muffins, breads and smoothies."

Emily Burgess
dietitian

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Nuts

"Nuts are my favourite food to recommend. All nuts are an excellent source of protein, and they're also a powerhouse of vitamins, nutrients and omega-3 fatty acids. They're easy to overeat, so keep to a handful a day. Raw and unsalted are the best choice. I recommend eating a mix of nuts because they all bring different nutrients to the table, but I love sprinkling pine nuts and cashews in my salads and adding hazelnuts and walnuts to my muesli. I also use ABC nut butter, which is a mix of almond, brazil and cashew nuts, as a spread on wholegrain toast as well as in a stir-fry as a satay sauce."



Tania Ferraretto
dietitian

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Passionfruit

"This is an amazing fruit. It has such an exotic and delicious taste and is higher in dietary fibre than any other fruit, gram for gram. It also provides a good amount of beta-carotene, potassium, vitamin C and B-group vitamins. I cut the tops off and eat the pulp with a spoon or I add it to smoothies or spoon it over yoghurt and pancakes. I also mix the pulp with water and gelatin for a healthy fruit jelly."

Dayne Crocker nutritionist

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Sweet potato

"SWEET POTATO IS HIGH IN VITAMINS A, C AND E AND BETA-CAROTENE. IT'S ALSO A GREAT FIBRE SOURCE. ONE MEDIUM SWEET POTATO WITH THE SKIN ON CONTAINS 5G OF FIBRE – 25 PER CENT OF YOUR DAILY REQUIREMENTS. I STEAM SWEET POTATO, CUT IT INTO LARGE CHUNKS AND THEN TOSS IT IN COCONUT OIL OR EXTRA VIRGIN OLIVE OIL ALONG WITH HERBS AND SPICES SUCH AS PARSLEY, TURMERIC, CAYENNE PEPPER AND CHOPPED CORIANDER. I PUT IT INTO A CONTAINER IN THE FRIDGE AND ADD IT TO MY SALADS." ▶

