

# The Sunday MUNCH

## Brain-boosting drinks

The American drinks range Neuro, blends science with natural ingredients and has celebrity fans including Lindsay Lohan and Paris Hilton. Choose from Trim, a weight-loss support drink, Bliss to boost your mood, Sport to help you re-hydrate after exercise, and Sonic to improve mental agility, priced £1.79 each.



## Spanish snacking



For healthier nibbles, try snacking on Spanish olives, which contain 37 calories per 25g compared to 140 calories for the same amount of crisps. They are packed with vitamins, antioxidants, fibre and heart healthy monounsaturated fats. Olives also help protect against body cell damage and have anti-inflammatory properties.

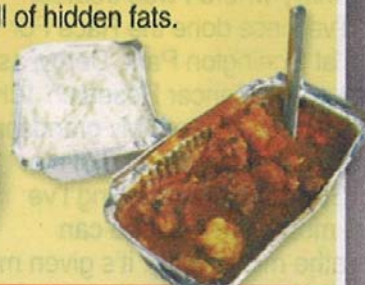
## Unhealthy lunchboxes

Just 1% of primary school children's packed lunches meet nutritional standards for school meals in England, according to a recent study. For easy to prepare lunches that kids will eat, Bernard Matthews Farms suggests their new chunky roast turkey and chunky tikka turkey, £1. Turkey is low in fat and contains vitamin B, iron and zinc.



## Saturday night bloaters

We might be on a health kick during the week – but most of us blow the diet on a Saturday night. A survey by Aviva Health found the top five diet busters are Chinese takeaways, crisps and nuts, chocolate, pizza and Indian takeaways, which are full of hidden fats.



Hot

Not

# 16

## Olives

Put on home-made pizzas or eaten as a bar. snack, olives are good for monounsaturated fats, phenolics and vitamin E, which are all important for artery health and long life.

