

## Energy boost

### Q What is a good breakfast option for energy?

**Yvonne says:** "Breakfast is the most important meal of the day. After an average eight hours of sleep, we are left with an empty tank that needs new energy foods to keep us going for the busy day ahead. Meals with a mix of protein, complex carbohydrates and healthy fats are energy-givers, and maximise nutrient intake."

"A top suggestion would be a low-GI food like a wholegrain cereal such as oatmeal. This is high in fibre, digesting slowly throughout the morning, keeping us full for longer. Prepare this with some semi-skimmed milk or almond milk, and add some walnuts and a few dried raisins or berries to give it more flavour."

"If you are on the go early in the morning, a smoothie can be a great energy giver. Combine dark berries, a banana, a kiwi and a large spoonful of quality peanut butter with a topping of flaxseeds. This smoothie is high in good fats and protein. Finally, a couple of poached eggs are a reliable source of protein on wholewheat toast with half an avocado on the side. This will provide long-lasting energy until your next meal."



### Q What changes can I make to my diet to avoid high cholesterol levels?

**Helen says:** "You are right to take steps to keep your cholesterol levels down. While this is needed for healthy body functioning, an excess contributes to the build-up of fatty deposits on the walls of your arteries, which can lead to a heart attack or stroke. Six out of every 10 people in the UK have high cholesterol levels, but the good news is that it is one of the risk factors for heart disease that you can actively do something about, and bringing your levels down and keeping them low is easier than you think."



"Getting your five-a-day is a good starting point - fruit that is fresh, frozen, tinned and dried all count. Limit saturated fat, which can be found in fatty cuts of meat, processed meats, fried foods, cakes and pastries. Replace saturated fat with unsaturated alternatives such as omega-3-rich oily fish, nuts and seeds, avocados and plant oil spreads using rapeseed and olive oil."

### Q Will cutting dairy from my diet stop my skin breakouts?

**Filip says:** "There are many factors behind acne breakouts, though emerging scientific evidence over the past decade has shown that nutrition plays a key role in skin health."

"Overall, low levels of some vitamins (E and C) and minerals (zinc, selenium and carotenoids) might contribute to acne, as these nutrients help fight free radicals that break down the skin's elastin, produce collagen, and repair skin damage."

"The scientific evidence on direct correlation between acne and dairy is not very clear, although it dates back to the 1800s."

"Dairy foods produce a high response of insulin and other hormones such as IGF-1, and alters inflammation, all of which can have a negative effect on acne outcomes. Cow's milk has been shown to increase IGF-1 levels by up to 20 per cent."

"Furthermore, it has been speculated that whey protein might promote acne, due to the insulin response caused when ingested. Another compound found in dairy known as betacellulin could worsen acne effects as it increases cell division and prevents cell death, thus hindering the process of new skin regeneration."



## Our Experts



Eva Killeen is a nutritionist who directs the Natural Chef Course at CNM (College of Naturopathic Medicine), [naturopathy-uk.com](http://naturopathy-uk.com)



Victoria Taylor is senior dietician at the British Heart Foundation, [bhf.org.uk](http://bhf.org.uk)



Dr Stacey Lockyer is a nutrition scientist at the British Nutrition Foundation, [nutrition.org.uk](http://nutrition.org.uk)



Yvonne Wake is a registered public health nutritionist, [wellbeingandlifestyle.co.uk](http://wellbeingandlifestyle.co.uk)



Helen Bond is a consultant dietician to Seven Seas, [helenbond.co.uk](http://helenbond.co.uk)



Filip Koidis is a clinical nutritionist at W1 Nutritionist, [w1nutritionist.co.uk](http://w1nutritionist.co.uk)

- Don't always trust claims made for 'superfoods' - check nutritional content
- Low-GI foods release energy slowly, and make good choices for breakfast
- Oats and barley are natural 'cholesterol busters' and are rich in fibre
- Limiting dairy may help with acne, but you still need protein, calcium and vitamins B2 and B12
- A balanced diet with every food group should give you all the nutrients you need