



DAVID FAIRLAMB THE FIT FACTOR

NUTRITION CORNER

Most people have danger times for food. Try to change your habits, if you snack late in the evening, eat half your evening meal at your usual time, then keep the other half for later instead of turning to unhealthy snacks



Don't miss David's tips every Saturday in your Journal

FOR years health experts have been saying breakfast is the most important meal of the day.

This can now be taken a step further as Chris Seal, professor of food and human nutrition at Newcastle University says: "Eating a simple bowl of porridge every day could transform the health of the nation, in one single step".

The health benefits of natural porridge oats, excluding the instant sachets, are huge, it provides

- More fibre than a slice of wholemeal bread
- It's low in fat
- Virtually sugar-free
- Contains minerals such as manganese, copper and iron, as well as the B vitamins
- Helps lower cholesterol
- Boosts your immune system
- Extends life expectancy
- Prevent blood sugar spikes

However, the soluble fibre in porridge is the real health boost-

ing benefit. Known as beta glucan, once digested it forms a thick gel-like substance in the gut which makes you feel fuller sooner. It is also the reason why porridge helps to balance your immune system, lower your cholesterol and help fight cancer.

Studies have found that eating 3g of beta glucan a day (around what you'd get in a 70g bowl of oats) can reduce your levels of harmful cholesterol by around 7% which is similar to the results you would expect to see from taking a statin, however, unlike a statin it has no potential side-effects.

A 14-year study from Harvard University, looked at the health of 100,000 people found that those who ate the most who-

legrains, such as porridge, seemed to be protected from many illnesses, including heart disease.

The research went on to say that regularly eating wholegrain could extend life your expectancy.

Of course, just because porridge has all these benefits doesn't mean you should eat monster portions, moderation is the key.

You can have it sweet by adding frozen or fresh fruits and rather than honey or syrup, cinnamon is a far healthier option. You can also have it savoury - eg add a pinch of sea salt, sprinkled with crushed walnuts and linseeds.

Porridge can be prepared with your choice of milk or simply with water suitable for vegans, vegetarians or anyone suffering from lactose intolerance. It will also help cut down on your calorie intake.

In England we are buying nearly twice as much porridge as we did 10 years ago. A porridge cafe has even opened in London.

A nation turning towards healthier choices is a positive sign.



Motivational quote of the day

*Watch your habits,
not your weight*

FITNESS TIP



We all enjoy working certain muscle groups compared to others. Make a bigger effort to train the muscle you neglect or are loath to train. Over time this will avoid muscle imbalance.