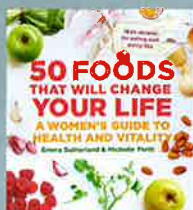


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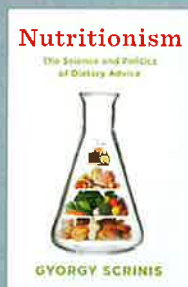
## READ

**50 FOODS THAT WILL CHANGE YOUR LIFE**  
**EMMA SUTHERLAND AND MICHELLE THRIFT**  
 \$35



Eat your way to wellbeing with this practical foodie guide, brought to you by nutritionist Emma Sutherland and home economist Michelle Thrift (she's a member of Fernwood Clayton!). From increasing your vitality and boosting your brainpower, to losing weight and preventing disease, these 50 familiar ingredients have a whole range of positive health effects. (They taste pretty great, too.) Including recipes and extensive nutritional information, plus tips for getting the fab 50 into your everyday diet, everything you need to know is at your fingertips.

**NUTRITIONISM**  
**GYORGY SCRINIS**  
 \$34.95



Not sure exactly what the paleo diet is? Questions about gluten-free? Or does the butter versus margarine debate just confuse you? Yep, you wouldn't be the only one.

Investigating the battle between low-fat, low-carb, low-calorie and low-GI weight-loss diets, the limitations of dietary guidelines, and the search for the optimal diet – from Mediterranean and vegetarian to paleo diets – *Nutritionism* argues that, really, we should just be focusing on food quality.

## CLICK

### BOOTCAMP FOR YOUR BRAIN

Check out new Aussie education initiative Open2Study ([open2study.com.au](http://open2study.com.au)), offering free online education for everyone – yes, everyone. With a variety of subjects being taught by a range of tertiary institutions including RMIT, Macquarie University and TAFE NSW, it's a fantastic way to keep your mind as active as your body.

Subjects run for four weeks, and students can expect compelling and engaging content such as videos, animations, simulations and quizzes. Our pick? "Food, Nutrition and Your Health", which looks at the benefits of various diets, and touches on the development of eating disorders.

## SEE

### RED 2

Retired black-ops CIA agent Frank Moses (Bruce Willis) reunites his unlikely team of elite operatives – including former colleague Marvin (John Malkovich), ever-deadly Victoria (Helen Mirren) and Frank's beloved Sarah (Mary-Louise Parker) – for a global quest to track down a missing portable nuclear device. Yes, it's a sequel, but with the star-studded cast (it also stars Catherine Zeta-Jones, David Thewlis and Anthony Hopkins) it's sure to be a good one. In cinemas August 8.



### ELYSIUM



It's 2154, and two classes of people exist: the very wealthy, who live on a pristine, man-made space station called Elysium, and the rest, who live on an overpopulated, ruined Earth. Those on Earth are desperate to escape, and Max (Matt Damon), an ordinary guy with a desperate need to get to Elysium, is their best hope. Also starring Jodie Foster. In cinemas August 15.

We've got 10 double passes to *Elysium* to give away. To enter, email your name and contact details to [fernwood@mediagiants.com.au](mailto:fernwood@mediagiants.com.au), with "Elysium" in the subject line, by June 30.

WIN

## DOWNLOAD

### NEW FROM THE APP STORE

#### Clean Eating \$2.99 >>

With a calendar planner, shopping list (which you can email) and tips on building a clean pantry, plus 73 clean eating recipes (and more coming) complete with nutritional breakdown, this app is a fantastic starting point if you're trying to eat clean, without the confusion.

