



nutrition *now.*



THREE NEW SUPERFOODS

In her new book *50 Foods that will Change your Life* (Penguin, \$35), nutritionist Emma Sutherland reminds us of some forgotten healthy foods, such as:



OCEAN TROUT

Why? It contains high levels of lysine, an amino acid which may help prevent cold sore breakouts.

Try: as a replacement for meat in lasagne or grilled and served with potato salad.



DATES

Why? They're fibre-packed. One pitted date contains five per cent of your RDI.

Try: soaked overnight and added to your morning porridge.



WATERCRESS

Why? It's super-rich in vitamin K, essential for avoiding early ageing and osteoporosis.

Try: added to Asian-style soups or in quiche along with goat's cheese.