



Be healthy top-to-toe

Brain

KEY FOODS

- Pumpkin seeds** rich in zinc, to lift brain fog
- Walnuts** for brain-friendly fats
- Eggs** for better short-term memory
- Wholegrains** to improve concentration
- Blueberries** for anti-ageing effects
- Broccoli** contains brain-boosting vitamin K

KEY FACTS

Overeating, poor memory, learning disorders and depression have all been linked to the over-consumption of sugar.

Heart

KEY FACTS

Brand-new research may have uncovered an appetite 'switch' in the brains of animals. Researchers believe sugar levels in the bloodstream trigger the switch when we're full – but when the switch fails, it leads to overeating. More studies are needed to say conclusively whether this is the case in humans, but it could be yet another reason to avoid eating excess sugar.

Heart

KEY FACTS

Experts from The British Heart Foundation champion a balanced, Mediterranean-style diet, rich in fruits, vegetables, fish and pulses as the key to keeping your heart healthy.

Digestion

KEY FOODS

- Spinach** contains artery-protecting folate
- Seeds** including coriander and flaxseed, help to manage cholesterol levels
- Warming spices** like turmeric and cumin reduce inflammation and protect the cardiovascular system
- Oily fish** prevents blood clots and boosts flow

Digestion

KEY FACTS

From kimchi to kombucha, fermented foods are becoming hot news. They're natural sources of beneficial bacteria, which promote good digestion, boost immunity and increase your resistance to infection.

Kiwifruits contain collagen-creating vitamin C, for that essential youth boost

Almonds for skin-protective vitamin E

Eggs are packed with carotenoids and selenium for a healthy scalp and skin

KEY FOODS

Avocados moisturise from the inside out

Tomatoes for protective antioxidants, which provide natural UV protection

KEY FACTS

Studies have found that carotenoids, the antioxidants in brightly coloured fruit and veg, can reduce the skin's sensitivity to the sun. Lycopene, found in red fruit and veg, acts as your skin's internal SPF, while orange choices, like sweet potatoes and carrots, provide beta-carotene, which we convert to skin-vital vitamin A.

Hair & skin

KEY FACTS

Give your hair a deep, nourishing treatment every two weeks with a homemade mask. Whisk an egg yolk, mix with half a mashed avocado and a spoonful of honey. Massage onto damp, clean hair. Leave for 30 minutes, then rinse thoroughly.

Hair

Digestion

KEY FOODS

- Beans & pulses** to keep you regular
- Mint & ginger** relieve indigestion and soothe the stomach
- Alliums** like leeks, onions and chives, provide gut-friendly fibres
- Cumin & coconut oil** stimulate digestive juices and reduce bloating
- Pineapple & papaya** help to break down proteins for easier digestion
- Bio-yogurt** tops up beneficial gut bacteria

Digestion

KEY FACTS

Staying active is key for overall health. Building muscle tone in your legs and back is also crucial for maintaining good posture and preventing problems later in life.

Fitness

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Fitness

KEY FOODS

- Green veg** provides calcium for nerve and muscle function
- Coffee** before exercise will boost your workout and you'll feel less tired afterwards
- Bananas** contain potassium, which can help with muscle cramps
- Beetroot juice** packed with dietary nitrates for an energy boost and to help prolong endurance

Fitness

KEY FACTS

It's never too early to invest in the health of your joints. By our mid-30s, we start to lose muscle mass, which helps to support joints and ligaments, protecting them from damage. Dietary protein is key for building healthy connective tissue; too little may lead to loss of muscle mass and, as a result, diminished strength and an increased risk of injury.

Joints

KEY FOODS

- Kale** provides powerful antioxidants, like vitamin C, and damage-reducing sulforaphane
- Chia seeds** the richest plant source of anti-inflammatory omega-3 fats
- Ginger & turmeric** help relieve swelling and joint pain
- Green tea** contains collagen-protecting compounds
- Oily fish** like salmon and mackerel contain high-quality protein to help muscles recover and repair
- Pomegranate seeds** contain anti-inflammatory flavonols

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