

Health in a Hurry

Fast food has become part and parcel of our hectic lives, but you can choose the better of two evils.



PEANUT BUTTER VS CHEESE SANDWICH: Go with the peanut butter. It offers protein and good fats (mono- and polyunsaturated), which help fight heart disease.



HAMBURGER VS HOT DOG: A burger is lower in saturated fat, and contains a healthy dose of B vitamins and protein, more so than a processed hot dog.



FISH CAKES VS CHICKEN NUGGETS: Fish cakes contain omega-3 fatty acids, which are critical for neurological development – without a doubt better brain food.



PIZZA VS PIE: A thin-based pizza with a small portion of cheese, and sauce made from puréed vegetables and tomato, is far better than a pie – or even pasta, for that matter. –WEIGH-LESS SA



FOOD FACT:

Dried Fruit Delights

April isn't the best month for fresh fruit. So try a tried and tested alternative: Dried fruit, which is a good source of carbohydrates, as it is high in natural sugars. It keeps your blood sugar stable, which fights off hunger pangs. It is low in kilojoules, is a good source of iron and its fibre aids digestion. For a burst of energy, keep a bag on your desk. –sadfoods.co.za

GREAT IDEA:

Ergo Tilt

ANGLING YOUR LAPTOP correctly (so it's not flat) can help ease stress on your wrists, reducing problems such as carpal tunnel syndrome. The Ergo-Tilt™ laptop stand also keeps users heads up, and backs and necks relaxed. For more information and to place orders, visit ergo-tilt.com



The 28-Day Myth