

Women's Health

BEST

FOOD AWARDS

Imagine having a nutritionist on hand to guide you through the supermarket aisles on your weekly shop, recommending the healthiest, most ethical products you could possibly buy... Alternatively, rip out these pages and take them with you for reference

The judging panel[†]



Amanda Ursell
Nutritionist and health columnist



Rob Hobson
Nutritionist, food consultant and co-author of *The Detox Kitchen Bible*



Ian Marber
Nutritional therapist, author and co-creator of *The Food Doctor*



Hannah Richards
Diagnostic nutritionist, co-director of *Move Three Sixty*



Miguel Toribio-Mateas
Nutritional therapist and chairman of Bant*



Rosemary Ferguson
Naturopath, author of *Juice* and WH resident nutritionist

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In the cupboard

The must-buy staples every larder needs



PASTA
BY SAINSBURY'S
WHOLEWHEAT
PENNE, 85p

At: Sainsbury's
"Not all wholemeal pastas are created equal and this one has less fat and sugar than others on the market." **IM**



NUT BUTTER
MERIDIAN
ORGANIC ALMOND
BUTTER, £2.79

At: various supermarkets
"This contains no palm oil (notorious for being high in saturated fat) and is full of magnesium – a mood-regulating nutrient women are often deficient in." **HR**



ALTERNATIVE FLOUR
DOVES FARM BROWN RICE FLOUR, £1.65
At: Tesco, Ocado

"Brown rice flour is high in fibre, rich in magnesium and has a similar texture and taste to the white stuff." **RH**



COLD
OIL
ODYSEA GREEK
EXTRA VIRGIN
OLIVE OIL, £2.99

At: Asda
"Olives grown under intense sunlight – like the ones in this variety – have the highest polyphenol content, linked to heart health." **MTM**



SUGAR ALTERNATIVE
CANDEREL SWEETNESS FROM
A LEAF, £2.89

At: various supermarkets
"Popular sugar alternatives can be high in fat-producing fructose. But this uses fructose-free stevia, a naturally occurring sweetener." **AU**



BEANS
SAINSBURY'S
SO ORGANIC
RED KIDNEY
BEANS, 75p

At: Sainsbury's
"High in fibre and lower in calories than other varieties. This carton version avoids the industrial chemicals associated with metal tins." **RH**



GRAINS
WAITROSE LOVE
LIFE QUINOA &
FREEKEH, £1.89

At: Waitrose, Ocado
"Mixing grains means a more complete protein profile on your plate. This also contains magnesium, iron and omega-3s – it's a good base for healthy meals." **IM**



GLUTEN-FREE
PASTA/NOODLES
CLEARSPRING
BUCKWHEAT SOBA
NOODLES, £4.85

At: Ocado, Planet Organic
"Packed with protein, helps balance cholesterol and won't cause blood sugar spikes. Winner." **HR**



RICE
WAITROSE LOVE
LIFE BROWN
BASMATI, RED
CAMARGUE & WILD
RICE, £2.05

At: Waitrose, Ocado
"Brown basmati is low GI and this blend is higher in fibre, antioxidants and protein than standard." **HR**



COOKING OIL
LUCY BEE FAIR
TRADE EXTRA VIRGIN
ORGANIC RAW
COCONUT OIL, £9.95

At: Sainsbury's, Asda
"Its medium-chain fatty acids can help up metabolism. Extra-virgin trumps refined, which may include other unhealthy oils." **HR**



BREAD
VOGEL'S SOYA & LINSEED BROWN BREAD, £1.50

At: various supermarkets

"The linseeds and wholemeal flour provide a good source of fibre, and unlike other packaged breads, it's not too high in salt." **HR**



LENTILS
MERCHANT
GOURMET
FRENCH PUY
LENTILS, £2.94

At: various supermarkets
"A lean source of protein and rich in fibre and iron (almost 25% of women have low intakes of both)." **RH**



GLUTEN-FREE
BREAD
GENIUS TRIPLE-
SEEDED LOAF, £3

At: various supermarkets
"Low in salt and high in fibre, it doesn't have that horrible crumbly texture of many gluten-free breads we trialled." **RH**



GRANOLA
RUDE HEALTH
THE ULTIMATE
ORGANIC
GRANOLA, £5.09

At: various supermarkets
"Not too high in sugar (4.4g per serving) with prebiotics from the almonds." **MTM**

In the fridge

Dairy and its lactose-free alternatives

NON-DAIRY MILK

OATLY, £1.39

At: various supermarkets
"Oatly has an organic and non-GMO certificate – unlike other milk alternatives out there. Beta-glucans in oats have also been shown to provide cardiovascular protection." **MTM**



DAIRY MILK YEO VALLEY ORGANIC WHOLE MILK, £1

At: various supermarkets
"Organic milk has more vitamin E and omega-3s than non-organic. And full fat in coffee will stop your cortisol spiking." **HR**



NON-DAIRY YOGHURT CO YO NATURAL COCONUT MILK YOGHURT, £1.99

At: Ocado, Tesco
"Made using organic coconut milk without added sugar or sweetener. Contains a mix of plant-based probiotics." **RF**



YOGHURT RACHEL'S ORGANIC GREEK STYLE NATURAL BIO-LIVE YOGURT, £2

At: various supermarkets
"You're more likely to be satisfied with a bowl of yoghurt if it has a higher fat content – plus, full-fat types have less sugar." **HR**



All the proteins

Whether you're carnivore, veggie or pescatarian, here's the very best



FISH TESCO WILD PACIFIC SOCKEYE & COHO SALMON, £4 PER 200G SERVING

At: Tesco
"A fantastic source of omega-3, it also offers vitamin A and almost half your RDI of selenium, essential for immunity." **IM**



RED MEAT EVERSFIELD ORGANIC BEEF FILLET STEAK, £10.22

At: Ocado
"Beef is one of the best-absorbed forms of iron. And 100% grass-fed beef offers four times the omega-3s of grain-fed." **IM**



LEAN PROTEIN MORRISONS ORGANIC CHICKEN BREASTS, £4.54

At: Morrisons
"This lean cut contains zinc for fertility, thyroid health and immunity. These chickens are mobile housed, which improves nutritional quality." **IM**



MEAT SUBSTITUTE QUORN MINCE, £2.70

At: various supermarkets
"Healthy, accessible and easy to use, Quorn is low in saturated fat and high in zinc. Also a good source of fibre to help aid weight loss and keep your heart healthy." **RH**



CANNED FISH FISH 4 EVER MACKEREL, £1.70

At: Ocado
"Tinned fish is a quick protein hit. This range does responsible sourcing and mackerel is packed with omega-3s." **HR**



AFFORDABLE CUT SAINSBURY'S BRITISH FREE RANGE TURKEY MINCE, £3.50

At: Sainsbury's
"A good lean protein high in tryptophan, a precursor for mood-boosting serotonin." **RF**

On the go

From speedy suppers to take-away lunches, these are the top quick fixes



SALAD POT
M&S SUPER WHOLEFOOD SALAD, £3
At: M&S

"Packed with soluble fibre from edamame beans to keep your blood-sugar levels stable as well as protein for satiety." AU



READY MEAL
AMY'S KITCHEN GLUTEN FREE CHINESE NOODLES AND VEGGIES, £3.50
At: various supermarkets
"With carrots, broccoli and shiitake mushrooms, there's an impressive array of nutrient-dense ingredients." HR



FRESH SOUP
SOUPOLOGIE SUPER SOUP ANCIENT GRAINS, £2.99
At: Ocado
"Provides two portions of vegetables and a mix of fibre- and protein-rich grains. You'll be the envy of the al desko crowd." MTM



ONE-POT WONDER
SOULFUL ONEPOT BUTTERNUT, LENTIL & SPINACH HOTPOT, £3.49
At: Ocado
"Spinach provides dietary folate for energy, while lentils and butternut squash are a great source of vegetable protein." MTM



BEST SUPERMARKET SUSHI BOWL/PLATTER
TAIKO SUSHI BROWN RICE NIGIRI, £4

At: Waitrose
"Choosing a brown rice means more fibre, and this platter is low in sugar and reasonable on carbs." AU

Drinks

Liquid refreshments that come with a nutritional punch



COFFEE
GRUMPY MULE FAIR TRADE ORGANIC COLOMBIA GROUND, £4.59

At: Ocado, Waitrose
"Dark roast coffee has been shown to reduce body weight, compared with a light roast, and ups levels of antioxidants and vitamin E." MTM



TEA
PUKKA SUPREME MATCHA GREEN, £2.39

At: various supermarkets
"A great blend, matcha tea packs more antioxidants than regular green tea." MTM



FIZZY DRINK
CAWSTON PRESS ELDERFLOWER LEMONADE, 99p

At: Ocado, Waitrose
"This contains the benefits of apples – polyphenols, such as quercetin and vitamin C – and the lemon is alkalising." RF



NEW-WAVE WATER
UNOCO RAW COCONUT WATER, £1.99

At: Ocado
"This is a natural, raw product from an ethical British brand. It's processed using a high-pressure technique that preserves more nutrients." RH



REFUEL DRINK
USN PROTEIN FUEL, £2.40

At: Sainsbury's
"This has a shorter ingredients list and lower sugar content than its competitors, though I'd still limit consumption to twice a week tops." MTM



RED WINE
THE CO-OPERATIVE FAIRTRADE ARGENTINE CABERNET SAUVIGNON, £6.99

At: The Co-operative
"Argentinian reds are high in proanthocyanidins, which protect against heart disease." HR



JUICE
PLENISH MIND BODY GREEN COLD PRESSED JUICE, £5.95

At: Ocado, Planet Organic
"A juice made up of water-based vegetables, like cucumber and romaine lettuce. This is 100% organic and cold-pressed." MTM



Health boosts

Added extras to restore, re-energise and refuel



PROTEIN ENERGY BAR
MAXINUTRITION PROGAIN FLAPJACK, £1.80
At: Holland & Barrett
"Has added probiotics, which help metabolise sugars and boost gastrointestinal health, needed in protein-rich diets." **MTM**

SPRINKLE
LINWOODS MILLED FLAX SUNFLOWER PUMPKIN & SESAME SEEDS & GOJI BERRIES, £5.79
At: Sainsbury's, Tesco, Ocado
"Used in smoothies and soups, it's a great way to add protein to your diet." **RF**

GREEN POWDER
VITAL JUST GREENS, £17.95
At: Boots
"A great source of nutrients from greens, including folate and antioxidants, with a lovely flavour!" **MTM**

PROTEIN POWDER
SUN WARRIOR CLASSIC RAW VEGAN PROTEIN, £44.90
At: Ocado
"Delivers a full spectrum of proteins, nutrients, vitamins, plant enzymes and amino acids without the use of dairy, gluten, binders and fillers." **HR**



Snacks & sweets

The sin-free fun stuff



CRACKERS
RAW HEALTH FLAX PUMPKIN CRACKERS, £3.99

At: Ocado, Planet Organic
"Damn tasty and rich in protein, so very satisfying. The fact they're raw ensures the omega fats are not damaged, providing top cellular protection." **MTM**



NUTS
SAINSBURY'S SO ORGANIC MIXED NUTS, £4

At: Sainsbury's
"A well-balanced combo that's organic, wholesome and economical. It doesn't contain peanuts, which are harder to digest." **MTM**



CRISPS
MORRISONS NUMÉ BEETROOT CRISPS, 70p

At: Morrisons
"These contain beet and a touch of vitamin C – that's it. Beetroot is a terrific source of nutrients including potassium, iron, magnesium and antioxidants." **MTM**

Fruit & veg

Yep, of these all-natural winners, these are extra-special ones



SALAD BOOSTER
GOOD 4 U QUINOA SPROUT MIX, £1.25
At: Sainsbury's

"Sprouts are a great source of phytoestrogens to help with PMS and are a good source of protein for vegans." **RH**



FRUIT POT
M&S SUMMER BERRIES, £2.50
At: M&S

"Berries are rich in antioxidants – especially dark types like blueberries and blackberries – which fight free-radicals." **RF**
"The first I've seen with green veggies and fruit. Gives you five smoothies in one pack." **RH**



SALAD
MORRISONS SPINACH, WILD ROCKET, RED & RUBY CHARD, £1

At: Morrisons

"Spinach and rocket are rich in iron and magnesium. One chard leaf gives 25% of your daily recommended vitamin C." **IM WH**

