



## HOW TO EAT WELL: Part 2

### November – get set for winter

Here are some seasonal foods to make you feel great!

#### **Hazelnuts/cobnuts**

A healthy snack. Half a dozen make a good snack, with protein, fat and carbohydrate in balance. Good fat too – hazelnuts are high in mono-unsaturates\* and low in saturated fat. They are mineral-rich too.

#### **Pumpkins**

Rich in carotenes\*, which are antioxidants that stop you going rancid! You can also make vitamin A from carotenes. And see my article on pumpkins – [www.tranzformations.co.uk/pumpkins-diabetes.php](http://www.tranzformations.co.uk/pumpkins-diabetes.php). Pumpkins benefit from adding some herbs and spices for flavour. Try cinnamon or nutmeg to make a delicious pumpkin pie.

#### **Apples**

An apple a day ... is rich in vitamin C, fibre and flavonoids\*. Eat some local apples or a variety you haven't tried before. They all taste different. And they do you good.

**Hint** – apple and cheese go together. Combine chopped apple with slivers of local cheese and some fresh granary bread for a simple, delicious ploughman's lunch. If you like full-flavoured cheeses try Doddington Cheese - [www.doddingtondairy.co.uk/doddcheese/index.asp](http://www.doddingtondairy.co.uk/doddcheese/index.asp), our latest discovery from Northumberland. Just right after a long walk in the autumn sunshine!

Best wishes for a great autumn.

*Liz*

Offering health and wellness coaching to all

\*Source – Dietplan6 by Forestfield Software Ltd, using data from the UK Nutrient Databank.