

# Staying healthy during the Easter egg-stravaganza

With Easter just around the corner, and the shops full of chocolate, hot cross buns and other tempting treats, it's easy to get side-tracked and forget about healthy eating. Local nutritionist Rebecca Weller has advice on hand to keep you on track

Being healthy during Easter doesn't mean you have to go without your favourite foods. Easter, after all, is a time for celebrating with family and friends, and eating is part of the celebration.

By making a couple of small achievable changes, you can have a guilt-free Easter surrounded by delicious food. Of course you can have some chocolate, but try and track down some organic dark chocolate; the higher the cocoa content, the higher the level of health-enhancing anti-oxidants.

Teenagers often enjoy a CD or music download voucher just as much as chocolate (and their dentist will certainly thank you). Younger children are often happy with one or two eggs and perhaps a favourite book, comic or even a cinema ticket, which will keep them occupied during the holidays.

A couple of days before the Easter break it is worth jotting down an Easter menu plan – if you have an idea of what you are going to eat each day, you will be less likely to end up grabbing a ready meal or take-away. Shopping online is time-saving and makes it easier to avoid the calorie-laden temptations that pack the supermarket aisles at this time of year.

## Some ideas for a guilt free Easter Sunday

### Breakfast

- Oat and seed muesli or home-made granola with vanilla yoghurt and fresh berries.
- Including some slow release carbohydrates such as oats will boost your energy levels during the day.
- Or for a real treat, try some smoked salmon and scrambled eggs on a granary seed bagel. Having some protein at breakfast will keep you feeling fuller longer, and make it easier to resist chocolate treats.



### Lunch

- Go for a lighter option such as poached salmon – you could serve this with watercress and crème fraiche sauce, some new potatoes and fresh broccoli. Oily fish is packed full of brain boosting omega 3 fats, and watercress and broccoli are a great non-dairy source of calcium, the mineral needed for healthy bones.
- For a more traditional choice, try new season English lamb with potatoes, and sweet potatoes, rich in fibre and full of iron, roasted together with garlic, rosemary and a little olive oil. Add some lightly cooked spring cabbage and steamed carrots and you have a traditional roast with a healthy twist.
- For pudding try a slice of rich homemade almond sponge cake, this is very filling and a little goes a long way. Try serving with delicious rhubarb compôte, lightly spiced with ginger. Ginger is a wonderful way to end a meal and can help digestion.

### Tea-time and beyond

Easter wouldn't be Easter without hot cross buns. Most supermarkets now sell wholemeal or low fat varieties, but try not to smother with too much butter, as this piles on the calories – instead drizzle on some fragrant local honey.

Lastly, and most importantly of all, relax and enjoy yourself!

**Rebecca Weller** is a nutritional therapist and health writer who practises in Haslemere.

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## Your teeth matter

Dental care is more important than ever, yet many people are still too afraid, or cannot afford, to go to the dentist. *Life in Haslemere* has teamed up with the Haslemere Dental Centre (HDC) in Wey Hill, to offer readers the chance to voice any worries about oral health they might have, but haven't been able to get onto a local dental register to do so

Dr Barry J Oulton (pictured) obtained his Masters level at the Aesthetic Advantage in West Palm Beach, Florida and was taught by New York based Dr Larry Rosenthal, whose patients include the likes of Catherine Zeta Jones and Michael Douglas.

He travels internationally to teach on the Aesthetic Advantage courses.

He qualified from the University of Leeds in 1993. After completing a postgraduate year near Liverpool,



he moved to London and worked in and around the city until launching Haslemere Dental Centre in September 1999. After studying for a further three years he was awarded the Diploma in

Postgraduate Dentistry by the University of Bristol.

He is committed to continuing education and the experience he has allows him, with the help of his committed team, to provide the highest quality of care.

Barry has had the practice for 10 years, and lives in Haslemere with his two daughters.

If you have any questions for Barry about your dental health, no matter how big or small, you can write in to *Life in Haslemere* magazine, where Barry will be only too pleased to help you with your worry.

Send your questions to: Ask the Dentist, Life Magazines Ltd, 22 High Street, Petersfield, GU32 3JL

Advice will be published in a future issue of the magazine.