



## A JUICE A DAY...

Dr Christian Jessen gives his seal of approval to AOK antioxidant juice. AOK ([www.aokdrinks.com](http://www.aokdrinks.com)) is a delicious red grape, cherry, aloe vera and ginger drink. Each 250ml bottle contains your daily recommended amount of antioxidants (3,600 ORAC units) and just 145 calories. AOK is available to buy at selected Waitrose stores nationwide and Ocado.com. Channel 4's respected celebrity doctor, Christian Jessen, says: "Unlike many other juices, AOK supplies the body with multiple antioxidants, substances that may protect your cells against the damaging effects of free radicals. These are molecules that can damage cells and may play a role in heart disease, cancer, ageing and other diseases".



Sourced from family farms across Yorkshire and the Midlands, St Helen's Farm Goats' Milk is packed fresh every day. Deliciously mild, and gentle on the stomach, it is a great alternative for cows-milk avoiders, or those who simply love the clean, fresh taste of top quality milk. Try whole, semi-skimmed or skimmed from most Sainsbury's and Tesco stores. To see a tempting range of other products made with goats' milk, including yogurts, butter and cheese, go to [www.sthelensfarm.co.uk](http://www.sthelensfarm.co.uk) You can then sign up for a regular email newsletter that keeps you in touch with life on the farm.

# Eat, Drink and be Healthy

## Snack Healthily

Eat Natural, makers of the best-selling fruit and nut bars, smugly unveil their new 70% Dark Chocolate, Brazil and Apricot bar - a deliciously exotic mix of brazils, sundried apricots, juicy cranberries, pumpkin seeds and tropical coconut, on a bed of intense dark chocolate.

## Goodness of Oats

Start your new year the right way with White's Organic Jumbo Oats. 100% natural and full of wholegrain goodness, these thick cut oat flakes make a delicious hearty bowl of porridge, perfect for the cold winter mornings. What's more, porridge oats are a well known super food providing you with a range of nutritional benefits to help you stay fit and healthy.



Also great as a base for cooking and baking White's Organic Jumbo oats are available in Waitrose, Sainsburys (Scotland), Holland and Barrett and all good food stores across Northern Ireland. [www.whitesoats.com](http://www.whitesoats.com)



Harriet Gregory, who created the sumptuous new bar at the Eat Natural Makery, reckons it's always good to imagine you're on a tropical beach even if in reality you're behind a desk or stuck on the M25. Eat Natural's NEW Dark Chocolate, Brazil and Apricot bar, RRP 75p for a single bar or £1.99 for a pack of 3, available in most supermarkets. [www.eatnatural.co.uk](http://www.eatnatural.co.uk)