

# Nutrition CLINIC

PRACTICAL EXPERT ADVICE FOR  
YOUR HEALTH AND DIET DILEMMAS

**I've been feeling very tired lately. Can you recommend some healthy foods to help me keep my energy levels up?**

**Katherine Kimber says:** 'Whilst no single food including those labelled as 'superfoods' can give you an energy boost, eating small amounts regularly (every 3 to 4 hours), can help. Incorporating nutritious high fibre foods that offer a slow release of energy, will help prevent spikes and crashes in your blood sugar (e.g. oats, potatoes with skins, wholegrain bread/crackers, brown or wild rice, and wholegrain or lentil pasta). Snacks like fresh fruit paired with plain nuts or low fat yoghurt, edamame beans, and hummus with vegetable crudites are a good choice for keeping energy levels stable. Also, sipping fluids regularly and laying off the caffeine and alcohol (which affect your sleep) can help too'



**What does the phrase pre-diabetic mean? I'm hearing the phrase a lot in my circle of friends. Should I be worried?**

**Dr Emma Derbyshire says:** 'Pre-diabetic is a term given to people who are at high risk of developing type 2 diabetes. This is because their blood sugar level readings are high and they may also have high insulin levels, which means the insulin is not working efficiently enough to reduce the levels of glucose in the blood. If you or any of your friends have been told you're pre-diabetic by the doctor then you need to take immediate action. It is perfectly possible to reverse from pre-diabetes back to normal blood sugar readings by reducing total sugar in the diet and leading a more active lifestyle. If you like sugar in your coffee or sweeten your foods, swap



to a Hermesetas, a low-calorie sweetener as research shows this low-calorie sweetener helps with sugar reduction, promoting weight management and optimal blood sugar control. See [hermesetas.co.uk/recipe-overview/](http://hermesetas.co.uk/recipe-overview/)

**My tummy is very tender after drinking fruit juice. What's going on? I thought fruit was supposed to be good for me?**

**Suzie Sawyer says:** 'Yes, it's very confusing isn't it! Fruit is good for us because it contains lots of vitamins, minerals and antioxidants. Some people have a problem breaking down the disaccharides (sugars) in certain fruits, which will cause bloating and wind. Fruits most likely to create this reaction are peaches, oranges, mangoes, cantaloupe melon, bananas and apricots. Cherries, for example, have very low levels of disaccharides. The other problem for some of us is that eating fruit or drinking juice with other foods can encourage a fermentation process - in short the tummy becomes a mini-brewery! This can cause pain, bloating and flatulence. My advice, is to change the juice you're drinking to avoid the fruits above and drink it an hour before or after other food.'



## 30-second summary:



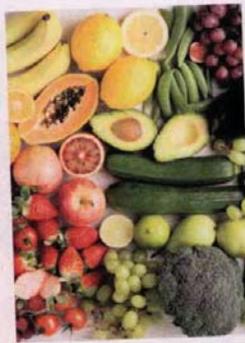


**I'm short-sighted and I don't want to wear glasses more often than I have to. Is there anything I should be eating (or would be wise to avoid) so I can help look after my vision?**

**Emma Brown says:** "There is some research to suggest that following a Mediterranean-style diet may be good for our eye health. Mediterranean diets are rich in fruits, vegetables, wholegrains, pulses, nuts, fish and unsaturated fats. Oily fish such as salmon and mackerel, is a great source of omega-3. This can reduce your risk of dry eyes and age-related macular degeneration (AMD). Fruits and vegetables are good sources of many important nutrients and are particularly rich in antioxidants such as vitamin C and lutein. These have been linked to a reduced risk of AMD and cataracts. Nuts, seeds and wholegrains are great sources of vitamin E and zinc, which are important for eye health too. In terms of foods to avoid, try to limit your intake of foods high in saturated fats as excessive intakes could damage the blood vessels of eyes. Also reduce added sugars and refined carbs which cause blood sugar spikes that have been linked to retina damage."

**My husband is suffering from IBS but he is quite traditional and likes his meat and two veg. What should he be eating?**

**Dr Emma Derbyshire says:** "The meat and two veg in your husband's diet may not necessarily be a problem, although it is true that red meat could be harder for him to digest. IBS can be caused by many things so he should seek advice from a medical practitioner. Initially, he could stick to foods that are gentle on the digestion such as fish, eggs, mashed sweet potatoes, quinoa, steamed fruit and vegetables or he could try smoothies, like Innocent ([innocentdrinks.co.uk](http://innocentdrinks.co.uk)). Innocent has just done some research and the great news is they have now proven that their smoothies curb appetite, have a low glycaemic index (are digested slowly), packed with nutrients and count as one of your five-a-day."



**My skin has become drier and more sensitive and delicate now I'm over 60. What can I eat to help my skin?**

**Suzie Sawyer says:** "Unfortunately, over time, the body gets bombarded with free radicals from the environment, the sun and even day-to-day living. The good news is the body has internal antioxidant enzymes to quench these free radicals but they often need a little help to hold back the years and help protect the skin. I suggest you try to eat a rainbow coloured diet every day - colourful fruits and vegetables, particularly the darker ones - are packed with a wealth of antioxidants both from the vitamins and other plant compounds such as polyphenols and anthocyanins. You should also take a high potency daily multivitamin and multi-mineral such as Alivel Ultra Women's 50+ Wholefood Plus which contains a unique dried blend of 26 fruits and vegetables plus good levels of biotin, a B- vitamin which will help calm and beautify the skin. It's available from [natures-way.com](http://natures-way.com). Make sure you're eating oily fish three times a week for the omega-3 fats which also help put some moisture back into the skin."

**Our Experts**



Katherine Kimber is a registered dietitian at [nudenutritionrd.com](http://nudenutritionrd.com)



Emma Brown is a nutritionist for Nutracek, a calorie tracking app and website.



Suzie Sawyer is a clinical nutritionist at [feelaliveuk.com](http://feelaliveuk.com)



Dr Emma Derbyshire, is a Public Health Nutritionist and an advisor to the Tea Advisory Panel [teaadvisorypanel.com](http://teaadvisorypanel.com)

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