Lockdown has allowed some chefs to share their talents online! Take a look at this Evening Standard article which shares some YouTube links to chefs who are sharing their recipes with you.


“Let food be thy medicine, and medicine be thy food”

Hippocrates

Try to drink a glass of water before your meal. This does two jobs for the price of one! It will hydrate you and help your stomach to feel a bit more full and gives you some time to think before eating. This means that you can make better decisions with your food choices as well as avoid overeating/stress snacking!

Boost Your Immunity

Vitamin C, Zinc, Vitamin D, Vitamin A, Selenium, Quercetin, Bromelain and Antioxidants can all up-regulate our immunity. Eat a rainbow of fruits and vegetables, nuts and seeds and herbs and spices for an immune boost - and take a step out into the sunlight!