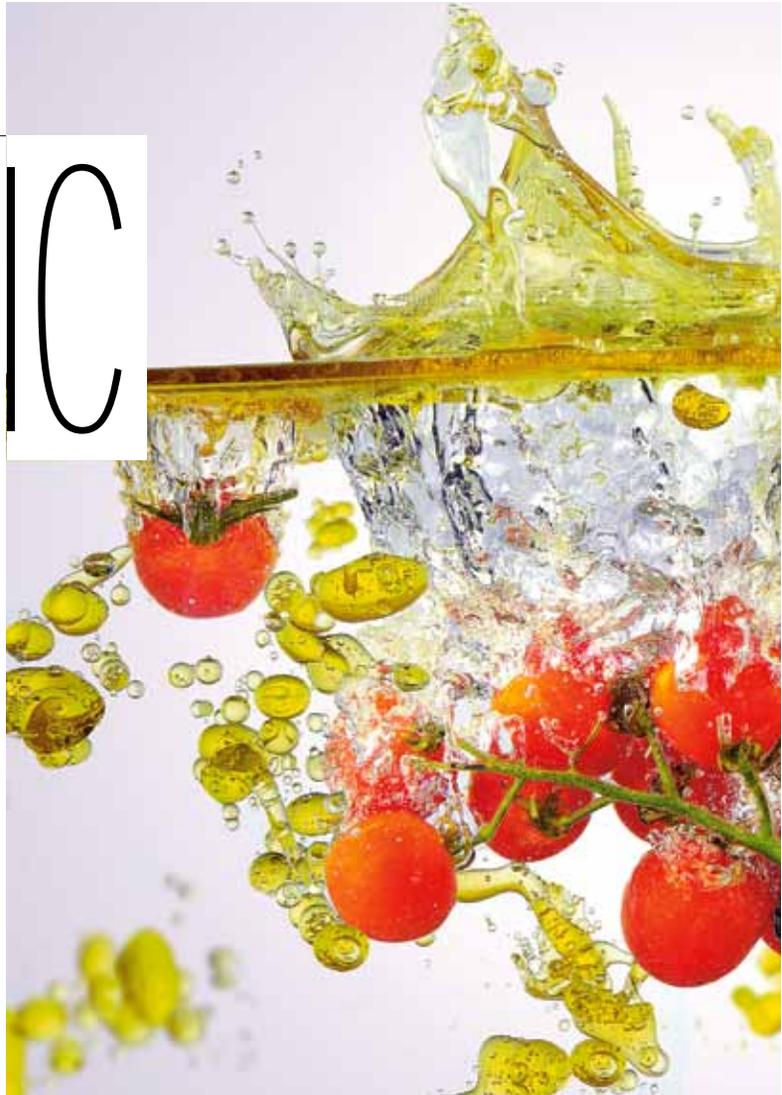


# DYNAMIC DUOS

Meet the foodie double acts that'll make you fitter and healthier at super speed

By Helen Russell

**F**orget Beyoncé and Jay-Z or Michelle and Barack - the ultimate power couples can be found on your dinner plate. "Combining certain food groups can actually increase their nutritional impact by helping the body fully absorb the goodness contained in them, and may even help with weight loss," explains Linda O'Bryne, chief nutritionist for the New Atkins Nutritional Approach. For example, having a glass of vitamin-C-rich orange juice along with an iron-packed meal of red meat or lentils can help our bodies absorb more of the nutrients from both foods. Clever. So, check out these health-boosting partners, complete with yummy recipes that combine the two - because on their own they're good, but together they're grrrrreat.



## POWER PAIRING EGGS AND CHEESE

**SUPERPOWERS** "Vitamin D, found in egg yolks, increases absorption of the calcium in the cheese" says Linda. "We need this mineral to improve bone strength, control weight gain and help with muscle, heart and nerve functions." What's more, studies found that increasing your intake of vitamin D and calcium can reduce PMS symptoms by up to 40 per cent\*.

**POWER RECIPE Champions' Cheddar omelette (serves 1)** Beat 2 eggs in a bowl, heat a knob of butter in a frying pan and pour in the eggs. Cook for a few minutes, then sprinkle over 30g grated Cheddar cheese. Flip over and cook on the other side until the omelette is browned. Serve with a large green salad.



## POWER PAIRING NATURAL YOGHURT AND BANANAS

**SUPERPOWERS** Natural yoghurt is rich in probiotics - the "friendly" bacteria that live in our guts to aid digestion - while bananas are a good source of prebiotics - a type of dietary fibre that encourages the growth of these good bacteria. "Together they're perfect partners, as prebiotics give the probiotics something to eat, and so keep the digestive system healthy," says Priya Tew from the British Dietetic Association.

But that's not all. "The protein from the yoghurt combined with the fruit will keep you fuller for longer and prevent any blood-sugar spikes you may get from just eating fruit," Priya adds. This will help to keep your weight in check, as you'll sidestep those mid-morning biscuit cravings.

**POWER RECIPE Super-healthy smoothie (serves 1)** Mash up a banana, then mix with 4tbsp low-fat natural yoghurt and a dash of milk for a yummy breakfast smoothie to go. For an extra fibre hit, add some wholegrain cereal.



