



### SOUPER-BOOSTER

For those feeling less than their best, this range of soups, known for great flavour, has been relaunched with added vitamin A, known for boosting skin and hair and supporting a healthy immune system. Pair ½ tub with a wholemeal bread roll for an easy work lunch.

Glorious! Super Soups Boosting Indian Cauliflower, Chickpea & Turmeric, £2/600g, supermarkets

Per ½ pot ● 114kcal ● 2.4g fat ● 1.5g saturates ● 1.8g sugars ● 0.7g salt

## SPREADS & SAUCES



### LOVE IT OR HATE IT...

For Marmite fans out there, here's another reason to spread the love: this new jar has all the taste of the original, but with less salt.

Marmite Reduced Salt, £3.09/250g, Ocado, Waitrose

Per 4g portion (enough for 1 slice of toast) ● 11kcal ● 0.3g fat ● 0g saturates ● 0.3g sugars ● 0.2g salt



### A TASTE OF BRAZIL

This spicy peanut sauce is a shortcut to a more interesting stir-fry (great with chicken and peppers topped with fresh coriander).

Meridian Brazilian Xim Xim Peanut Cooking Sauce, £2.49/350g, health food stores

Per ¼ jar ● 120kcal ● 8.2g fat ● 1.3g saturates ● 1.4g sugars ● 0.5g salt



### STOCKPILE A SNACK

Already a favourite with team HFG, these nut butters now come in 1kg tubs. Try a spoonful with apple slices for a healthy snack.

Pip & Nut Coconut Almond Butter, £15.95/1kg, Sainsbury's

Per 15g serving ● 94kcal ● 8.8g fat ● 2.4g saturates ● 1.4g sugars ● 0.1g salt



### JELLY GOOD IDEA

Somewhere between a juice and a jelly, these handy pouches are a fun way to include fruit in lunchboxes. They're made with natural fruit juice with no added sugars.

Naturelly Jelly Juice, from £1/100g, Boots, Ocado, Holland & Barrett

Per pouch (Summer Fruits) ● 36kcal ● 0.1g fat ● 0.1g saturates ● 7.2g sugars ● 0.1g salt

## KIDS' CORNER



### EASY-SQUEEZY SNACKS

A throw-in-the-bag snack for kids and teens (or adults) containing almond milk, which makes them suitable if you're vegan and/or lactose intolerant.

Nush Almond Milk Dairy Free Yogs Strawberry Tubes, £2.99/5 x 40g, Ocado

Per Strawberry Tube ● 34kcal ● 2.4g fat ● 0.2g saturates ● 0.9g sugars ● 0.1g salt



### GET THEM KEEN ON QUINOA

A source of vegetable protein, quinoa is a great swap for mid-week pasta dishes. With these nicely flavoured microwavable pouches, it's just 30 seconds to pop-time.

Quinola Mothergrain Kids Mediterranean Quinoa, £1.59/150g, Morrisons, Ocado

Per pouch ● 161kcal ● 6.6g fat ● 0.9g saturates ● 6.2g sugars ● 0.5g salt