

A BRAND NEW ATTITUDE
woman&home

DIET NEW BUYS

ON OUR shopping LIST
 Our choice of the tastiest foodie buys with a good, healthy slant

+ Jake's Boost Butters blend nuts and seeds with no nasties, from £6.19 for 190g, or try a snack pot, £2.20 for 35g, jakesboost.co.uk

+ Whole Earth Sweetener cubes, honey, granules and brown cane sugar use stevia, so they're all zero calorie. From £2.50, Sainsbury's



+ Easy Bean Chickpea Crispbreads now come in tasty Seaweed & Sesame and Cheddar Crunch. £2.99 for 6, asnatureintended.co.uk



+ Me Too! Falafels are vegan and gluten-free, and a good source of protein. Try Original or Spinach & Kale. £3.25 for 500g (frozen), Ocado



+ My Healthy Kitchen ready meals are all under 500 cal, nutritious and ready in mins. Choose from six tasty options. £3.99, Waitrose and Ocado



+ Itsu Gyoza come in three flavours: Vegetable Fusion, King Prawn and Sesame Tuna – fab! £3.50 per pack (frozen), Waitrose and Tesco



+ Spoilt Pig Dry Cured Smoked Back Bacon comes from pigs not treated with antibiotics – a first in the UK. £3.35 for 184g, major retailers



+ Of The Earth Superfoods pots are porridge, plus healthy extras like goji berries, spirulina and matcha. £1.99 for 65g, otesuperfoods.com



+ Turmericlicious is a soothing instant latte, made from turmeric, coconut milk, ginger and cinnamon. £6.95 for 200g, turmericlicious.com