

## Shape Up Now

**SimplyHer** | Issue Date: March 2016 | Author: Sasha Gonzales

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*Losing those extra inches doesn't have to be a chore. We tell you where you can dance, kick and plank your way to your best body ever, as well as the tastiest superfoods to load up on. Also, find out how our readers stay in shape. BY SASHA GONZALES.*



### **Eat Your Fill.**

How do you keep your daily calorie intake down but still eat tasty and nutritious food? Jaclyn Reutens, clinical dietitian at Aptima Nutrition & Sports Consultants, offers her top 10 fibre- and water-rich fruits and vegetables that you should eat more of.



### **1 WATERMELON.**

Packed with a unique phytochemical called cucurbitacin E that's thought to have strong anti-inflammatory and antioxidant properties, watermelon is said to help prevent cancer and tumour growth. Satisfy your sugar cravings with a wedge of this high-water-content fruit.

### **2 CUCUMBER.**

Rich in vitamin K that's required for blood clotting, this low-calorie food has a high water content that creates a feeling of fullness. Add slices of cucumber to your sandwiches or snack on cucumber sticks with salsa.

### **3 APPLES.**

This crunchy fruit is high in soluble fibre, which helps lower cholesterol, and quercetin, a powerful antioxidant that protects the heart. Stash a few apples in your bag so you will have something healthy to snack on during the day.



#### 4 BERRIES.

Besides being high in antioxidants, berries have a low glycaemic index. What this means is they prevent your blood-sugar levels from spiking and crashing, allowing your body to enjoy a more sustained energy release. Berries are also high in fibre, keeping you feeling full longer. Add your favourite berries to salads, cereals, smoothies and yogurt.

#### 5 LEAFY GREENS.

Spinach and lettuce have high water content – up to 95 per cent for lettuce – and are high in fibre. Spinach is also a great source of iron and vitamin K, which is essential for bone health as it prevents the growth of osteoclasts, cells that break down bone tissue. Add leafy greens to any salad or sandwich, or enjoy them as a side to a main dish.



#### 6 TOMATOES.

This juicy fruit is high in vitamins a and c, as well as the antioxidant lycopene, which is thought to reduce the risk of certain cancers. It also has a high water content that increases your satiety. Offering a sweet burst of flavour, cherry tomatoes make a great snack any time of day.

## **7 GREEN TEA.**

This calorie-free beverage is chock-full of antioxidants and is believed to carry a range of benefits, from improving cardiovascular health and reducing inflammation to fighting free-radical damage in the body. Drunk warm, it reduces hunger pangs and hydrates your system.

## **8 CELERY.**

Celery has a blood pressure lowering effect – the vegetable is high in phthalides, chemicals that dilate the blood vessels and act as a diuretic. It is also extremely high in fibre. So the next time you're feeling peckish, try snacking on a celery stick or two.

## **9 GRAPEFRUIT.**

The red and pink varieties are loaded with phytochemicals called limonoids, which are believed to have anticancer properties. Like other citrus fruits, grapefruit is also an excellent source of immunityboosting vitamin C. Have half a grapefruit for breakfast, together with a bowl of high-fibre, low-fat cereal, and you'll keep those hunger pangs at bay until lunchtime.

## **10 CAULIFLOWER.**

As well as being high in fibre, this cruciferous vegetable contains glucosinolate, which works to reduce inflammation and possibly reverse blood vessel damage, making it especially good for people with cardiovascular disease. Enjoy it in salads, soups and stir-fries, or serve it as an alternative to mashed potatoes by steaming and mashing a head of cauliflower.

