



by Kohila Govindaraju, freelance nutritionist

I eat about five stalks of celery every day. Is that all right?

Celery is one of the so-called super foods that is high in antioxidant and anti-inflammatory nutrients.



Pectin in celery has the anti-inflammatory effects. Apigenin found in celery and parsley helps to reduce the oxidative stress. It is also an excellent source of vitamins, especially vitamin K, vitamin C and folate.

Choose celery that is crisp, tight and compact, snaps or cracks easily, and with stalks that do not splay or slant out. It can be added to soups, stews and salads.

Just be warned that chopping celery or storing it in the refrigerator for a long time will reduce these wonderful phytochemicals.

You may eat celery on a low sodium diet. Just mix two stalks with other low calorie & sodium vegetables such as cucumber and butterhead lettuce!



I am on a tight budget. Can you suggest some less expensive alternatives to wholemeal breads?



Why start your day with wholemeal?

Wholemeal contains all parts of grain kernels such as fibre-rich bran and nutrient-rich germ.

Fibre makes us feel full longer and prevent over-eating. These wholemeal foods are healthier but at the same time can be rather costly.

No worries! There are healthy alternatives that are also cheaper, too.

How about starting your day with brown rice porridge? You don't need much, just half a cup of brown rice will do. For more nutrient density, crack an egg on top of it.

Or go for half a bowl of plain corn flakes and a tablespoon of oats with

low-fat milk, garnished with banana and raisins or almonds.

You can also try barley congee with fish and vegetables, garnished with green onion.

For a light lunch, try wholemeal chappati roll stuffed with scrambled egg or bean curd, a good source of protein.

Wholemeal chappati and vegetable curry (with tomato, onion, spices but coconut milk is a definite no-no) is also easy to prepare for any meal of the day.

Similarly, spaghetti with mushroom tomato sauce is an excellent meal because, surprise, surprise, spaghetti has a low GI value!

