

YOUR GUIDE TO FOOD, BODY AND MIND

NEW ZEALAND

# Good Health

April 2011 \$7.50 INC GST

Top 10  
healthiest  
diets **IN THE  
WORLD**

**BALANCE  
EASTER  
BLOWOUT**

Your 1-month  
meal plan

**GET  
BACK TO  
NATURE**

- ✓ Organic eating
- ✓ Simple living
- ✓ Natural beauty

**Bonus**  
10-PAGE  
**KIDS  
HEALTH  
BOOK**



**20  
WAYS  
TO FEEL  
HAPPIER  
TODAY**

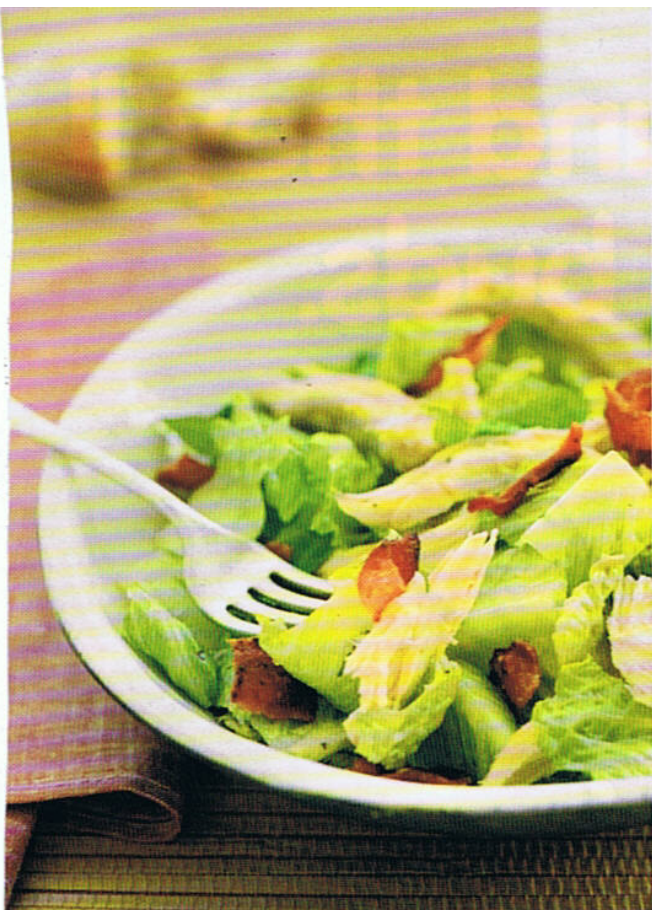
The truth  
about  
**DIET  
PILLS**

**CANCER-  
PROOF  
YOUR LIFE**

acp magazines



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**Bacon bits!**

Want new ways to work with delicious New Zealand ham and bacon? Visit [pork.co.nz](http://pork.co.nz) for some seriously yummy recipes that are simple to make and will keep your family as happy as pigs in mud. Bad pun?

**Q** Should a fan oven be preheated?

**A** This depends on the cooking time. Obviously, if food is only cooked for 10 minutes, the oven would not reach the desired temperature in this time. Anything cooked for more than 30 minutes, such as a stew, would be fine without preheating. Some foods need an immediate blast of heat, such as pastry, so always preheat the oven for tarts and pies.

**Quick tip**

SAVE ANY LEFTOVER LIQUID FROM YOUR FAVOURITE JAR OF PICKLES TO USE IN SALADS IN PLACE OF VINEGAR – SO MUCH FLAVOUR!

**OFF THE SHELF**



More and more of us are looking to holistic remedies for minor health problems before visiting a doctor. *Grow Your Own Medicine* (HarperCollins, \$34.99) gives practical advice to growing and using readily available plants and herbs to prevent disease, treat everyday ailments and promote good health.



From the owner of the award-winning Devonport Chocolates comes *For The Love of Chocolate* (David Bateman, \$24.99). Stephanie Everitt's new book is an Easter treat that will get you acquainted with all things chocolate: where it comes from, how it's prepared, why do we crave it and is it really bad for us?

**KITCHEN STAR**

Wine Away, from \$16, is a new natural cleaner which easily removes wine stains from carpet and fabric – even some older stains. Formulated with natural fruit and vegetable extracts, and without dangerous bleaches or phosphates, Wine Away makes red wine, cranberry juice and other red stains disappear, leaving things looking as they should.



**New!**

A world-renowned master of natural tea blends, Harney & Sons' array of artfully crafted luxurious teas (\$19.95 for a sachet of 20 tea bags) has arrived in New Zealand, with a flavour to suit each and every tea-loving tastebud. Check out the available range of teas at [harneyteas.co.nz](http://harneyteas.co.nz), such as Midsummer's Peach.



Delicious, authentic curry in just two minutes? Sun Rice Ready-to-Go Meals, \$4.99, are a complete and flavoursome meal for one, made with real ingredients such as chilli, lemongrass, basil and galangal. Complemented by chunks of succulent chicken, real vegetables and fluffy rice, the meals are available in seven mouth-watering Thai and Indian flavours including Thai Mussaman Curry and Indian Butter Chicken. If you're calorie conscious go for the red or green curries.



Vogel's Deli Style Crisps, \$4.49 are oven-baked which means they contain 30 per cent less fat than some multigrain crisps, which makes them a smart choice.

