

WHAT'S NEW

Everything you need to feel good



Photograph by Natasha Shuttleworth

EASY PEASY

It says something when one of the top entries on popular food blog **TheKitchen.com** is the rather unsexy "How to Cook Fluffy, Tasty Quinoa". We all know we're supposed to be eating quinoa, but for some it's still a mystery how to properly prepare it. Once you know how – and it's just slightly harder than boiling water, we promise – use it in this delicious recipe, courtesy of nutritionist and personal trainer Karin G. Reiter:

- 2 cups of cooked white quinoa
- 2 roasted beetroots (peeled and grated)
- 1 cup fresh or frozen peas (steamed)
- ¼ cup dried cranberries
- ¼ cup crumbled feta cheese
- Handful of fresh mint or chopped parsley
- EVOO, balsamic vinegar, fresh lemon or lime juice
- Salt and pepper

Method: Mix and enjoy.

nutritious-and-delicious.com ◀

SOMETHING'S FISHY

Lab Door analysed the 30 best-selling **fish oil supplements** in the US and found that 21 of 30 products contained less omega-3 than the label claimed. More worrisome, three products contained 50 percent more than the allowable mercury content. Top-rated brands include Dr Tobias Optimum Omega 3 fish oil, Nordic Naturals Ultimate Omega D3, Axis Labs Citrus Omega fish oil and GNC Triple Strength fish oil. Nature Made Cod Liver oil slid into last place. **For the full list, visit www.labdoor.com/c/fish-oil.**



SURF'S UP

Anyone who's ever ogled a group of surfers at the beach knows that surfing does wonders for the physique. That's why Surfset Fitness has created **surf-inspired fitness classes**, workouts that combine cardio, core and strength training to sculpt a long, lean surfer's body without getting your hair wet. 454B Joo Chiat Road. surfset.sg



LEAN GREEN MOTIVATION

According to the Health Promotion Board, 11 percent of Singaporean adults are obese, compared to just 7 percent in 2004. And while these numbers are a far cry from the obesity levels of other industrialised nations (Mexico at nearly 33 percent and the US just slightly less), authorities are concerned as Singapore's obesity rate is estimated to be increasing at approximately one per cent per year. The Health Promotion Board has now launched the first phase of the **One Million KG Challenge** to motivate Singaporeans to collectively lose one million kilograms through education, programmes and peer-to-peer support. Top weight-losers stand to win prizes, from cars to holidays abroad. millionkg.sg

