



# COOKBOOK DILEMMA

Celebrity chef recipes may be bad for your health, research says

**T**HE DABS OF butter and splashes of cream in recipes of celebrity chefs may be impressive on the plate, but not necessarily so good for your health.

Research published in the Food and Public Health journal by University of Coventry scientists said that recipes of celebrity chefs were “exacerbating” health problems such as obesity in Britain by encouraging people to eat fatty dishes.

Television shows and top-selling books by chefs such as Nigella Lawson, Jamie Oliver and Delia Smith as well as TV cooking competitions *MasterChef* and *The Great British Bake Off* have legions of eager fans testing out recipes.

But researchers at Coventry’s health professions department found that 87 per cent of the 904 recipes from the 26 cooks they tested fell substantially short of the British government’s healthy eating recommendations.

“If people regularly use the recipes found in these cookbooks, it could be that celebrity chefs are exacerbating public health nutrition issues in the UK,” study author and Coventry senior lecturer Ricardo Costa said.

The study comes just months after a survey, published in the *British Medical Journal*, found that recipes by TV chefs, including Oliver and Lawson, were less healthy than ready meals.

The researchers refused to say which chefs’ recipes they tested, but said they had sampled randomly from best-selling books and websites in such a way as to ensure a balanced representation of different types of meals.

“This study is not about naming and shaming celebrity chefs. However, given the level of trust the public tends to place in the nutritional integrity of these cooks’ recipes it’s important to highlight where they’re falling short of healthy eat-



Celebrity chefs like Jamie Oliver has legions of fans waiting to try his recipes at home

ing benchmarks,” Costa said.

After an analysis of each of the recipes, the academics discovered that only 13 per cent used ingredients that presented an overall nutritional composition that would be considered healthy in accordance with benchmarks set by Britain’s Food Standards Agency.

The results also indicated that all celebrity chefs whose ingredients were analy-

sed promoted recipes that contained undesirable levels of certain nutrients - particularly saturated fatty acids, sugars and salt - which are linked to obesity and risk factors associated with diabetes and heart disease.

Celebrity chef Annabel Karmel, whose cookbooks for children and families are found in kitchens throughout Britain, told Sky News that some recipes in celeb-

rity books were bound to be indulgent, but people were smart enough to make healthy choices.

“If you want to eat a chocolate cake, yes it will be way above food standards and guidelines and that’s OK because you have the choice of eating fruit or chocolate cake,” Karmel said.

“I think people are intelligent enough to choose their own recipes.” *Reuters*

## ALIGN YOUR LIFE

### The Weight Loss Saga

**I HAVE KNOWN** Mariam for years. I had implemented Feng Shui in many of her properties. Over the years we became good friends and I was a regular at her house for birthday parties and family dinners. She was beautiful, intelligent and a very good mother. It looked like she had it all. One afternoon when we met over a cup of tea, she looked depressed and sad. “That’s it... I give up!” She said crying. She went on to confide in me that she had struggled with her weight for years, and was not able to shed the extra pounds.

She had tried everything - yo yo diets, hired a personal trainer; however, no matter what she did, she remained overweight. All she wanted to do was lose weight and every time she tried, she failed. She was stuck in a vicious circle. Over the years I have met many women who like Mariam have struggled with weight loss. I myself went through the same circle a few times until I stumbled upon hypnotherapy and meditation. Once I identified why I was holding onto my weight, it was easier to lose it.

After working with hundreds of people across the globe, I have come to the conclusion that people tend to hang onto their weight due to subconscious past conditioning or emotional trauma. In Mariam’s case, she grew up in a house of seven girls. Her mother was a working woman and had no time for her children. Young Mariam found solace in food and thus started putting on weight. Her mind was convinced that the food was always around, while people were not. She lived with this belief her entire life and was never able to lose weight.

Once we identified her belief system, I created special hypnosis scripts and combined them with meditations to help her modify her subconscious patterns. Within no time she responded to this unique therapy and started losing weight. It’s been many years now and she has managed to keep it off.

Since then I have helped hundreds of clients lose weight and most of them have managed to keep the weight off.

Before you embark on your weight loss journey, ask yourself - why am I holding on to this weight? What am I afraid of? Why do I place so much importance on food? Why am I lazy to workout? If you are able to focus on yourself and are able to answer the questions above, you would know what is holding you back from losing those extra kilos. So start asking the right questions and create a happy ending for your weight loss saga.

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