

Food fight!

Eating the healthy way isn't always as straightforward as it seems. So, in a nutritional food fight, which foods would win? Leading nutritionist Laila Lewis referees...

Fresh vs frozen veg



Fresh vegetables contain higher levels of vitamins, minerals and nutrients. However, frozen is a better option if you want out-of-season vegetables. Fresh veg shipped from across the world has its nutrient content depleted, whereas frozen veg is frozen soon after picking, which preserves it.

Winner It's a draw

Greek vs regular yogurt



Although Greek yogurt is higher in fat, it also has around twice as much protein as regular varieties, so helps you feel fuller for longer. And, because it has half the amount of carbs, it's a good choice for low-carb dieters. Just make sure there's no added sugar or sweeteners.

Winner Greek

Pasta vs rice



Pasta made from refined white flour has little nutritional value. Eating too much wheat can leave us bloated and it can cause digestive problems, too. Rice has none of these effects – and brown rice is an even healthier choice as it has a lower GI and GL index, meaning it's more easily digested.

Winner Rice

Butter vs spread



Butter is a natural product, whereas spreads and margarines are highly processed. Spreads will very often contain hydrogenated fats that can prove more harmful to our hearts and waistlines than the saturated fat which is found in butter.

Winner Butter

Fresh fruit vs dried fruit



The higher water content in fresh fruit (most fruits are more than 80% water) means it's more filling with fewer calcs. Dried fruit is likely to cause spikes and drops in blood sugar, due to its natural high sugar content, and may contain chemicals, such as sulphur dioxide, which many people are sensitive to.

Winner Fresh fruit

Milk vs soya milk



We all know milk contains saturated fat, but it has calcium in it, which is good for your bones. Although soya milk may reduce cholesterol levels, it also contains high levels of phytates, which inhibit the digestive absorption of essential minerals.

Winner Milk

Rice cakes vs oatcakes



Oatcakes have a low glycemic load and can help regulate blood sugar and assist with weight management by keeping you fuller for longer. Rice cakes, in comparison, may only be 30 calcs each (oatcakes are 45), but they offer little nutritional value.

Winner Oatcakes

Cream vs crème fraîche



Crème fraîche isn't as healthy as you might think: it contains 39% fat compared to 48% in double cream. If it's for pouring opt for single cream with 18% fat, instead. Be wary of reduced-fat options, however, as these contain other nasties.

Winner Cream – but only single!