

THE VINO

Jacob's Creek Shiraz (150ml) 474.5kJ

SWAP THIS FOR THIS

McWilliam's Balance Shiraz (150ml) 375kJ



THE CHEESE

Coon light tasty (25g) 348.5kJ, 6g fat

SWAP THIS FOR THIS

Kraft Livefree tasty (25g) 216kJ, 1.4g fat



Wine 'n' cheese, light

Winter is a double-edged sword. There are the wine and cheese nights, and the wine and cheese nights. If you're dreading the extra kJs, get cosy with these light takes on our favourite fireside staples - Kraft's new LiveFree tasty is impossibly virtuous and perfectly matched with this low joule vino. We know it sounds like epicurean heresy, but don't knock 'til you try.



SHAKE THAT GROVE THING

Here's an excuse to stock the pantry with olive oil from 10 of the world's finest groves, in Turkey, Spain and Tunisia: a new study shows that the oil famed for protecting your ticker can make you feel full and boost your mood. During a three-month German study in which participants ate 500 grams of yoghurt mixed with one of four fats daily, subjects consuming olive oil logged the highest fullness factor. The other excuse is that the unique flavours in this curated compendium will whisk you off to a world of bazaars and bull runs in a single dunk of low-GI ciabatta. We love Eliunt's compendium, \$74.95, eliunt.com

Choc treatment

The Italians have come up with another way to turn decadence into a health have-to (see Mediterranean diet). This time they've woven functional plant extracts through velvety artisan choccie. Stainer's Choco-therapy range includes bars laced with aloe vera (worked back with blackcurrant), high-flavonoid propolis (paired with honey), purported aphrodisiac damiana, and papaya (mixed with lemon). They're also sans hydrogenated fats, artificial additives and flavourings and gluten.



Bellissima! \$5.95 at enoteca.com.au



LIQUID ASSET

The only thing better than a mug of steaming hot chocolate is steaming hot chocolate sweetened with natural It ingredient stevia. Vitarium's Sugar-Free Drinking Chocolate has the comfort-factor of

a Snuggie and the health cred of a squash (well, almost). With a don't-bother-counting 19kJ per teaspoon, it's also available in mocha. \$6.85 (200g) at Woolworths, woolworths.com.au

LONG-LASTING SNACK

Food speed limit

If you nosh faster than a hoon in a hotted up Commodore, you need a snack with cruise control. There's nothing like a shell to interrupt mindless eating and help you stop before you're staring into an empty bag, which is why we're loving these new flavoured pistachios fresh from California. Plus, the protein keeps you full for hours and they're a first-class ticket out of the almond rut. \$7.50 (250g), facebook.com/WonderfulPistachiosAUS



COOK THE BOOKS

Sure, they look impressive, but the recipes in many popular cookbooks aren't so good for you, according to a recent study slamming the nutrient ratios used by some celeb chefs (not looking at you, Nigella, just your lashings of butter). Our fix? Create your own, with recipes you know your body loves. Melbourne's Eternal Ingredients lets you DIY cookbook online, title and all. From \$61 at eternalingredients.com.au

