

The Sunday MUNCH

Saintly treat

Weight Watchers has added the yummy Raspberry & White Chocolate Cookie to its biscuit range, so you can treat yourself without any guilt. Each pack contains six wrapped portions of two cookies, for you to pop into your bag.

The cookies

cost

89p

from

Asda.



Hot

Rice is right

For restaurant quality soft fluffy rice in minutes try Veetee

Dine-In, available at

Waitrose and Sainsbury's for just £1.49.

Simply microwave for two minutes or stir-fry for three

minutes and serve – it's as simple as that. Choose from Basmati, Long Grain, Thai Jasmine and Pilau.



Vegging out

Not eating enough vegetables can lead to depression, research by the University of York and Hull York Medical School found. Depressed volunteers had low levels of folate, a vitamin found in vegetables. The Food Standards Agency wants to add folic acid to bread to help combat this.



Not

Vitamin D-day

Health experts say young children are being put at risk from developing rickets because pregnant women are not consuming enough Vitamin D. The best food sources of Vitamin D are egg yolk, liver and fish. It's also found in fortified foods such as soy drinks, milk and margarine.

