



# Food & health focus

## 5 TIPS *Holiday Which?* offers these top tips

to help you and your family stay healthy while travelling across the globe this year

**1** Tummy-bug hotspots include African countries, India, Sri Lanka and Peru. Reduce your chances by drinking bottled water and ensuring hot food is freshly cooked and sizzling. Avoid salads, shellfish, lukewarm buffet food and drinks with ice, and peel fruit yourself. If you get diarrhoea, take plenty of fluids, including pharmacy rehydration drinks.



**2** Try not to take too much sun, especially between 11am and 3pm when it is strongest. When you do venture out into the sun, use a cream or lotion that has high protection against UVA and that also has a minimum SPF of 15. Drink plenty of fluids (not alcohol), cover up, wear a hat and use UV-filter sunglasses in order to protect your eyes.



## Join us to fight the promotion Confront

### CHILDREN'S FOOD

If you're frustrated by the flood of junk-food images seen by your kids, you're not alone – but now you can do something about it.

Since launching our campaign calling for the responsible marketing of children's food, we've heard from thousands of parents trying to get their kids to eat more healthily but feeling helpless in the face of so many promotions for unhealthy food.

So we've launched a campaign toolkit to help you fight back. It outlines how to persuade shops and companies in your area to market responsibly, get the support of local media and politicians and help force the government to ban irresponsible advertising. It's packed with practical features, including top tips for tackling pester power, a healthy-eating shoppers' card and posters for community centres and schools.

We've found that junk-food influences are widespread. In schools, some key-stage resources have been branded by Cadbury. And a book has been produced that teaches counting using Nestlé Cheerios, which are high in sugar.

**3** Talk to your GP about vaccinations and medication at least three months before you go travelling. All travellers should have up-to-date diphtheria, polio and tetanus vaccinations. Jabs can cost a lot but some of them, such as tetanus, polio and hepatitis A, are free on the NHS. For more information go to [www.immunisation.nhs.uk](http://www.immunisation.nhs.uk)



**4** Malaria is a particular problem in sub-Saharan Africa. Seek early medical advice on anti-malaria drugs – most should be started at least a week before travelling. Use insect repellent with at least 30 per cent Deet on exposed body parts, spray an insecticide in your room and sleep under a net. Get more advice at [www.traveldoctor.co.uk](http://www.traveldoctor.co.uk)



**5** The important part of insurance cover is usually for medical expenses, so find a policy that covers you for up to £1 million, or up to £2 million in the US, and check it includes emergency repatriation. In addition, a European health insurance card entitles you to state emergency treatment in all EU countries as well as Iceland, Liechtenstein, Norway and Switzerland. For details go to [www.dh.gov.uk/travellers](http://www.dh.gov.uk/travellers)

### MAGAZINE OFFER

## Holiday help

*Holiday Which?* is packed with further advice on holiday health as

well as tips on tour operators, your rights on flights, tests of travel-related products and great ideas for short- or long-haul breaks. Subscribers get free holiday guides as well as legal advice.

Try two issues for £3 by calling 01992 822800 or visiting [www.which.co.uk/hwtrial](http://www.which.co.uk/hwtrial)



Janet sees the sweeter side of rhubarb

Our seasonal food for April has more uses

## Rhubarb that cuts the

### FOOD IN SEASON

The word rhubarb might make you shudder with memories of chewy green crumble and lumpy custard, but give it another chance – it's healthy, delicious and can be tender.

It's a good source of fibre, potassium and calcium, but don't eat the leaves – they're poisonous.

This native vegetable of Siberia prefers cold, damp weather, making it ideal for growing here,

particularly in the 'Rhubarb Triangle' – the area between Leeds, Wakefield and Bradford.

Janet Oldroyd Hulme is the fourth generation of her Leeds family to grow and sell rhubarb.

She told us: 'It's a fallacy that a thick stick of outdoor-grown rhubarb is tough – toughness depends on the time it's been growing. Young sticks are tender, so we harvest every six to eight



**£942 million**  
Sales in 2006 of biggest grocery  
brand in UK – Coca Cola  
CHECKOUT



**100%**  
Increase in rhubarb sales last  
year compared with 2005  
MORRISONS

## of unhealthy food to our kids the junk

Also, kids can play games on the websites of Nestlé, Haribo and Irn Bru, and are encouraged to give out their email addresses or can win a year's supply of Irn Bru.

But it's not all bad news. Tesco has used Disney characters on bags of fruit recently, while Innocent Smoothies has produced a carton and website aimed at children – and we want to hear about other good examples you spot in shops, on TV and online.

Campaigner and teacher Jackie Schneider, who has three children, has asked us for a toolkit. She will give information to their head teacher and education authority and ask for a ban on equipment obtained through junk-food promotions. She tells us: 'Apart from the poor value of these deals, it is wrong for schools to promote these companies.'

Now is the time to get involved. Last month Ofcom confirmed that it will not ban the advertising of junk food before 9pm, so kids will continue to be flooded with images of unhealthy foods when they're most likely to be watching TV – unless we all act now.



Jackie Schneider will use our toolkit to help protect her kids

### TAKE ACTION!

#### Contact Which? to get hold of your kit

■ To obtain kids' food toolkits for yourself and members of your community go to [www.which.co.uk/kidsfood](http://www.which.co.uk/kidsfood) or email [caroline.jones@which.co.uk](mailto:caroline.jones@which.co.uk)

## than you might think custard

weeks, when they're sweeter, too.

'Colour is down to the plant's variety and the rate at which it grows. In spring the plant grows more slowly than in summer, so you'll see more red colour then.'

April marks the end of indoor growing – when it's 'forced' in candle-lit sheds – and the start of its natural season, so you can enjoy this delicious food until at least the end of September.

## Your say

Which? member Donald Walker says: 'Rhubarb picked young and cooked gently is delicious. Add bite-sized chunks to a small amount of light, well-dissolved syrup when it's just simmering. Bring to the boil for a minute then cool. Add a fresh stick of angelica for flavour.'

Jean Burton is a jam aficionado who advises mixing rhubarb with fig, orange or ginger in jams and says: 'Rhubarb freezes well from the garden if it's washed, chopped and spread on trays.'



Barrie and Carole Grant recommend making rhubarb juice. They say: 'Cut the rhubarb into one-inch pieces, put in a large pan and pour over a small amount of boiling water. Allow it to sit overnight and pour off the juice and discard the pulp the next day. We've found it's great mixed with fresh apple juice and can be added to any other juice, or used as it is.'

## Bite-sized bits

### Hungry to be heard

If you or an older friend or relative are worried about hospital food, Age Concern has two new leaflets to help avoid malnourishment. Download *Don't go hungry in hospital* and *Is an older person you care about malnourished?* at [www.ageconcern.org.uk](http://www.ageconcern.org.uk) or call 020 8679 1609 for copies.



### Private hospital guide

You can now learn more about whether local private hospitals in England meet standards, at [www.healthcarecommission.org.uk](http://www.healthcarecommission.org.uk). Search the regulator's findings on the annual health check pages for answers to patient questions such as those on hygiene levels and clinical performance.



### Question your courses

People are being encouraged to enquire about the source of food in restaurants as part of the 'Just Ask' campaign of the Country Land and Business Association, to support British food production. Elizabeth Carter, Consultant Editor of the Which? *Good Food Guide*, says: 'This is a fabulous idea. It's always good to know more about your food and where it came from.'

### Food files

Find out how the government's food watchdog is responding to issues that matter to you, such as bird flu and organic food, through the blog of its chief scientist Andrew Wadge. Go to [www.fsascience.net](http://www.fsascience.net) to read his comments and make your own.



What would you like to see covered in future food and health focus pages? Tell Sarah Hobson at [helpwanted@which.co.uk](mailto:helpwanted@which.co.uk)