

# Food

## Rising to the challenge of the 600 calorie lunch



### FACTFILE

- Source: Pret a Manger
- Price: £3.25
- Contents: Classic Super Club sandwich (malted wholegrain bread, sliced British chicken breast, beech-smoked bacon, freshly sliced tomatoes, salad leaves, free-range mayo, seasoning)
- Calorie count: 510 – if you're a man, there are enough calories left for a pack of Pret Tropical Fruit Sticks (78kcal) or a Flat White coffee (75kcal). Sadly, if you're a woman, you're 10 calories over the limit.

■ **How it looks:** One for the carnivores, Pret's Classic Super Club has a generous filling of chicken, bacon and mayonnaise, with just enough salad leaves for it to look like a healthy option. Perhaps a bit on the weedy side to last an entire day though – whoever heard of a club sandwich with only two slices of bread?

### Our verdict

Consuming this monstrosity was a battle. Limp lettuce, damp bread and weak tomatoes do not deliver a satisfying feed for a whole day. It gets the second star for a big bacon flavour

★★☆☆☆

Intermittent fasting will be the big diet craze of 2013. **Sarah Graham** finds something to eat

**T**he *Fast Diet*, published this week by BBC journalist Dr Michael Mosley, promotes a regime that allows dieters to eat as much as they like – but not every day.

The weight loss programme, during which dieters eat normally on five days each week, draws on medical research into the benefits of intermittent fasting.

On the other two non-consecutive days, dieters restrict their intake to 600 calories for men, and 500 for women.

These calories can be consumed all at once or spread throughout the day. There is no evidence to suggest which method is more effective.

On the five "feeding days" dieters can eat as much as they like but, according to Dr Mosley, most find they are happy with around 2,000 calories – the recommended daily intake for women – instead of gorging themselves silly.

With the aim of translating Dr Mosley's ideas into practical lunches in the notoriously calorie-heavy malls of Canary Wharf, I went shopping for three different meals under 600 calories for those on a fast day.

■ *The Fast Diet: The Secret Of Intermittent Fasting – Lose Weight, Stay Healthy, Live Longer* by Dr Michael Mosley and Mimi Spencer is published by Short Books, priced £7.99.

### FACTFILE

- Source: Boots
- Price: £1.60
- Contents: Simply Cheese and Tomato Pasta Salad (pasta, cheese, tomato sauce)
- Calorie count: 517 calories – too high for women dieters, but men could add a 330ml can of Schweppes lemonade (60).

■ **How it looks:** Boots' thrifty pasta salad option is the cheapest and the most calorific of the three fast-day lunches. The sauce looks tasty enough, with small chunks of tomato and even smaller chunks of cheese, but the 300g tub looks too small to be satisfying on its own.



### Our verdict

This from Boots is cheap and tasty. Just cheese and tomato, plus pasta of course, and those are the flavours you get (plus a nice carbo-hit).

★★★★☆



### FACTFILE

- Source: Crush
- Price: £3.35
- Contents: Sweet potato and falafel salad wrap (sweet potato, falafel, watercress hoummus, cucumber, red pepper, alfalfa and lettuce on a multigrain wrap)
- Calorie count: 448 calories – men could add a Crush Detox Healthpot (104 calories), while women could add a medium apple (45).

■ **How it looks:** This vegan-friendly wrap for health food fans is the kind of unexciting lunch you can imagine washing down with copious amounts of green tea or one of Crush's detoxing Super Smoothies.

### Our verdict

Tasty and filling with a good ratio of soft to crunchy, just a little high on the calories.

★★★★☆

### BRUNEL MUSEUM

#### Toast the new year with bread



★ The Brunel Museum will host a Wassailling ceremony in its roof garden on January 19.

The traditional celebration promises a warm fire, toast and copious amounts of mulled apple cocktails (and non-alcoholic alternatives) as part of an ancient ceremony to bless the fruit trees.

Advanced booking is essential and the £5 ticket includes a free cocktail.

For more information go to [wegottickets.com/brunelmuseum](http://wegottickets.com/brunelmuseum).

### GIRAFFE

#### Free meals for young readers

★ Families in Blackheath can enjoy food with fiction during this year's National Storytelling Week.

From January 28-February 1, Giraffe will be offering free kids' meals before 5pm to young diners who bring in their books to read at the dinner table.

There will also be books and Giraffe vouchers to be won and Barefoot Books is offering 25 per cent off books, games, puppets and puzzles bought online when you enter "giraffe" at the checkout.

For more information go to [giraffe.net/orbarefootbooks.com](http://giraffe.net/orbarefootbooks.com).

### WILDWOOD

#### Pizza place is offering freebies

★ Enjoy a free course when you buy a main at Wildwood this month.

The Canary Wharf restaurant is offering diners a pizza, pasta or burger dish on the house when one main course is purchased.

Valid from Monday to Thursday from 2pm and all day Saturday and Sunday. Download the voucher at [wildwoodrestaurants.co.uk](http://wildwoodrestaurants.co.uk).

### IBERICA

#### Slurp premium fizz on the Wharf

★ Spend an evening sipping the very best in Spanish Cava at Iberica Canary Wharf.

Sommelier Bruno Murciano will lead the session on January 16, starting at 6pm.

Classes are free but places are limited.

Email [elisa@ibericalondon.co.uk](mailto:elisa@ibericalondon.co.uk) to book your place.