

LUNCH

Scrambled mackerel

- Handful of mushrooms, sliced
- Handful of spinach, chopped
- 1 egg
- 1tbsp milk
- ½ smoked mackerel fillet, flaked

THE METHOD

Preheat the grill. Heat a little butter in a pan, add the mushrooms and cook, stirring often, until are tender (about five to eight minutes). Add the spinach and cook for a few minutes.

Beat the egg in a medium bowl, adding milk and seasoning to taste. Add to the pan and cook, stirring every few seconds, until the egg has begun to set and scramble. Stir in the mackerel and continue to cook until the egg is creamy and the mackerel has warmed through.

THE KEY VITAMINS

A, C, D, E and all the B vitamins

THE SCIENCE

High in protein and low in carbohydrates, this meal provides a hefty hit of your eight B-vitamins, with all of your B2 and B5 requirements, which are essential for sustained energy and healthy skin, nails and hair growth. This nutrient-packed meal also boasts half of your vitamin B1, B3, B6 and B12 requirements for nerve cell function, protein synthesis and production of healthy red blood cells, and to help regulate cholesterol. The egg provides a good dose of vitamins B7 and B9 which, as well as boosting hair and skin, help metabolise energy and maintain your nervous system.

AFTERNOON SNACK

Plum crunch

- 2 plums, chopped
- 10 almonds

THE METHOD

Throw the ingredients into a bowl. Yep, that's it!

THE KEY VITAMINS

A, B3, B7, B9 and E



THE SCIENCE

Packed with fibre and rich in the antioxidant vitamin E, this snack is great for your skin and provides a healthier alternative for those with a sweet tooth. The plums contain vitamin A for skin development and, combined with the almonds, provide three of the key B vitamins for cell maintenance and energy production. It's great for fuelling your afternoon activities.

DINNER

Baked sweet potato and chilli

- 1 sweet potato
- ½ onion, chopped
- 1 garlic clove, chopped
- ½ red pepper, sliced
- 100g extra lean beef mince
- ¼tsp each chilli powder, paprika and cumin
- ½ tin chopped tomatoes
- 2tbsp red kidney beans, drained

THE METHOD

Bake your sweet potato. While it's cooking, heat a little oil in a pan and then cook the onion, garlic and pepper for three to four minutes until softened. Add the spices, give it a good stir, then leave it to cook for another five minutes, stirring occasionally.

Add the beef and cook for five minutes, stirring often, until browned. Then tip in the tomatoes and kidney beans and bring to the boil. Reduce heat and cover and simmer for 10-15 minutes or until heated through. Serve with a handful of rocket or green salad.

THE KEY VITAMINS

A, C, K and the B vitamins

THE SCIENCE

The sweet potatoes in this dish ensure that you hit your vitamin A quota for the day, while the chopped tomatoes help to fulfil your vitamin K requirements. The kidney beans are an excellent source of vitamin B9 for DNA synthesis and the red pepper provides the rest of your vitamin C needs, which aside from being vital for healthy blood vessels, muscles and gums, will also help with your absorption of iron from the beef.

DO YOU NEED DRIP FEEDING?

Imagine not having to think about what you eat, and just sitting back and having vitamins pumped into your blood to make you feel super healthy, super fast. That's the premise behind getting intravenous vitamin therapy, where the good stuff shoots straight into your veins to perk you up instantly.

Receiving vitamins intravenously has become an increasingly popular trend, especially among celebrities. Dr John Myers certainly thought it was a great idea 50 years ago when he used to inject people with a special blend of magnesium, B vitamins and vitamin C administered through a slow intravenous infusion – a concoction he called the 'Myers cocktail'. So is it worth it? Well, putting the expense aside (sessions cost over a couple of hundred pounds a pop), unless you have a serious underlying health problem it is probably an unnecessary procedure.

'To be honest, nobody really needs to be taking vitamin supplements,' says Catherine Collins, principal dietitian at St George's Hospital NHS Trust. 'But with the way vitamins are promoted now, what tends to happen is that people see them as an insurance policy, whereby if they have a really awful diet they feel they can make good by using a "sticky plaster" approach to taking vitamins. But it is important to remember that vitamin supplements are not a panacea.'

According to the British Nutrition Foundation, there have been no clinical studies to show that vitamin injections of this type offer any health benefit or are necessary for good health, therefore the short- or long-term impact on health is unknown.

The verdict? Save your money and feed yourself fit instead. 