

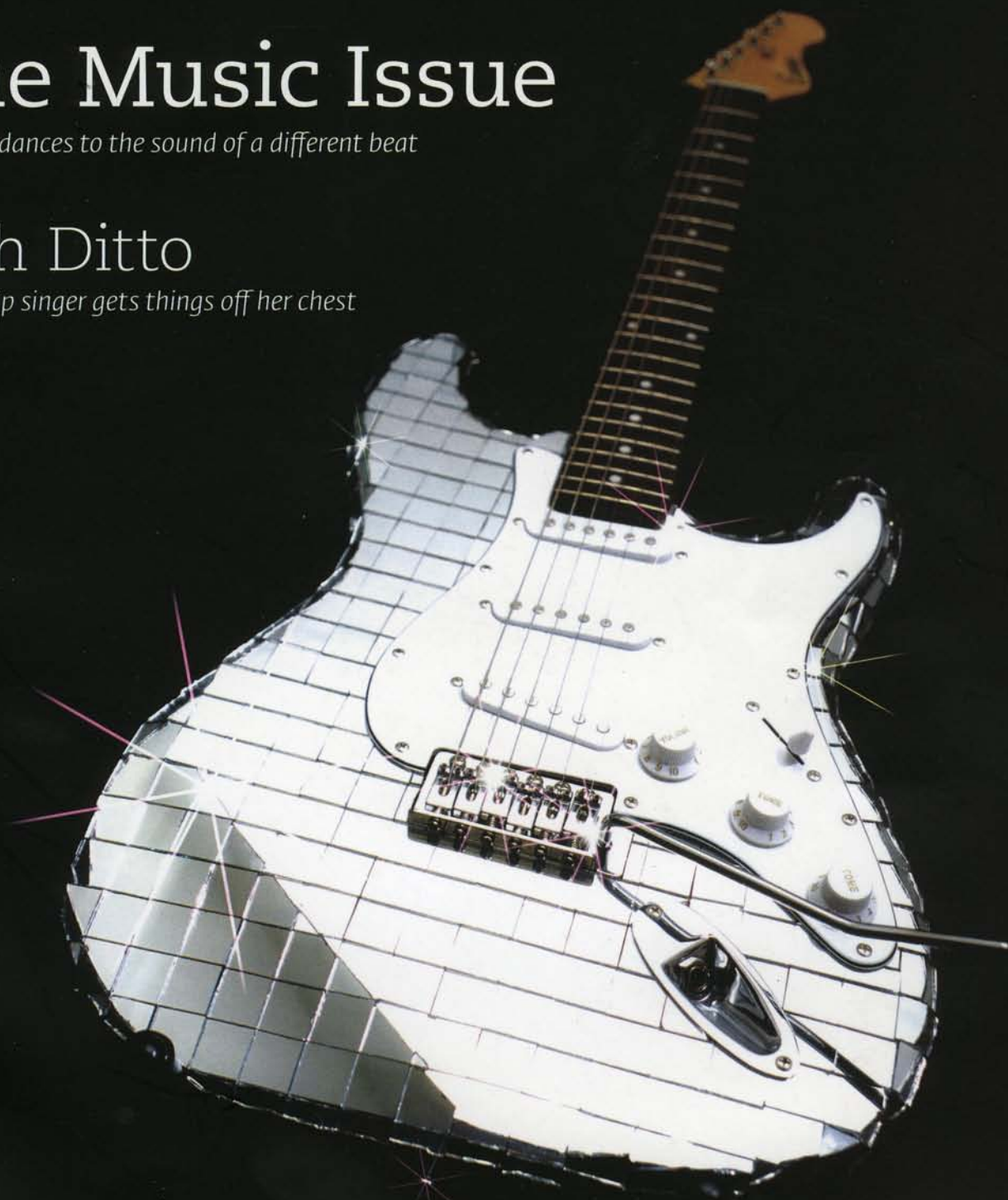
insight

The Music Issue

Brighton dances to the sound of a different beat

Beth Ditto

The Gossip singer gets things off her chest



Win a £10,000 makeover

Paramount Comedy Festival

Ross Noble give us something to laugh about

Fast food nation

The traffic light labelling system explained

U p till now it's been virtually impossible to maintain a healthy style of eating if you can't - or won't - cook. Years of eating out or peeling back plastic ready meal wrappers has been associated with increasing your long term risk of weight gain, obesity, heart disease and diabetes.

But times have changed. This year's launch of the traffic light labelling system by the Food Standards Agency, taken up by most of the major supermarkets and food manufacturers, has led us into to the dawn of a new age of truly healthy ready meals. This strict labelling policy has forced the food industry to move away from producing ready meals which are high in hidden ingredients like sugar, salt, additives and saturated fats. Colour coded labels are easy to interpret. No more misleading slogans and

no more trawling through the small print to work out if what you are eating is good for you. Basically green indicates low content and is therefore a healthy option, amber is moderate and red is high and best avoided or eaten in moderation.

Each supermarket now promotes a range of ready meals made from the kind ingredients that you would expect to see on a gourmet pub menu. They can be heated by oven or microwave depending on your time frame. You can't go wrong, they're nutritionally balanced, additive free and taste deliciously home cooked. Enjoy ready meals without the junk, guilt-free honest fast food...

Words: Susie Perry | Susie Perry specializes in weight loss and female health. For advice, email susie@smartnutrition.co.uk

Supermarket	Brand	Try this
Waitrose	Deliciously different	Sardinian fregola with lemon chicken & peppers in a light tomato dressing
Sainsbury	Super Naturals	Moroccan spiced lamb
Tesco	Naturally Good	Honey roast salmon with new potatoes
M & S	Eat Well	Jambalaya
ASDA	Good for you	Sweet chilli beef

Inside info: music therapy

Most music therapists start out with a degree in music or associated field like psychology or education. They then go on to study music therapy as a 2 year postgraduate course in order to get fully qualified.

One thing all therapists share is a very high standard of musicianship (at least grade 8). The approach that music can reach anyone and help establish the basis of a relationship is the foundation of music therapy. You are not taught how to play any particular instrument. Instead you will be encouraged to use music as a communication tool, developing a musical language of your own which allows you to express feelings that might otherwise be hard to do.

To find a list of accredited courses or a qualified therapist, contact the professional body of Association of Music Therapists at www.apmt.org

