Your youth-boosting shopping list

Add these new age-fighting foods to your trolley to pep up your diet – and your life.

- **White tea.** All tea is packed with catechins, which help prevent disease, but white tea could be best for skin. Kingston University researchers found that it protects the collagen and elastin that keep skin supple.

- **Nut butter** may be an easier way to eat the daily handful of nuts that Harvard scientists say could help us live longer. Variety is key, so swap between mixed nut, almond and peanut butters, and avoid any with salt – or chocolate!

- **The colour purple.** Think dark berries and grapes, aubergines, red cabbage, purple carrots, tomatoes and sweet potatoes. All are rich in anthocyanins, potent plant nutrients found to improve memory and heart health.

**Q** Do I need an operation to remove my painful bunions?

I don’t want to be hobbling and out of action for weeks.

Though surgery is unavoidable if the big toe has swung inwards by 30°, it’s common – one in three women develop bunions in mid-life, and even Nigella has had an op on hers.

Luckily, there’s now a minimally invasive alternative. Keyhole surgery protects the soft tissue and is gentler on the bone, minimising swelling and joint stiffness. With a local anaesthetic, you can expect to walk out of the operating theatre in surgical sandals – and you won’t need them for long. ‘I aim to get patients back into their shoes in four weeks,’ says consultant orthopaedic surgeon David Gordon.

As the technique is new, be sure you go to a surgeon specialising in minimally invasive foot surgery: NHS treatment should be available if you’re in significant pain. Look at the official NICE guidelines at nice.org.uk/guidance for information and advice.

**A**

A better way to banish bunions

**HOW SHE DOES IT!**

Trim TV presenter LORRAINE KELLY, 55, uses her body chemistry to stay slim.

‘For two hours after each meal, your metabolic rate speeds up by 20-30%. If you skip meals, you miss out on this boost,’ she says.

A healthy breakfast, such as Lorraine’s 5am bowl of porridge, is vital. ‘Your metabolic rate slows by 5% overnight, and stays at that rate until you eat,’ she says.

**A better way to banish bunions**

**Try white tea for younger-looking skin**

Just say yes!

Any time now, an invitation will arrive that could make you feel better. It’s for a free mid-life MOT for those aged 40 to 74. This new health check will be given every five years to people in this age group. The aim is to help you stay fit for longer as, while most women now live into their 80s, the Office of National Statistics estimates that good health runs out at 86.

The scheme targets preventable illnesses like heart and kidney disease, concentrating on people who haven’t been diagnosed to catch warning signs early. Your blood pressure, BMI, cholesterol and heart disease risk will be measured, and you may be offered brain and heart age tools to work out how old you are on the inside. Over-65s are also given advice on dementia, though not a test – Public Health England, which administers the checks, has found that they’re ‘not reliable’.

The downside? There’s no escaping the lifestyle chat (be warned: the alcohol calculator is tough). Also, as this is a relatively new scheme, it will take time to roll out. If you can’t wait, you can request a check yourself by going to healthcheck.nhs.uk to find the nearest opportunity.

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