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1 3 New Fitbits Are Coming—and They're Really Cheap

2 30 Tips for Starting Your Own Wellness Business

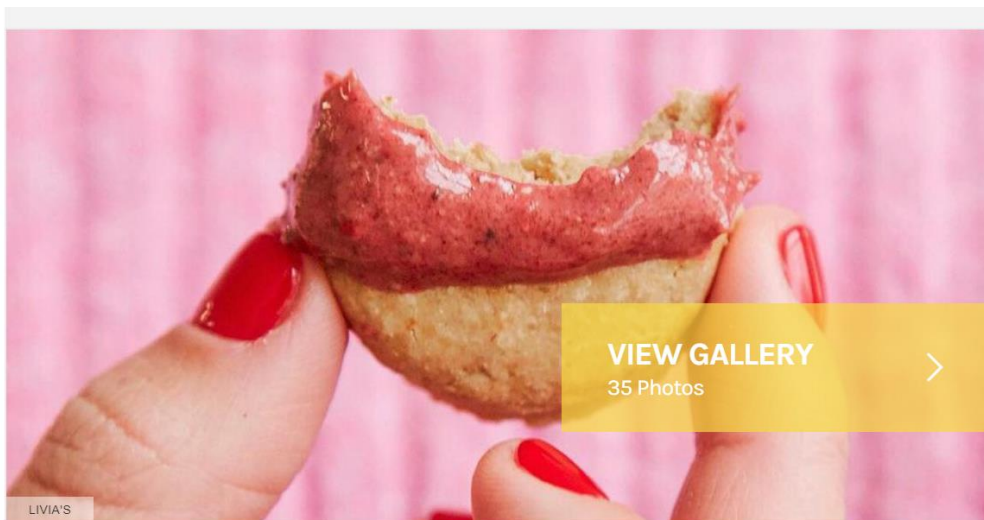
3 The Workout That Built Binky Felstead's Body

4 15 Celebrities Who Have a Hidden Health Condition

5 31 Healthy Restaurants in London to Try Tonight

35 Health Food Brands You Won't Want to Miss In 2019

From salted date PB, to actually healthy crisps: *WH* tried and tested.



LIVIA'S

Shopping lists and supermarket apps at the ready: a carnival of new health food products are here—just in time to help you distract yourself from whatever you've abstained from for lent.

Ready yourself for sustainable seaweed puffs, vegan salted caramel puds made from courgette and fruit bites made from wonky veg. We know you'll want too—because researchers at UCL last year published a study in *Nature Human Behaviour* that found that you all have individual

in *Nature Human Behaviour* that found that you all have individual 'exploration personalities' when you shop. This means that, contrary to popular opinion, most of you are intrigued by new products enough to want to try them, rather than stick to your standard PB and rice cakes.

So there you have it. Be adventurous and try something new today - like one of these **35 new health products** to add to your weekly shop.



Hawker's Popped Crisps

Snacks that are palm oil free are harder to come across than you'd expect, but you'll love these from Hawker's. Not only do they ditch the oil, they're also made in the UK and high in fibre. A perfect mid-afternoon snack.

How much? £6.50 per share bag

Shop now: Online at hawerssnacks.co.uk



Siggi's Yoghurt

Siggi's tagline is 'simple ingredients, not a whole lot of sugar', and you get what it says on the tub, really. Plus, with 15g of protein per serving, you'll be sure to stay full until lunchtime. They have a range of tasty products on offer, but *WH* loves the vanilla.

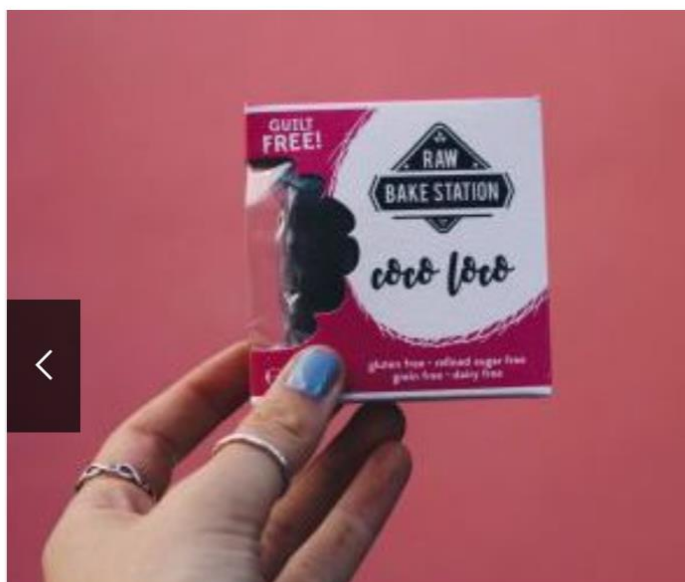
How much? £1.20

Shop now: In store at Sainsburys or online at siggis.com



Wholely Moly Cookies

When you think of cookies, you normally think of sat fat packed, high sugar options, and yet there are plenty of cookie options on the market now which offer a healthy, nutritious sweet treat with none of the added nasties. Wholely Moly is one of those cookie brands. Launched by a husband and wife team keen to share healthy snacks with the world, *WH* loves the cacao and orange with a cup of earl grey.



Raw Bake Station

Fancy a treat without any of the refined sugar that'll have you crashing in a few hours? Then you'll want to check out Raw Bake Station. They specialise in healthy alternatives to everyday sweet treats, plus is one of London's first exclusively all-raw bakeries. Seriously good.

How much? Treats from £2.25

Shop now: rawbakestation.co.uk



LONDON KETO BROWNIES

London Keto Brownies

Cooked up by a husband and wife duo from their home in Finsbury Park, these brownies are a first of its kind in the City—tasty home baked high protein, high fat desserts. Order online to be delivered to your doorstep. Dreamy.

How much? £25 for 12

Shop now: Online at londonketobrownies.co.uk

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WHEY HEY

Wheyhey Sugar Free Salted Caramel Ice Cream

You know the brownie and ice cream bowl you've been daydreaming about since you first clicked through from the London Keto Brownies? Enter stage right, Wheyhey, the only 100% naturally sugar-free ice creams in the UK. Slurp.

How much? £4.20 per tub