

It's new and healthy

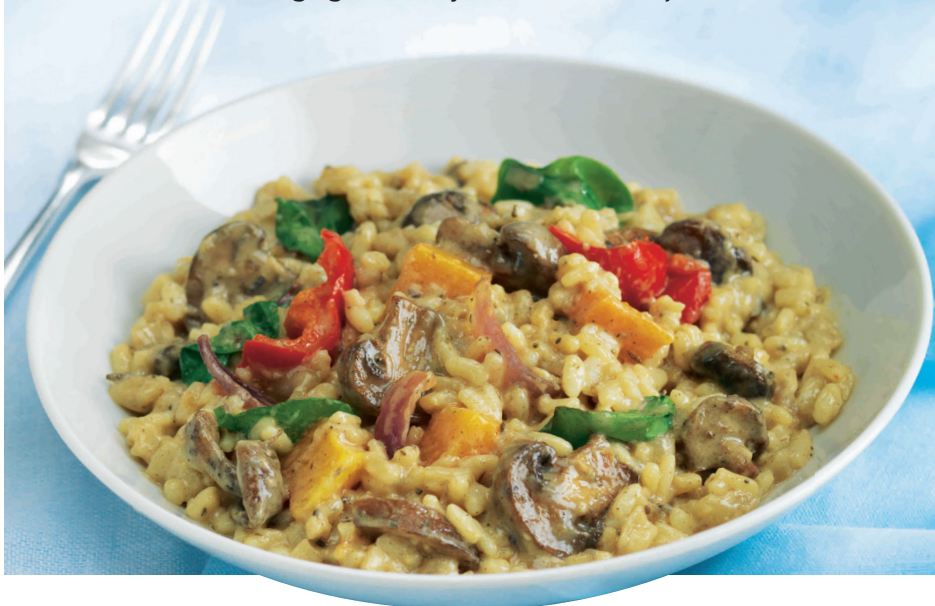
We've trekked our trollies round the shops to track down the best new diet dishes for you...

A fine choice

It's so frustrating for us dieters that all the meals in supermarket luxury ranges seem to have an overload of fat and a devilish calorie count. Well, the good news is Tesco has developed a range of lighter dishes for its Finest collection that deliver on flavour without sabotaging

your diet. The Thai Spiced King Prawn Noodles (340cals) is packed with fresh chilli and lime leaves, perfect for a hot summer's evening, and the Mushroom And Butternut Squash Risotto (pictured) is indulgently creamy, highly comforting – and just 385 cals! £3.75, Tesco

WE CAN'T BELIEVE IT'S DIET!



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Souper news

Once again, Glorious! have excelled themselves with two new additions to their Skinny range. The Azteca is full of Mexican flavour, and at just 105 cals per ½ pot, the Rustic Italian has a lovely balance of sweet tomato and acidic balsamic. Fantastic! £1.99, Asda

Salad with a twist

Seaweed, wild chamomile, red veined sorrel... they might be exotic salad staples for London's top chefs but rarely are they found on supermarket shelves. Until now! M&S are setting the trend this summer with a range of salads bursting with new flavours. The Bulgar Wheat, Tomato & Parsley (right) is drizzled with a tangy lemon and mint oil that we just love. £2, M&S



Food maths

One serving of Waitrose shortcrust chicken and tarragon pie (660 cals)

is equal to...

One serving of Tesco Deep Fill Puff Roast Chicken Pie (429 cals)

+

One small glass of wine (115 cals)

+

One serving of Waitrose Swede, carrot & potato mash (116 cals)



Frozen favourite

Always on the hunt for treats to banish that ice cream craving, we're thrilled Waitrose has added some delicious frozen yogurt flavours to their You Count range. One low-fat serving is an unbelievable 75 cals – rather more diet-friendly than a wicked 270-cal bowl of Häagen-Dazs, and equally as good! Choose from Raspberry & Blackcurrant, Natural or Chocolate. £2.99, Waitrose



Three of the best... salad dressings

Spruce up those salad leaves without worrying about your waistline...

1 M&S FAT FREE & FRUITY SPRAY DRESSINGS

Forget soggy salads, these new sprays from M&S are just 80 cals and 0.2g fat. Try the Pomegranate & Apple or White Balsamic & Grape.



2 HELLMANN'S FAT FREE VINAIGRETTE

Vinegar-based dressings are low-cal and help you digest salad leaves, which are alkaline. This zero-fat option is just 49 cals per 100ml.



3 SAINSBURY'S HONEY & MUSTARD DRESSING

This Be Good To Yourself dressing is lovely and garlicky, and contains 0.9g fat and 72 cals per 100ml – perfect with freshly grilled chicken or fish.

