

Retail therapies



■ Booze and baking defined lockdowns in 2020, so it's no wonder one in five say gut health is their priority for 2021.

The Gut Stuff's All In One Fermenting Kit (£45; thegutstuff.com) has all you need to get started with making pre biotics kombucha or kimchi, including jars, "burping lid", weight and gauze.

■ Fill your fridge with healthy, speedy lunches with a little help from Sainsbury's.



Their My Goodness! ready meal range now has tasty new dishes including vegan, Jerk Style Jackfruit with Sweet Potato (£3.50) and Salmon with Lemon & Dill Sauce (£4), high in fibre, protein and one of your 5-a-day.

By AMY PACKER



■ If your Dry January willpower faded as soon as the schools shut, check out this clever low alcohol alternative.

The Cotswolds Distillery's Dry Gin Essence is made using 10 times the botanical concentration of regular gin, so just 5ml - and a tenth of the alcohol is needed for a full flavour G&T.

■ They say digestion starts when you chew, which is why, as with bowel health, good bacteria is key.

Zendium Complete Protection Toothpaste (£4.80; Ocado) contains antibacterial enzymes and proteins with prebiotic benefits to help nurture the microbiome in your mouth while working to improve gum health, breath and cut plaque.

