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# Men's Health

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SMALL STEPS, BIG RESULTS

## The Healthiest Restaurant Awards 2009

### Midlands



The hottest place to romance...

**KAYAL, Nottingham**

It is a two-branch Kerala Indian in Nottingham and Leicester whose central ethos is "using less oil, sugar, and artificial additives".

**Best for Date night** – reasonably priced South Indian fare and great mood lighting.

**The panel said** "Rich, flavoursome curry without the usual fat content."

**Have** Atiraachi Olathiyathu – boneless lamb cubes cooked in chilli and turmeric juice.

**Because** Turmeric has been linked to fighting cancer, Alzheimer's and skin complaints.

**Expect to pay** £15-20

Broad Street, Nottingham NG1; Granby Street, Leicester LE1, [kayalrestaurant.com](http://kayalrestaurant.com)

With the economy in meltdown, restaurants all over the country are upping their game in a bid to attract your hard-earned cash. So it's the easiest it has ever been to get first class food at an affordable price. This is our guide to the UK's healthiest restaurants.

Words Rebecca Seal Photography Jasper White