



**COLDSNAP SINGLE-SERVE
ICE CREAM MAKER**

cream out of just about anything, including pretzels or almond milk.

Now another appliance set to roll out soon is giving dessert fans the chills. Taking its lead from countertop coffee pod machines, ColdSnap's single-serve ice cream maker promises to deliver creamy, freshly made soft-serve ice cream in less than two minutes. It uses a high-powered refrigeration system to rapidly freeze the (shelf stable) contents of a pod the size of a small can. Coming in a variety of flavours, the freshly frozen treats are dispensed directly into the bowl, so there's no prep or clean-up required.

ColdSnap machines are currently rolling out to commercial settings and are due to arrive on the home market from 2025 (keep an eye out for updates at coldsnap.com). What a cool idea.



THE TREND

REDUCETARIAN EATING

Some questionable food trends come and go, but this one offers genuine benefits to your health and the environment.

Words **KAREN BURGE**

Do you know how your daily food choices can impact the environment? Animal agriculture is a big contributor to global warming, producing high amounts of greenhouse gases and putting pressure on land and water resources. Eating a plant-based diet can help alleviate the strain, but going vegan or vegetarian isn't for everyone.

This is where 'reducetarian eating' comes in. It's a food movement that embraces thoughtful moderation (rather than elimination) of animal foods from your diet, and experts say it can make a genuine difference.

Philosopher and animal rights activist Peter Singer says the fact that eating plants will reduce your greenhouse gas emissions is one of the most important reasons for cutting down on meat products and, for those willing to go all the way, becoming vegan, excluding dairy and eggs as well.

It's not just good for the planet; there are health benefits, too. Dietitian Teri Lichtenstein says

people who make the change tend to replace meat with an alternative centre-of-plate plant protein, such as legumes, and increase vegetables in their meals.

"This provides additional benefits as plant proteins are an excellent source of dietary fibre to support gut health, plus

whole plant protein foods, such as beans and legumes, contain a variety of micronutrients shown to support good health and prevent chronic disease," she says.

The reduction of red meat, which is often high in saturated fat, can particularly

help people with diabetes and other lifestyle diseases, Teri adds.

"This is especially important for people over the age of 50, as the older we get, the more muscle mass we naturally lose and issues such as managing weight can become more challenging. Plant foods are usually lower in kilojoules and saturated fat, and have more fibre, which can help keep you fuller for longer and prevent excess calorie consumption."



TERI LICHTENSTEIN
Accredited practising
dietitian