

Bola Obileye

Presenters & Brands | Presenters

Press

Gordon Ramsay's Future Food Stars: Where to buy the contestant's products

Bola Adegbenro – Jitterbug: jitterbug.life



Bola Adegbenro is a health coach hailing from Hertfordshire. In 2016, after a recent health scare, she decided to ditch sugary soft drinks, instead blending her own alternatives at home. What she concocted was an apple cider vinegar seltzer. And in 2019, Jitterbug was born.

This premium seltzer soft drink brand merges real fruit juice with apple cider vinegar, and the website says that there's no sugar, no artificial sweeteners, no artificial flavourings and "no nasties". The drinks are sold in packs of 5 or 12, and there are three different flavours on offer: orange jive apple cider vinegar seltzer (from £14.40, jitterbug.life); lemonade swing apple cider vinegar seltzer (from £14.40, jitterbug.life); or berry hop sparkling apple cider vinegar seltzer (from £14.40, jitterbug.life). You can also buy the cans on their own from Holland & Barrett (£2.29, [Hollandandbarrett.com](https://hollandandbarrett.com)).

TOP Santé

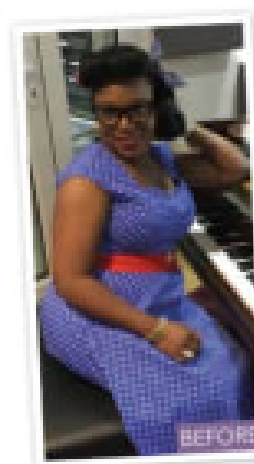
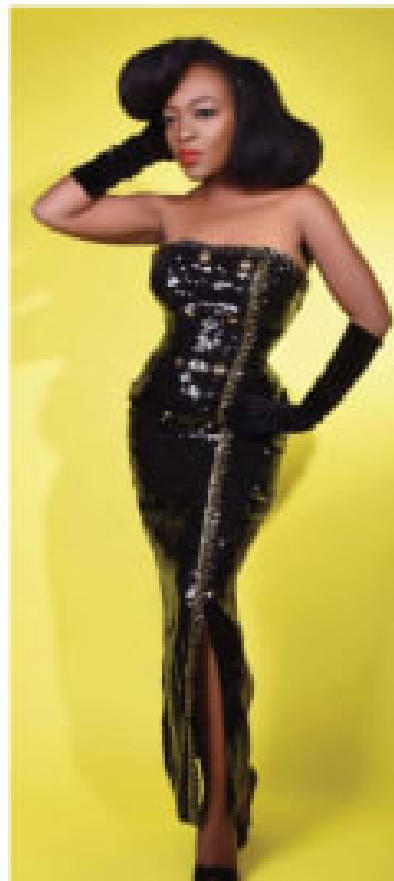
GOOD HEALTH STARTS HERE

180°
I've gone from
DRAB
TO FAB!

Mollie Obileye, 45, from London, credits the ketogenic diet and being more active for helping her lose almost four stone.

I DIDN'T ALLOW myself to admit I was getting fatter. I told myself I didn't have a problem, even though the size just a huge dent to my confidence, because I didn't think it was something I was capable of achieving. But my body had other ideas. I started to reject the junk food and fatty drinks I had become dependent on. I'd have episodes of vomiting and choking and whatever I'd put consumed came back up at me now! And when we talked and because it didn't hurt, but it became difficult

being unable to enjoy food almost pointed to something seriously wrong. I was convinced I had cancer and was going to die. In February 2016, I had an endoscopy and whilst I waited for results, I felt much better. But when the results came back, they told me I had been eating it for years. I had been told my health was good and I was told that I would do better for myself. I decided I would be my life. Fortunately, the endoscopy came back clear, but I was diagnosed with a hiatal hernia, which is when the upper part of your stomach pushes into the chest due to a weakness in the



lifestyle changes as obesity was a major factor. I had never felt more motivated. A friend suggested I try the ketogenic diet, so as I came to call it, the Mediterranean diet. High fat, low carbs, the diet is rich in avocados and low-carb vegetables but also not processed sugar and alcohol. I'm Nigerian by birth and a lot of the food we enjoy is rich in fats, but the ketogenic diet helped me discover food outside my comfort zone. It helped me learn about combining ingredients in sustainable, healthy and fitting ways. In four months, I went from 15st (210 to 16st). I realised the way I used to eat was able to putting around in a period of time. It was the wrong fuel and so much I follow today.

A NEW CAREER IN FOOD
I became so curious about nutrition that I decided to study at The Health Sciences Academy and became an Advanced Clinical Weight Loss Practitioner, then went on to study further at the College of Management Medicine, where I qualified as a health coach and diet. In the years since then, I've maintained a healthy weight thanks to having a deeper understanding of nutrition. With a spring in my step, many friends asked for my secret and I wanted everyone to feel how light so I quit my job as an IT consultant and started The Skinny Cook (www.theskinnycook.com) selling 100 per cent natural, low-carb, keto-friendly, healthy value meals made with delicious and common foods and apple cider

'I used to berate myself but now I'm kind to myself and have space to focus on the things I want to achieve.'

MOLLIE'S STATS

Height: 5ft 2in
Weight before: 15st 2lb, size 18-19
Weight now: 16st 10lb, size 10

OLD DIET
Breakfast: 100g of bread, chicken sandwich, chocolate bar, coffee and coffee.
Lunch: White rice with chicken and vegetables. Another meal.
Dinner: Beef, potato and vegetables.
Snacks: Several chocolate bars and fizzy drinks throughout the day.

NEW DIET
Breakfast: 100g of bread, chicken sandwich, chocolate bar, coffee and coffee.
Lunch: 100g of bread, chicken sandwich, chocolate bar, coffee and coffee.
Dinner: Beef, potato and vegetables.
Snacks: Several chocolate bars and fizzy drinks throughout the day.

Current
Keto diet
Member: 100g of bread, chicken sandwich, chocolate bar, coffee and coffee.



stronger, found drinks. I know I was not in a kitchen where any kids could have been asked asking for that kind of diet. I also run a healthy lifestyle and share recipes online. These days I have a more focused friend, and I used to berate myself but now I am kind to myself. Now that I don't do any more, I'm trying to focus on to help myself from now. I have space to focus on the things I want to achieve. I've always loved to sing and dance but used to be too shy. Now, I sing in a gospel choir and every dinner in a group called Super Faith. I walk every where, too. Sometimes, it's a challenge, power walk. Other times, I go to walk where I can't walk. I've had a lot of people say that they would have called a taxi. People say things happen to us, but I think they happen for us. My health now was the most beautiful thing that could have happened because it brought a whirlwind of positive change and helped me discover who I am capable of being. I'm a woman who can do anything.

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best

**I've found
my fabulous!**

Ingredients:
2 cups lentils, washed & drained
1/2 cup onion, finely chopped and
drained
1/2 cup carrots, finely chopped
Directions: Wash lentils thoroughly
and drain.
Directions: In a large pot, add
lentils, onion, carrots and
vegetable broth.
Directions: Bring to a boil.
Simmer for 1 hour.

Will women-led start-ups power the UK's post-Covid recovery?



Mollie Obileye, co-founder of **Jitterbug** drinks, which makes sparkling apple cider vinegar seltzers, told *Speciality Food* she was “driven by passion to fill the world with food goodness following a health scare”.

Over a third of women are considering supplementing their income through a 'side hustle', while 14% are reconsidering their current job as a result of the pandemic.

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SPOTLIGHT ON: START-UPS

3 AAA-PB START UPS AND TRANSFORMING THE POWER STRUCTURE IN AWARD-WINNING FUTURE



Meet three female founders...

WILLIAM BOWEN, CO-FOUNDER, ATTEMPT

"I was not prepared for how many other fields for women were impacted by a crisis industry, and the combined impact. I've learned that there were no boundaries for women, and that there were more lines of potential for women of different sectors. Based on their knowledge, they always have more potential for programs with. You can't, but you can't read them, and it's not the way to support women."

HOW TO CHOOSE YOUR FUTURE
A professional guide to
your career choices

How much do you
know about your
future? Do you know
what you want to do
for a living? Do you
know what you want
to study? Do you know
what you want to be?

There are many things
you can do to help you
choose your future. You
can talk to your parents,
teachers, and friends.
You can look at the
Internet. You can read
books. You can take
tests. You can do all of
these things to help you
choose your future.

But the most important
thing is to know what
you want. You need to
know what you like to
do. You need to know
what you are good at.
You need to know what
you want to be. Only
then can you choose
your future.

So, what do you want
to do for a living? What
do you want to study?
What do you want to be?

Think about it. What
do you want to do for
a living? What do you
want to study? What
do you want to be?

Remember, your future
is up to you. You can
choose it. You can make
it. You can be what you
want to be.

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want to be.

WINE & CHEESE **COLLEEN KILGERRY** **CONTAINS**

I started my first working job in 1980 at a local newspaper, and I've been in the industry ever since. I also worked for the Chicago Tribune, and I've been a wine writer for the Chicago Tribune since 2005. I've been a wine writer for the Chicago Tribune since 2005. I've been a wine writer for the Chicago Tribune since 2005.

also indicates that dairy products are not out of a patient's diet as a restriction for many women, and there have been conflicting results from studies on keeping up and keeping across the back and thigh throughout the pregnancy.

YOUNG GORDON'S FOUNDEDER, **DAVID YOUNG GORDON**, says that the company's growing reliance on digital tools and the Internet. You can find many types of businesses in the home industries and a data from industries and, from some industries, from the to the growing use of financial tools and very closely interconnected business.

Business building blocks
and gifts arrive this season.
Monogrammed and custom
engraved pens become the
most important that those
most traditionally enter-

1 **THAT'S THE BEAST! FROM THE 'NINE PAGES.'** "I could sit here and list out the digital projects that, over the last 10 years, we've created, and the impact, and the joy, and the satisfaction that are accompanying," he says, adding

3 **Test and/or how to predict**
 (David Brinley, former president of the American Society for Quality Control)

2 **Free Small Opportunities**
"Many leaders apply community and future thinking to their local business environment," says the author. "Aggregating resources, increasing the size of the market and sharing the benefits of higher net returns are important goals in Africa," he says. "When the government attacks, they quickly proceed to producing goods and services."

[illegible]

Gen Z is behind a boom in new food start-ups

Young people have been disproportionately affected by the recession, and unemployment

the past decade, increasingly entrepreneurs have started hundreds of new food businesses. Entrepreneurs show that workers aged 24 and younger accounted for nearly three-fifths of the 1993 entrepreneurial rate. Bureau researchers find The Future's Best

Since 1997 (and 1998) report data revealed that almost a quarter of young people (23%) do not trust confidence about their future world. It is not clear why, except that it is likely many of them have come from their own family. Research from the *Entrepreneurship Partnership* showed that during 1997/98, Confidence 1, or the gap between 1 and 2, has been the highest indicator in business creation. The report, *The Age of Entrepreneurialism*, revealed that 1997/98 saw a 19% increase in 16-20 year olds registering on the *Entrepreneurship Partnership* website and a 30% increase in the age of entrepreneurs being created.

Black beauty & hair

for women who want to look amazing

214 LATEST LOOKS

MATCH MAKER
Emolyne Cosmetics – lips & nails brand

SPRING GREENS
Eco-friendly beauty brands

FOREVER YOURS
Bridal Supplement

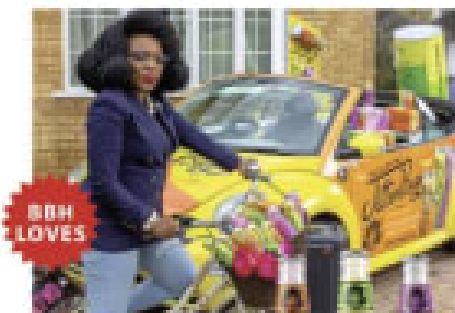
STRICTLY SPEAKING

AJ Odudo is in a good place

Inspirational styles for the season

ISSUE 100 | MAY 2015 | £3.99

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BDH LOVES

Pure Pop

Apple cider vinegar has 101 health benefits: from anti-diabetic effects and lowering cholesterol to aiding digestion and warding off colds – but perhaps most famously, *keyser's* glugged gallons of the stuff to help her drop a dress size in the run-up to filming *Orange Is the New Black*. Now ACV is taking centre stage in a stylish range of soft drinks from Black-founded company *Staring* (£2.99 each). They are 100 per cent natural and blended with English botanicals and exotic superfoods to make a health drink that is as easy on our taste buds as it is on our health. We'd drink to that.



Pearly Pills

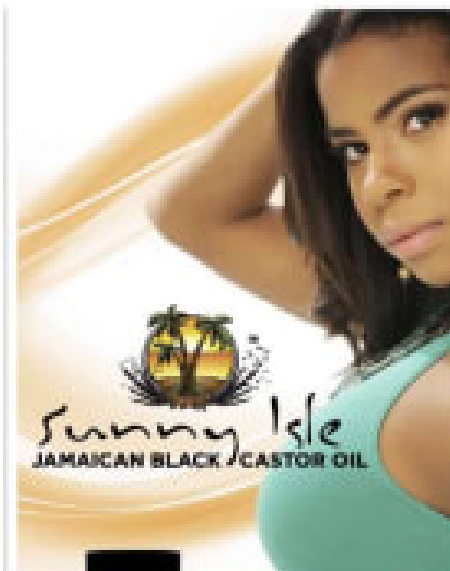
We're pimping up our grins with Whitening Toothpaste Tablets (£2.99) from eco brand *hello*. A plastic-free alternative to traditional pastes, these fortified tablets are flavoured with natural peppermint and tea tree to gently whiten teeth, remove plaque and freshen breath. Now that's something to smile about.



Inside Out

Skincare can often be *multiglossed* in black skin – yet research suggests melanin-rich tones are more likely to suffer from the condition. Want to ditch the itch? Pellamex – a new ingested supplement – has got the health world abuzz thanks to its boost of Magnesium production. This is a key enzyme acid found to strengthen and restore a healthy barrier function in the skin from the inside out, science bode found a 48 per cent improvement in

Health



Healthy Hair Growth
Longer Thicker Hair
Soothes the Scalp
Dry Itchy Scalp
Fights Dandruff
Eczema
Psoriasis
Aches & Pains
Moisturizing Skin

INFUSED WITH
CHEBE POWDER

OUR STORY
Sunny Isle Jamaican Black Castor Oil starts as locally sourced and the oil extracted by farmers in

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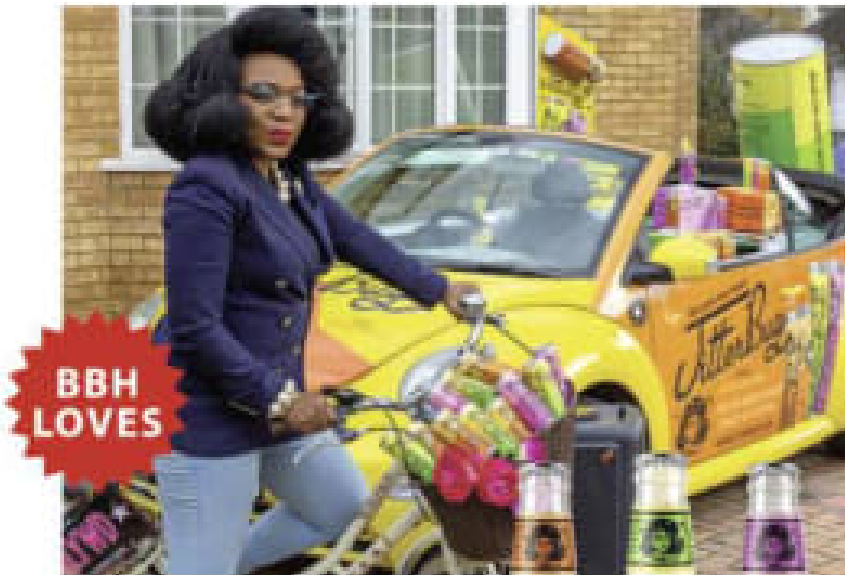
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& hair



Pure Pop

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