

it's fate Planetary influences

Aries

Wow, see you go! You Rams are the most physically active sign of the zodiac, determined to be the first - and best - at everything. You like things to be quick and fast - and that includes what you eat. Seriously spicy food and anything with kick in it turns on your tastebuds - chili and cinnamon probably feature big time in your diet.

Aries rules the head so you may be prone to headaches. If you're feeling stressed, try to avoid the foods that you know might trigger a migraine (cheese, chocolate and alcohol are common culprits), and be sure to eat plenty of high-energy carbohydrates like spaghetti to fuel all that physical activity.

Taurus

Quality - A Taurus water doesn't you buy, you love quality and luxury - in your home, and on your dinner plate. You don't like rushing anything, and eating is a sensory experience to be slowly savoured. Your food is vital. You're drawn to rich, indulgent ingredients as you're more aware with your body than any other. So when you're in the mood for organic products are probably a natural choice.

You're not a fussy eater but texture counts, and can't resist creamy, rich dishes with a high dairy content.

Taurus rules the throat, so you're prone to sniffles and coughs - especially green beans along with all that full-fat cream - so don't go amiss!



Drawn to cheese? Can't resist chocolate? Your star sign's got a lot to answer for!

Gemini

Stop fidgeting, Gemini. You're the most restless and hyperactive sign of the zodiac, and who says you can't be in two places at once! It may feel like you have two lives going on - and Gemini often do, perhaps two jobs.

or two different homes.

You love variety and like to experiment, but you don't enjoy spending hours cooking a meal. Snacks and take-aways keep you going.

Food isn't high on your list of priorities, and you tend to neglect your nutritional needs.

Gemini rules the nervous system, so be careful. All that hyperactivity makes you prone to anxiety and stress, so offset this tendency by feeding your nerves with plenty of B vitamins.

Cancer

You're the most maternal sign of the zodiac and inclined to be

nurturing. You'd feed the whole world if you could, and you often cook enough for it! You love home cooking - cottage pie or pasta.

You associate food with emotion which makes you prone to comfort-eating. Try to comfort yourself with carbs rather than high-fat foods.

You enjoy alcohol, which feeds your wonderful imagination and draws you out of your shy Cancerian shell. Buy the best wine you can afford, as Cancer rules the stomach and cheap acidic wine can upset your delicate digestive system.

Eat some of that 'healthy' bacterial stuff too - bio yogurts will do nicely!



Leo

Dramatic, enthusiastic, proud, playful, creative - that's you, and when it comes to food you're not interested in the mundane either. You like to live like royalty and prefer to be waited on than slave over a hot stove.

When you do roll your sleeves up, the meals you cook are likely to be pre-packaged. Seriously though, you do enjoy cooking when you put your heart into it.

Ruled by the Sun, you love heat, so go for Indian or Mexican foods. Your child-like nature also steers you to shaped spaghetti and funny face biscuits!

You love food and eat well - just be careful not to eat too much fat as Leo rules the heart, which can cause problems later in life.

Virgo

You're the perfectionists of the zodiac and the most health-conscious sign. You like your meals to be perfectly prepared, beautifully presented and to contain all the right proportions - not too many carbs, not too much fat.

You know what you like, and as an Earth sign are good at looking after your body's needs and instinctively choose healthy foods. You worry far too much, though!

Virgo rules the intestines, so beware all those high standards you set yourself. They can lead to problems connected with

your digestive and nervous system. Try to go easier on yourself and find time to relax.

Libra

You like everything to be balanced in life, but as the great ditherer of the zodiac, you find it impossible to decide what to eat. Today's wide choice in the supermarket is a Libran's nightmare. Your trolley's likely to be a fairly healthy mix, though - if you buy a bar of chocolate, you balance it with a packet of sunflower seeds or fresh fruit.

Your artistic nature draws you to food which looks beautiful on a plate, like strawberries and kiwi fruit.

You generally enjoy good health, but as Libra rules the kidneys go easy on carbonated drinks and flush your system through with lots of water.

Scorpio

Everything in life fills you with passion, including what you eat. That's because you Scorpios are the most intense sign of the zodiac. You're not interested in the bland or banal. You like intensely flavoured food with strong colours and hidden depths - red berries with a bittersweet flavour, oysters, mature camembert cheese.

You have a good constitution and strong powers of recovery, but Scorpio rules the sexual organs so you should pay extra attention to your sexual health.

Cystitis could be a weakness so try to avoid too much rich food, and drink cranberry juice to help keep your urinary tract healthy.

Sagittarius

You light up the world as the most adventurous sign of the zodiac, always wanting to try new things out. The types of food you're drawn are anything and everything! As with most



things, you've a tendency to go overboard - especially the amount you eat. Sagittarians don't know the meaning of moderation!

You're not overly concerned with nutrition, but your love of experimenting generally means that you eat a good range of food types and enough nutrients. That's great, but just don't eat too much of the rich stuff. Sagittarius rules the hips, and any excess fat head straight down there!

Capricorn

You're one of the most serious and practical signs of the zodiac, and when it comes to food you cautiously settle for earthy and simple dishes.

You live life at a steady pace, and want food that sustains you, so you go for healthy, complex carbohydrates like potatoes and pasta for a slow, steady release of energy.

Capricorns love the old ways and are not into new fads.

You're also one of the biggest meat eaters of the zodiac - keep an eye on this.

Ruler of the joints, yours potentially could cause trouble, so make sure you walk a lot - you've got the carbs to do it!

Planetary influences it's fate

Aquarius

Quirky, inventive, original - that's you! Those qualities are reflected in the foods you choose. You're unpredictable and your grocery list will change from week to week.

Food isn't high on your list of priorities - as an Air sign, you tend to neglect your physical needs, and besides, you're far too busy trying to change the world!

Your humanitarian values have you choosing free range eggs, and Fair Trade products.

Aquarius rules the ankles and the circulatory system, and constipation is a potential Achilles heel, so be sure to get enough fibre in your diet.

Pisces

Food? What food? If you're a typical Pisces, you drink like a fish and head first to the booze aisle in the supermarket!

You're the dreamer of the zodiac and you use alcohol to escape. Try to regulate your intake - and eat something solid to soak it up!

When you do eat, you choose food that appeals to you, rather than by its nutritional content. Pisceans love fish, especially sea food - a subconscious link with your beloved sea.

Pisces rules the feet, which aren't affected by your haphazard diet, thank goodness, but your tendency to overindulge in alcohol and neglect your diet can leave you vulnerable to colds and general illness.



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