



FIT FOR LIFE

Don't pass the salt

You should never feel naughty about eating a good chip, says Carol Westmorland

The words were out before I could stop them. "Noooooo", I squealed dramatically; this accompanied by my best look of horror. I had been discussing the end of the cycling season 'chip night'. Me eat a chip? Never! I lied.

Food is a regular topic of conversation in class. It takes a lot to fuel me. It is on my mind most of the time and takes little for class chat to turn to our tummies.

Truth is, I will travel for a good chip.

I refuse to feel naughty for eating chips. My destinations of choice are: Lanercost tea room (thank you Victoria); Fetherston Arms, Kirkoswald; Chesters by the River, Ambleside; Lingholm kitchen garden, Portinscale; The Duke of Cumberland, Castle Carrock.

Wrapping up warm I eat them outside with the extra warmth of a dog on my lap. It is always between October and March. Not for me a floppy, limp chip stuck firmly to its mate. I like mine golden with fluffy insides - not dissimilar to how I like people - and while I am feeling confessional I, wait for it, add salt. Yes, salt. I did, until my research provided more scientific grounds, tell those who frowned upon this that I was replenishing lost salts from my activities. This is no longer necessary. I am doing myself good. I may love a chip, but I may love salt even more. My need for a chip could be just an excuse to fix my craving for salt. My chip is just a vehicle.

Salt calms. My chips may be medicinal. I am a better person for eating salt with chips.



'I LIKE MINE GOLDEN WITH FLUFFY INSIDES - NOT DISSIMILAR TO HOW I LIKE PEOPLE'

Salus is the Latin word for health - taken from the word salt. It was thought to be the cure for many an ail and we humans crave it for good reason. It even helps children grow. Without salt we die.

Any one of our 'Sunshines' (the dogs) will drive itself quite mad licking my legs when I arrive back from the bike. Perhaps, not as good as a chip but close.

Pass the salt, please.



Carol Westmorland lives in the Eden Valley. She is a Cycling Time Trials national champion, clocking up 445 miles in 24 hours. She also teaches pilates. www.pilates-cumbria.uk