

More fondly known as Pancake Day to your average Brit, but what's it all about?

Those of you that went to Sunday school will probably already know, but for those that didn't, let me explain. 'Shrove' comes from the word 'Shriven' which means 'to absolve'. Traditionally Christians would go to confession on Shrove Tuesday in preparation for a period of penitence and fasting which begins on Ash Wednesday. Ash Wednesday is the beginning of Lent and we know that usually means, giving something up! Jesus spent 40 days and 40 nights fasting in the desert which was pretty much this inspiration for Lent.

So if you know you're giving up some goodies for a while on Wednesday, what do you do on Tuesday? Pig out! Hence the pancakes.

FUN FACT: Ever heard of Mardi Gras? It's Louisiana's version of Pancake Day and it literally means fat Tuesday.

What do you have on your pancakes? I'm a sugar and lemon kinda lass.

Why am I rambling on about Pancake Day and Lent? Well Shrove Tuesday is usually a bit of a sugary feast and sugar reacts with the bacteria in our mouths creating the acids which wear away the enamel on our teeth causing, caries, decay, holes! So make sure you brush your teeth thoroughly on Pancake Day!

And here's just a suggestion, instead of giving up booze (dryathlon, been there, done that, bought the t-shirt in January) or red meat, or crisps etc. why not try giving up sugar?

I know you've probably had enough of hearing Jamie Oliver banging on about how sugar is bad, but giving it up might help you shed a few pounds and it will definitely help prevent dental caries. These days it keeps getting highlighted how many hidden sugars there are in our food, even where you least expect to find them. There are phone Apps available now that allow you to scan the barcode on your food packaging and find out how many grams of sugar, or sugar lumps, are in the food you eat.

It's never easy giving up on our comfort food and treats, but you may enjoy the benefits more and it's not as tough as fasting in the desert for 40 days and nights! Enjoy your pancakes.

