

A look over the news making the headlines this month with Tiger White MD, Roger Dyer.

The Daily Telegraph

A HEALTHY GOSSIP

Women are happier and healthier if they enjoy a regular chat with female friends, according to new research, because it boosts levels of progesterone, a hormone shown to reduce levels of anxiety and stress (Psst, they say gossip is good for your health, *The Daily Telegraph*, June 11 2009). Researchers put 160 female volunteers in pairs and gave half questions to ask each other. The group who were given the 'chatty' questions showed an increase in progesterone levels or they stayed the same while the other groups' declined.

THE TIMES

COOK CARROTS BEFORE GIVING THEM THE CHOP

According to researchers, cooking carrots whole before chopping them has been shown to preserve more of the potentially cancer-busting super nutrient falcarinol (Cook carrots before chopping for anti-cancer benefits, *The Times*, June 17 2009). If you chop the carrots beforehand this results in some of the nutrients leaking out into the water while they are being cooked.

DAILY EXPRESS

AS SLIM AS A CUCUMBER

Scientists announced that cucumber is one of the best foods to eat to stay slim and avoid hunger pangs (Cucumbers help us slim, *Daily Express*, June 18 2009). Cucumbers have the lowest calories per gram and eating low-calorie foods with high-water content is the trick to making the body feel full and keeping a healthy weight, according to scientists.

THE Sun

THE SALAD WITH MORE FAT THAN A BIG MAC

A report has highlighted the high levels of calories and fat in many supermarket salads that we think are 'good for you' (Fancy a salad?, *The Sun*, June 25 2009). The report collated the best and worst options with the worst culprit being Morrison's Smedley's Atlantic Prawn Marie Rose Salad, which contains 855 calories and 66.3g of fat – more than a MacDonalds Big Mac and medium fries.

Daily Mail

PEANUT BUTTER IS THE KEY TO YOUR HEART

A study has found that eating peanuts or peanut butter at least five days a week can nearly halve the risk of a heart attack (Peanut butter, the heart protector, *Daily Mail*, June 26 2009). Researchers analyzed the diets of more than 6,000 women with type 2 diabetes who completed food questionnaires every two to four years. The results showed that those regularly eating peanuts had their risk of suffering heart attacks or strokes reduced by up to 44 per cent.

