

Here's Why Food Does More Than Fill You Up

1. Pineapple is a natural painkiller. The fruit contains anti-inflammatory enzymes that bring pain relief from conditions such as arthritis, according to a study at Reading University.
2. Pomegranate juice could prevent a heart attack. This wonder juice is believed to improve blood flow to the heart and lower blood pressure.
3. Onions are natural antibiotics. They might make your breath pong but onions contain allicin, a powerful antibiotic that also protects the circulatory system.
4. Mushrooms can ward off colds. They contain more of an immune-boosting antioxidant called ergothioneine than any other food, say researchers at Pennsylvania State University.
5. Beetroot can pep up your sex life. It contains high levels of the mineral boron, which influences the production of sex hormones.
6. Blueberries can boost memory. A study at Tufts University in Boston showed eating half a cup of this fruit regularly could delay age-related deterioration in co-ordination and short-term memory.
7. A pint is as good as red wine. A pint of beer or stout is officially as beneficial as red wine for fighting cancer and heart disease, says scientists at Canada's University of Western Ontario.
8. Eat chocolate, live longer. Hurray! Harvard University scientists say that eating a couple of chocolate bars a week could extend your life by almost a year.
9. Grapefruit juice can stop medicine working. If you're taking medication, avoid washing it down with grapefruit juice as there is evidence that it prevents some drugs being broken down.
10. You should never drink tea or coffee with meals. Tannins in tea and coffee prevent absorption of certain nutrients. A cup of tea with a meal will halve the iron you get from it, whereas a glass of orange juice will double it.
11. Cherries can cure gout. Cherries contain compounds that significantly reduce the chemicals in the body which cause joint inflammation.
12. Eating curry could help prevent Alzheimer's. According to a report in the Journal of Biological Chemistry, a yellow pigment used in curry, curcumin, can stop amyloid plaques in the brain that cause the condition.

13. Sniffing a lemon could help you beat asthma. The UK's 5.1 million asthmatics could find lemons ease their symptoms. Studies in rats found that breathing improved after they inhaled limonene, the chemical that gives lemons their smell.
14. Kiwi fruit can improve your eyesight. This fuzzy fruit is a surprisingly good source of lutein, an antioxidant that protects your vision.
15. Garlic can cure mouth ulcers and verrucas. Here's an old wives' tale that works: halve a clove of garlic, squeeze, and apply a drop of the juice to the offending growth at bedtime.
16. You can have too little salt. Too much salt isn't good for us but not getting enough can trigger low blood pressure in those susceptible. Consult your GP before making any major diet changes.
17. Figs can delay brittle bone disease. Good news for the three million osteoporosis sufferers in the UK - it is possible to slow its progress by eating calcium-packed figs.
18. Soya can mimic breast cancer drugs. A team of Cambridge researchers discovered that a diet high in soya can have a similar effect to anti-cancer drug Tamoxifen.
19. Barbecued-food can cause cancer. Eating meat that's chargrilled or burnt could lead to stomach, pancreatic, colon and breast cancer because it creates high levels of carcinogenic compounds.
20. Cinnamon can help diabetics. Just half a teaspoon a day of this spice can significantly reduce blood sugar levels in diabetics, says US research.
21. Chillies can help you breathe more easily. Capsaicin, which occurs in chillies, shrinks the mucous membranes which can ease blocked noses and sinuses.
22. Watermelon is good for the prostate. Men will be glad to know that the red flesh contains the antioxidant Lycopene, which helps keep the prostate gland healthy.
23. Coriander can lower your cholesterol levels. This aromatic herb can reduce cholesterol levels and prevent heart problems.
24. Nibbling nuts can prevent blood clots. Nuts boost nitric oxide, a compound that relaxes blood vessels and eases blood flow.
25. Banish bad breath with natural yogurt. A few spoonfuls of natural yogurt can neutralize halitosis, according to Japanese researchers.
26. Artificial sweeteners can make you fat. Research by US scientists shows that artificial sweeteners such as fructose change the body's metabolism, making it more likely you'll gain weight.
27. A caffeine hit can improve your love life. If your libido's flagging, try a quick shot of espresso. Research shows a daily cup of coffee boosts blood circulation to vital areas.
28. Honey combats ulcers. Manuka honey from New Zealand may be useful in preventing stomach ulcers, so have some in your morning porridge.

29. Olive oil can be as good for the heart as aspirin. There is evidence that the main compound in olive oil, oleocanthal, contains the same properties as painkillers used to treat heart conditions.
30. Boozing can help you stay slim. A recent study by US scientists discovered that women who enjoyed the "occasional" tipples were 27 per cent less likely than teetotallers to be obese.
31. Sesame seeds can lower blood pressure. Try sprinkling on salad to reduce your blood pressure. They're also an excellent source of protein and calcium, iron and niacin.
32. Eating avocados can cheer you up. These green fruits perk you up by boosting your serotonin levels, which can help to beat depression.
33. Fried eggs can cure a hangover. A full English breakfast could be the ultimate hangover cure, thanks to the eggs. They're rich in cystine, an amino acid which helps purge toxins via the liver.
34. A daily cup of tea could slash your risk of cancer. Tea contains lots of flavonoids, disease-fighting substances that lower blood pressure, fight cancer and even prevent wrinkles. One cup a day may halve your risk of liver cancer.
35. Rhubarb can relieve constipation. This red fruit, delicious in crumbles, contains a natural laxative.
36. Drinking green tea can prevent prickly heat. Green tea is not just an excellent antioxidant - sipping it can help you avoid a painful bout of prickly heat.
37. Pasta may aid sleep. Going to bed after eating carbohydrates can induce restful sleep. Complex carbs like whole wheat pasta and bread are most effective.
38. Semi-skimmed milk contains more calcium. Half-fat milk is not only lower in calories than full-fat, it also contains more calcium, protein and B vitamins. However it does contain less vitamin A and E.
39. Breakfast can reduce risk of throat cancer. According to scientists at Aberdeen University, eating breakfast reduces your risk of developing oesophageal cancer.
40. Eat ice cream for glossy hair. A few scoops can do wonders for your crowning glory due to ice cream's high levels of Vitamin B2.
41. Kidney beans help you look younger. The US Department of Agriculture ranked these as the third most antioxidant-rich food.
42. Oily fish can ward off arthritis. Salmon, mackerel and so on can prevent the onset of arthritis. Two to four portions a week is recommended.
43. Flaxseed oil can help you stay trim. Drizzling this oil over salads and soups can trick the body into feeling full and storing less fat.
44. Spinach can make kidney stones worse. High-oxalate foods such as spinach encourage the formation of kidney stones, which occur when waste products in the urine crystallize.
45. Crusty bread may cut cancer. Crusts have eight times the amount of cancer-fighting antioxidants called prolyllysine than the rest of the bread, according to a study in the Journal of Agricultural and Food Chemistry.

46. Boiling hot drinks can ruin your smile. Drinking very hot fluids can cause your gums to recede, leaving them prone to infection. Allow drinks to cool before drinking.
47. Frozen vegetables are just as healthy as fresh. Although generally speaking fresh is best, providing the fruit or vegetables are frozen immediately after picking, they will retain most of their nutrients and vitamins.
48. Drinking fruit juice can rot your teeth. High fructose levels in fruit can cause tooth decay. Have them with meals or brush your teeth directly after drinking.
49. Fizzy drinks can lower your immunity. The tartrazine found in fizzy drinks causes depletion of the body's zinc levels. Zinc plays a vital role in supporting our immune systems - 15mg a day is the recommended daily amount.
50. Teabags can fight cold sores. Placing a cold, used teabag on a cold sore can reduce inflammation and infection.