



nutrition

THE RIPE STUFF

Looking to supercharge your brekky? Add some berries to your cereal and down a glass of cherry juice; these tasty summer fruits provide diverse health benefits. In a study at Oregon Health & Science University, researchers discovered that **sour cherries can be a powerful anti-inflammatory in people with osteoarthritis** – a common condition in athletes – when consumed as a juice twice daily for three weeks. Meanwhile, scientists at Brigham and Women's Hospital report that **people who eat berries at least once a week slow the decline in brain functions**, such as memory and attention, by at least 1.5-2.5 years.





ON OUR RADAR

All sorts of goodness

Liquorice to help with diabetes? It could be a possibility. In mice tests, scientists at the Max Planck Institute for Molecular Genetics discovered a group of natural substances in liquorice root, called amorfrutins, which reduced blood-sugar levels in mice with type 2 diabetes. The amorfrutins also stopped them from getting fatty livers, which commonly occurs in people with type 2 diabetes.



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| <h2>36</h2> <p>PERCENTAGE OF AUSSIES WHO EAT A HEALTHY LUNCH 2-3 TIMES A WEEK.</p>  | <h2>86</h2> <p>PERCENTAGE WHO SAY BREAKFAST AND DINNER ARE MORE IMPORTANT THAN LUNCH.</p>  |
| SOURCE: <i>SiamoSalad</i> | |

Oil those bones

Their economies may be crumbling, but Mediterranean bones are rock solid. A study published in the *Journal of Clinical Endocrinology and Metabolism* found that following an olive-oil-rich Mediterranean-style diet for two years can significantly help protect your bone health. The researchers say osteoporosis is much less common in Mediterranean Europe and point to the traditional diet, which is full of fruits, veg, olives and olive oil, as the reason. To get a good daily dose, use the oil when cooking and drizzle some over your salads as a dressing.