

# NUTRITION

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## EAT PASTA, LOSE WEIGHT

Tucking into pasta and bread could be the secret to a trim figure – as long as you restrict your intake to dinner time. New research by the Hebrew University of Jerusalem found that eating carbohydrate meals in the evening helped to better regulate the hunger hormone ghrelin, satiety hormone leptin and adiponectin, a hormone linked to obesity.



## → FOOD NEWS

### Think fast

Green tea doesn't just help your heart and ward off wrinkles, a pot of the fragrant brew can help sharpen your memory, too. A study by the Third Military Medical University in China found EGCG, an antioxidant compound found in green tea, helps to improve brain function by boosting the generation of neural progenitor cells.



### Did you know?

The average cost of a weekly food shop in Britain is £76.83 a week, an increase of £5.66 from last year, according to Which?. The price of veggies has been hiked up by 22%. Ouch!



### Green light

Eating asparagus may help keep blood sugar levels under control, according to Diabetes UK. The research, carried out by scientists at the University of Karachi, found that high doses of asparagus extract had a significant effect on insulin levels produced by the pancreas. The test was carried out on rats, but researchers think the effects could apply in humans, too.