

BACK ON THE MENU

OH, HOW THE TABLES HAVE TURNED. AFTER BANNING BADDIES LIKE PIZZA AND CHEESE, NOW SCIENCE SERVES UP RESEARCH SAYING THEY'RE ACTUALLY OK. C'MON, KEEP UP!

EGGs, coffee, salt – they're the food equivalents of Sienna Miller – stuck with a somewhat dubious reputation that perhaps they don't deserve. In fact, new research seems to prove the old idea that everything in moderation is good for us. So what might you be able to add back into your diet?

SALT Feeling flat? New research from the University of Iowa has found that salt deprivation is linked to symptoms of depression, like lack of enjoyment in life, possibly because *eating salt switches on pleasure centres in the brain*. On top of this, while high salt levels are linked to increased blood pressure, Professor Hillel W. Cohen at New York's Albert Einstein College of Medicine has found very low salt diets are associated with a higher risk of heart issues. "Reasons why are unclear but it's likely that, for nutrition, one size does not fit all," he told us. The upshot? Stick to 4-6g of salt (about one teaspoon) a day rather than abandoning it totally.

PIZZA Italian researchers have found that people who tuck in regularly cut their risk of developing colon cancer

by 26 per cent and slash their risk of mouth cancer by 34 per cent and oesophageal cancer by 59 per cent. *The secret ingredient seems to be the tomato topping*, which is packed with cancer-fighting lycopene. But remember, Italian pizza is very different from the fast food options we get here. "Choose thin-crust bases [or even make your own using a small wholewheat pita for a base], layer on lots of tomato paste [or better still, diced fresh tomato] and top it with vegetables and a little cheese, rather than lots of processed meats," says Gold Coast-based dietitian Amanda Clark (www.greatideas.net.au).

EGGS If you're worried they'll send your cholesterol soaring, it's time to whip up a mega omelette in celebration! Researchers at the University of Surrey in the UK tested what happened to the cholesterol of people who ate two eggs a day as part of a healthy, kilojoule-controlled diet – and found the answer was a big, fat nothing. *"The ingrained misconception linking egg consumption to high blood cholesterol and heart disease must be corrected,"* says the ►

