

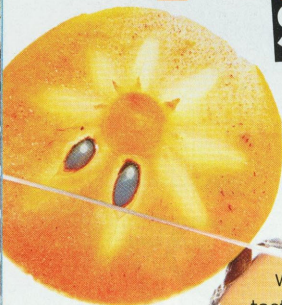
CAN YOU OD ON ANTIOXIDANTS?

Sue Radd, accredited practising dietitian and *Prevention's* nutrition expert, answers:

Research suggests that you can take too many antioxidants in pill form, but that you can't overload on whole plant foods. Surprisingly, studies link excessive antioxidant supplementation with a higher risk of type 2 diabetes, elevated cholesterol, certain cancers and a shortened life span. Yet antioxidant-rich foods are highly protective, so it's best to regularly feast on the key fighters.

HOW MUCH?	Seven servings	A handful	½ cup	Half your total grains
OF WHAT?	 Fruits and vegies	 Nuts	 Legumes and beans	 Wholegrains
HOW OFTEN?	Every day	Five times a week	Three times a week	Every day

Superfruit SWAP

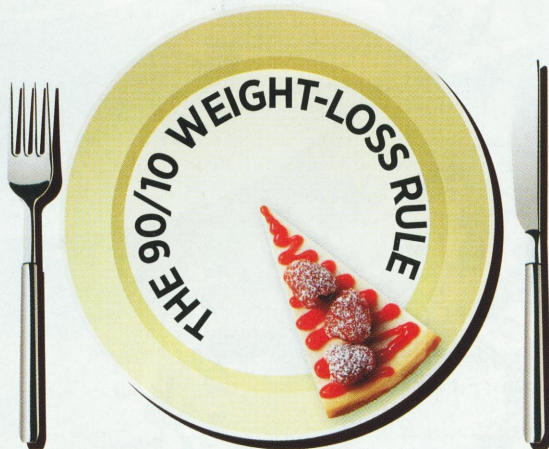


Ripening in Aussie orchards right now: the sweet, tangy persimmon.

Often compared with plums in taste and texture, persimmons are brimming

with vitamins A and C, and one medium-sized Fuyu persimmon (the main Oz variety) contains 6 g of fibre, almost 25 per cent of your daily needs.

So try a Fuyu persimmon instead of an apple. Buy orange to red-orange fruit that's smooth, plump, glossy and soft to the touch. Halve one and just spoon out the flesh. When you thinly slice them, persimmons also taste great in salads. —Jennifer Pinkerton



When German and US cognitive scientists compared the dietary behaviour of 390 women on two radically different eating plans, they found that the more complicated the women thought the plan, the sooner they were likely to can it. “Even if you believe you can succeed, thinking that the diet is cognitively complex can undermine your efforts,” says Jutta Mata, PhD, from Stanford University. Instead, **choose a diet that's simple to remember and follow.** For example, use the 90/10 rule: “If 90 per cent of your intake is healthy, the remaining 10 per cent of occasional treats won't derail your efforts,” says accredited nutritionist Catherine Saxelby. —JP