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Seaweed a day keeps the doctor at bay

MILLIONS of young women should copy celebrities such as Gwyneth Paltrow by taking a daily dose of seaweed, a study says. Research found seaweed supplements significantly raise iodine levels in women whose diets are low in dairy products, fish and seafood, helping to protect them against thyroid problems. Paltrow, supermodel Milla Jovovich and Oprah Winfrey are all reported to be seaweed fans.

The Glasgow University study saw a group of 25-year-old women take a capsule of Glasgow-based herbalists Napiers' Seagreens Hebridean Kelp Supplement every day for two weeks. Researchers found it replenished iodine levels in three days and a single capsule had the same effect as eating one and a half whole mackerel a day. The study is published in the British Journal of Nutrition.

How many foods have you tried?

by NICOLE LE MARIE

AS CHILDREN, we are often urged to eat our veggies.

But it's a plea that appears to have fallen on deaf ears.

Millions grow up without having tried a host of basic foods such as turaiis and sprouts, a study suggests. One in ten adults has never tried vegetables such as leek, celery and kale.

Common cheeses were avoided by one in four people, while more than four in ten had never tried meats such as goose and venison.

'It's surprising to see that many staple foods are regularly avoided

Exotic? The most avoided dishes

1 Oysters	26 Asparagus	35 Salmon
2 Anchovies	27 Squash	36 Grapefruit
3 Goose	28 Scampi	37 Sweet potatoes
4 Lobster	29 Duck	38 Leeks
5 Scallops	30 Cranberries	39 Tuna
6 Venison	31 Haddock	40 Celery
7 Fennel	32 Turnips	
8 Mussels	33 Parmesan	
9 Halibut	34 Spinach	
10 Sea Bass		
11 Kale		
12 Papaya		
13 Sardines		
14 Shrimp		
15 Cantaloupe		
16 Figs		
17 Stilton		
18 Mackerel		
19 Goat cheese		
20 Aubergines		
21 Avocado		
22 Olives		
23 Prunes		
24 Feta cheese		
25 Brie		

1 in 4 people has never eaten an avocado

Olives are refused by 1 in 5 grown-ups

Fewer than 1 in 5 have tried figs or prunes

1 in 5 adults has never eaten sardines or scampi

1 in 10 avoids tuna, salmon or goat cheese

Source: Langan Jones

or haven't been tried,' said a spokesman for vitamin supplier Seven Seas, which is behind the poll of 2,000 adults. 'It's hard to keep track and manage our diets day to day to ensure we're setting ourselves up well.

'But there is clearly a worrying trend of people avoiding many of the foods that can be of great ben-

efit to health and well-being.' Pussu eating and the lack of key foods in the average diet is leading to serious deficiencies in Omega-3 which aids the immune system, according to Seven Seas.

One in three parents was also worried that they and their children were missing out on nutrients because of limited diets.

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