- Diet

WHOLE LOT BETTER

Eating a healthy diet high in whole, nutrient-dense foods may help manage chronic pain in women, according to a University of South Australia study. Participants who had better diet quality experienced up to 38 per cent reduction in their pain levels regardless of their body fat levels. Those who ate more whole foods, including fruits, vegies, lean proteins and grains, saw their pain reduced by up to 48 per cent. While all whole foods are helpful, those with anti-inflammatory properties, such as berries, salmon, dark leafy greens, extra virgin olive oil, wholegrains, nuts and seeds, are your best bet.



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The number of essential nutrients out of 31 that are consumed below recommended levels in Australia.

SOURCE: FOODIQ GLOBAL



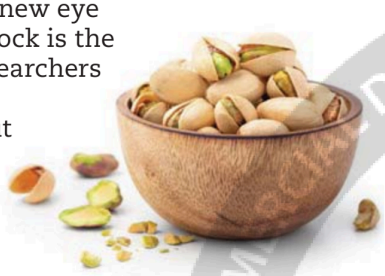
Night shifts

We've long been told that overeating in the evening can lead to weight gain, but new research published in Nutrition & Diabetes found that it can have farther-reaching health consequences. With all participants overweight or obese and with prediabetes or early type 2 diabetes, those who ate more than 45 per cent of their daily kilojoules after 5pm had significantly higher blood sugar levels than earlier eaters, increasing their risk of type 2 diabetes, chronic inflammation and heart disease. To avoid these health concerns, experts recommend having a light dinner with fewer carbohydrates, plenty of lean protein and healthy fats, and no dessert. Getting seven to eight hours of sleep each night can also help regulate blood sugar. Sweet!

WORDS: SABRINA ROGERS-ANDERSON. PHOTOGRAPHY: ISTOCK

See shell

Move over, carrots! The new eye health booster on the block is the pistachio. American researchers found that eating just 57 grams of the tasty nut each day for 12 days significantly improved eyesight, thanks to its high lutein content.



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