

# NEW SUPER BROCCOLI TO FIGHT BIG C

## Brits create veg life-saver

**A "SUPER broccoli" developed by British scientists to fight cancer and heart disease goes on sale today.**

The veg contains high levels of a nutrient thought to protect against the killer diseases.

The broccoli – called Beneforte – will be sold at Marks & Spencer from today and will be on the shelves of other supermarkets next year.

Studies have shown men with broccoli-rich diets have a reduced risk of prostate and bowel cancer. Other research suggests it can also help prevent heart attacks and strokes.

Beneforte contains three times more of the beneficial plant chemical glucoraphanin than normal strains of broccoli.

It was created using conventional methods at the Institute of Food Research and John Innes

**By ALEX WEST**

Centre in Norwich. Work on the project began after a wild broccoli variety was discovered in 1983 with raised levels of glucoraphanin.

The nutrient is converted in the gut into sulphoraphane, thought to stop uncontrolled cell division associated with early-stage cancer.

Prof Richard Mithen, of the IFR, said: "Our research gives insight into broccoli's role in promoting health."

Science minister David Willetts said the research would give "a real boost to agriculture, personal health and the economy".

**PURPLE**, tangerine, white, yellow and amber carrots go on sale at Tesco today. Grown in Norfolk, they are old varieties that died out after orange became dominant in the 16th century.

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**Healthy . . . broccoli**

