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- World News

- Showbiz

- Odd News

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Pictures

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Horoscope

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TV Guide

TV Listings

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Motoring

Travel

Careers

Fun /

Competitions

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Blogs

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Property

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Finance Guides

NEW

Annuities **NEW**

Cruises

Piggybank **NEW**

Dating

HOME > NEWS / SHOWBIZ > UK NEWS > *Superfoods to be healthier thanks to GM*

UK NEWS

SUPERFOODS TO BE HEALTHIER THANKS TO GM



Blood oranges are thought to combat obesity and heart disease.

Tuesday March 13, 2012

By Daily Express Reporter

Have your say(3)

SUPERFOODS with ever more powerful health benefits are a step closer after a string of breakthroughs by British scientists.

A host of crops and fruits are being genetically modified, including cereals fortified with zinc to combat spiralling deficiencies in the mineral and antioxidant-rich purple tomatoes.

Experts predict new strains of many everyday foods could be available within a decade. Professor Johnathan Napier is working to produce health-boosting fish oils in plants at research station Rothamsted in Harpenden, Herts.

Professor Cathie Martin, at the John Innes Centre, Norwich, is studying modification of blood oranges, thought to combat obesity and heart disease.

The pricey fruit needs a combination of cold, sunny days and warm nights and can only be reliably grown commercially on the Italian island of Sicily.

Professor Martin said: "Hopefully, seven years down the line, we will have blood-orange varieties which can be grown in the major orange-growing areas like Brazil and Florida.

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"So blood-orange juice will become more available worldwide and the healthy properties enjoyed by more and more people."