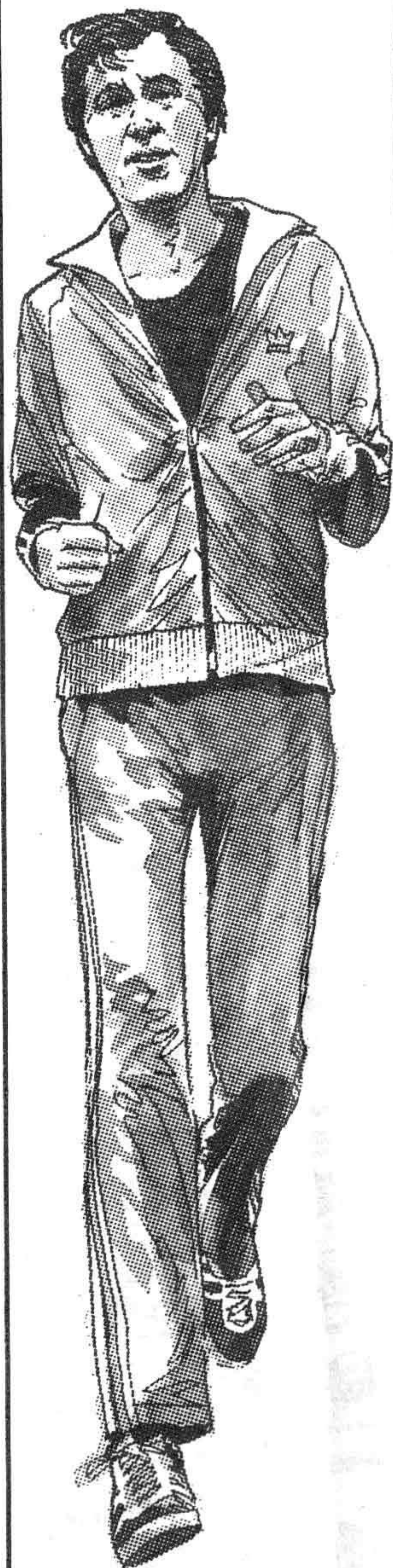




A JOGGER is more likely to drop dead on the pavement than a lazy individual who sits around all day without a care in the world, according to Mr Ford.

'Jogging is bad for everyone because the jogger is taking exercise just because he is frightened of death.'

'He is therefore under far more stress and more likely to die than someone who takes no exercise but does not worry about it. The best form of exercise is a gentle stroll.'

SCIENTIST'S FOOD FOR THOUGHT ON THE MODERN DIET

Forget the salad, fish and chips are healthier eating

FISH and chips are better for you than cheese salad, an expert claimed yesterday.

In fact, many of today's so-called health foods may be doing you more harm than good, says Brian Ford.

And don't go jogging, he warned — it's more likely to kill you than get you fit. Mr Ford, a leading food microbiologist, said cheese is one-third unsaturated fat — which is linked to heart disease — while lettuce and other vegetables contain cancer-causing ingredients. By contrast, fish and chips

By **EMMA WILKINS**

provide a healthy dose of white fish and the calcium vital to strong teeth and gums. People are being taken in by scientists' claims that trendy 1980s foods are healthier than traditional dishes, Mr Ford told a conference.

On his dangerous diet menu he included many of the staples of the modern food philosophy — such as wholemeal bread, fresh vegetables, quiche, lentils, beans and milk. 'A cheese salad with a hunk of wholemeal bread is seen as rustic, ancient and chummy but in fact it is an entirely

unnatural meal and very unhealthy.' Mr Ford, a Fellow of University College, Cardiff and a presenter of Channel Four's Food for Thought programme, praised cholesterol, which is seen by dieticians and the Health Department as a leading cause of heart disease.

'Cholesterol protects our nerves and our brains are made of it,' he told the Royal Society of Health conference in London. 'Multiple sclerosis is partly caused by a breakdown of cholesterol in the brain, so it is a vitally important ingredient of a healthy diet.' Lobster tails, brains and sheep's eyeballs, which all contain cholesterol, are more healthy than lentils and beans,

which can be carcinogenic, he said. 'The ultimate trendy food these days is a slice of quiche, but the pastry is rich in gluten, the flour is solid calories and the cooking fat is saturated animal fats. You'd be better off eating a traditional breakfast of eggs, bacon and sausages.'

Last night, other experts were amazed at Mr Ford's claims. Tim Lang, director of the London Food Commission, accused him of flying in the face of a world consensus. 'To say cheese salad is less healthy than fish and chips is bizarre,' he added. 'There are abundant saturated fats and the batter has damaging colourings. The fish may not be healthy if not fresh.'

Drink a lot less milk



ONE quarter of the public are allergic to milk, Mr Ford claimed. 'Milk is meant for newborn mammals, not grown-ups — so what do we adults think we are doing drinking so much of it? We are continually being urged to take an extra pint because it has calcium in it, but the benefits are outweighed by the risk of exposing the sensitive quarter of the population who are allergic to it.'

Last night, the British Nutrition Foundation dismissed Mr Ford's allergy figure, but agreed milk is not necessary for adult diet.

Wholemeal isn't the upper crust

WHITE bread is better for you than wholemeal or brown because impurities are removed during refining, said Mr Ford.

'It is entirely wrong to encourage people to believe that whiteness is badness,' he added. 'Refining was introduced to save people from sawdust that got into the flour and rat droppings that ended up in wholemeal bread. The drop in consumption of white bread is the main example of how the population has been taken in by the claims of science that wholemeal is more healthy.'

