

# The Truth About Food

Good enough to eat



This fast-paced, stylish, blue-chip series cuts through the spin to reveal, for the first time, the real science behind the food you eat and exactly what it does to your body.

Prepare to discover the real truth about food. This practical, accessible, energetic and humorous series attempts to answer the questions and bust the myths about the food we eat every day.

#### How to be young and beautiful

The truth about the everyday foods that you eat and how they can help you fight the ageing process.

- Can blueberries keep your brain sharper for longer?
- Can tomatoes protect your skin from the sun and keep you looking young?
- Can spinach help save your eyesight in old age?

#### How to be slim

The truth about how you can influence your appetite by simply choosing what you eat, when you eat and how you eat it.

- Is the age old excuse of a 'slow metabolism' true or just a cop out?
- Does eating cheese make you put on weight?
- Does drinking water before a meal make you eat less?

#### How to be the best

The truth about which foods to eat and why. Former Olympic athlete Colin Jackson investigates which foods help you run faster, be smarter and think more clearly.

- Can vegetarians become stronger by eating meat?
- Can eating oily fish really make you smarter?

#### How to be sexy

This truth about how our enjoyment of sex and food are intimately linked.

- Can changing his diet improve your man's sperm?
- Is eating chocolate better than sex?
- Can increasing dairy in the diet get rid of PMS?
- Could garlic be a natural Viagra?

#### How to feed the kids

The truth about the foods our children eat.

- How do you get kids to eat fruit and vegetables?
- Can hiding cookies help kids resist the urge?
- Can eating breakfast really make kids smarter?
- Does sugar cause hyperactivity in children?

#### How to be healthy

The truth about the diets that claim to offer protection against disease and what you should really eat for a healthier life.

- Could the diet of our ancient ancestors hold the secret to good health?
- Do high fibre foods reduce the risk of cancer?
- Could our genes hold the key to which foods we should eat?

#### Series Producer

Alice Harper

*Credit Movie Titles*

#### Executive Producer

Jill Fullerton-Smith

*Credit Movie Titles*

A BBC/ProSieben/Discovery Health Channel co-production

## SCIENCE

**TX Date:** Spring 2007

**Channel:** BBC TWO

**Duration:** 6 x 50 or 6 x 60 minutes

## FACTS & FIGURES

**With its unique modular structure, the running order and content of this graphics-rich series may be packaged according to your audiences needs.**

**The series also has the option of being presenter led - the presenter acting as a guide and investigator, taking the audience with them on their own journey of discovery.**