

New & No

What's his fertility secret?






DOES MATT DAMON, a father of four, consume a lot of antioxidants? No idea. But we do know that recent research from New Zealand's University of Auckland shows they may improve male fertility. A study of 2,876 couples with fertility issues aimed to find out if antioxidant supplements improved conception odds.

Pregnancy rates were significantly higher when men took the supplements compared to those who didn't. Antioxidants help to lower oxidative damage in sperm cells. Such damage may lower sperm counts and interfere with its ability to fertilize eggs, says the study's lead author, Marian Showell.

THE BIG PICTURE

A REPORT FROM STATS CANADA shows women are busy, busy, busy. Not surprising, eh? Interestingly, though, the average Canadian woman still finds time to fit in more than 30 minutes of physical activity a day. On the other hand, she spends triple that time watching TV.

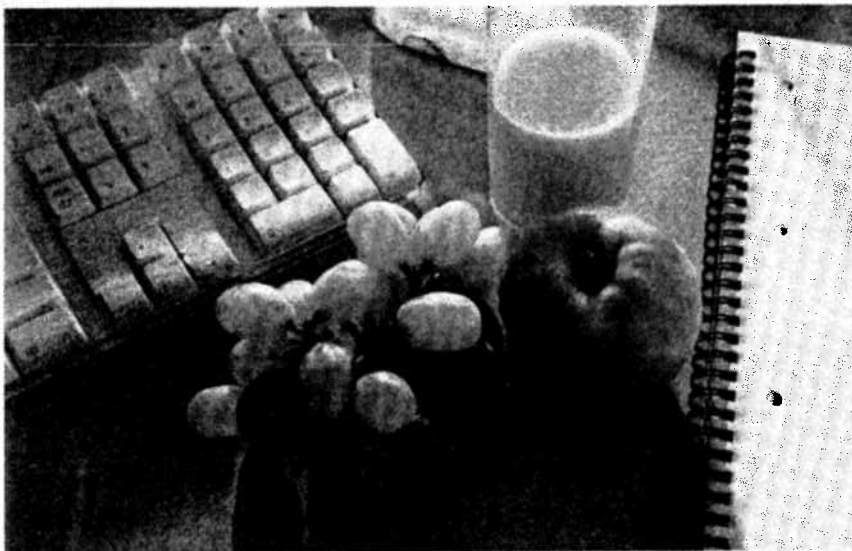
What the average Canadian woman does in a day

ACTIVITY	TIME SPENT (HR:MIN)
 Work	7:54
 Housework & child care	3:53
 Sleep	8:22
 Watching TV	1:55
 Being active and playing sports	0:38

* Note: Because these times are averaged over a seven-day week, they do not add up to 24 hours.

—General Social Survey, Overview of the Time Use of Canadians, 2010

I read somewhere that...



IS IT TRUE THAT YOU SHOULDN'T EAT FRUIT IN THE AFTERNOON WHEN TRYING TO LOSE WEIGHT?

No, say dietitians (despite reports that Elizabeth Hurley swears by this habit). The claims are that fruit is high in sugar, which will turn to fat if you don't burn it off before bedtime. Another claim is that eating fruit will make you hungry, causing a binge later in the day. But experts dismiss those arguments.

"Eating fruit, even in the afternoon, is part of a balanced diet," says Vancouver-based registered dietitian Ali Chernoff, who has had clients ask her about this weight-loss myth.

"You shouldn't worry about the sugar content in fruit unless you are diabetic or have hypoglycemia," says Holly Hertz, a registered dietitian in Fredericton.

Refined sugars (found in processed foods) are quickly absorbed into your bloodstream and can later cause a sugar crash; the sugar in fruit won't do that. Plus, fruit is low in calories. An apple has only 95 calories and 19 grams of sugar. And 10 grapes have only 34 calories and eight grams of sugar. To stave off hunger, add another food source, such as a little peanut butter or some milk.