

MAN SUNDAY INFROR

OCTOBER 10 2004

80p



NEWS bites

● **COCONUT** oil has a long list of health benefits – including aiding weight loss, lowering cholesterol and boosting energy – according to US researchers.

Chrisbar Health (01428 642 266) is selling Garden of Life Coconut Oil, £11 for 180g, to be used in place of other cooking oil.



● **YOUNG'S** have just launched the Ultimate Lite Prawn Cocktail with less than seven per cent fat. It comes in a handy tub at £1.99 for 200g (Somerfield, Budgens).

● **FANCY** a snack? Try Nairn's Mini Oatcakes, 99p. Also available in larger packs, they're a healthy way to snack as they're wheat-free and will keep blood-sugar levels stable.