

Get the best from your veg

SLICING carrots after cooking them ensures they retain more of their anti-cancer compounds, a study revealed last week. This is because cut carrots leach more nutrients into water when boiled.

Paying attention to the way we prepare our vegetables is vital if we want to get the most from their health benefits.

"When it comes to cooking less is better," says nutritionist Lynne Garton. "Minimise the cooking time and use small amounts of water to preserve valuable nutrients."

Here are some other valuable tips:

- **Cook tomatoes.** Heating tomatoes (included here although they are technically a fruit) boosts the release of lycopene, a compound that protects against breast, pancreatic, prostate and bowel cancer.
- **Cut up or crush garlic.** This ruptures its cells, causing it to release the anti-cancer compound allicin.
- **Add vegetables to water that is already boiling.** Up to 20 per cent of the vitamin C in vegetables may be lost for every minute that it takes water to heat from cold to boiling. This is because an enzyme that destroys vitamin C becomes more active as the temperature rises.

● **Steam or lightly stir-fry cabbage, cauliflower and Brussel sprouts.** Studies show cooking this way until crispy and just tender retains most of the cabbage's nutrients and disease-fighting properties. Boiling it in a large amount of water destroys vitamin C and other nutrients.

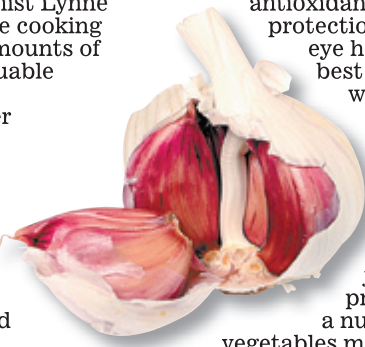
● **Cook with oil.** Romaine lettuce, spinach, butternut squash and sweet potatoes contain carotenoids. These antioxidants are linked with protection against cancers and eye health. "Carotenoids are best absorbed when served with a little oil or fat," says Lynne. Try having a small amount of oil in the form of a dressing next time you have a lettuce or spinach salad.

● **Buy frozen.** Freezing just after harvesting preserves the vegetables in a nutrient-rich state. Frozen vegetables may also have the outer cellulose layer already broken making it easier for your body to digest.

● **Peel thinly.** Many vitamins and minerals can be found just under the skin and the skin itself is rich in fibre. Young potatoes and carrots do not require peeling and can be served with the skin on.

● **To contact Lynne Garton visit www.alimenta.co.uk**

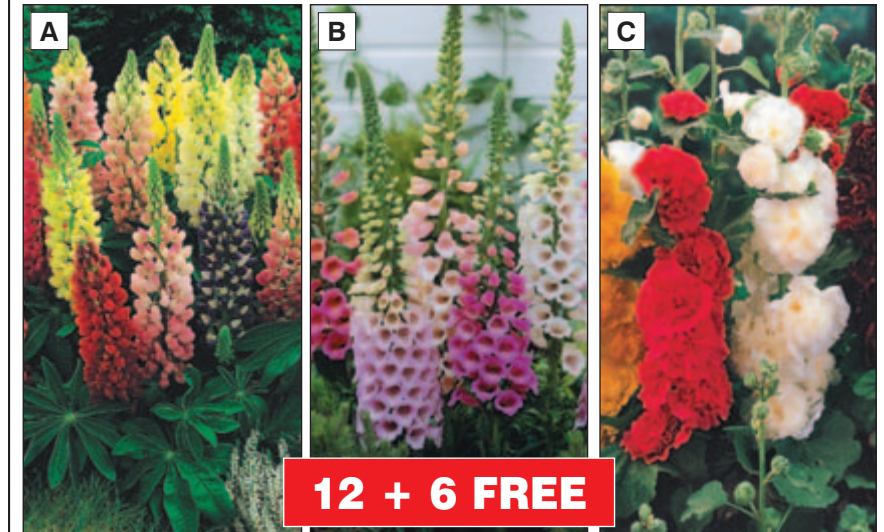
SIOBHAN HARVEY



DAILY EXPRESS gardening offer

Three Cottage Garden Favourites

Buy 12 for £17.90 and get six free



12 + 6 FREE

We have brought together three cottage garden favourites to bring a beautiful mixture of colours and shades to your flower beds

- A. Six Dwarf Lupins Mixed £8.95**
Plant at the back of the border where they will flower from June to September. Height 1.8m.
- B. Six Digitalis Mixed £8.95**
These colourful Foxgloves come in a spectacular range of colours and markings. Height 1.1-1.2m. Flowers June-August.
- C. Six Hollyhocks Mixed £8.95.**
Plant at the back of the border where they will flower from June to September. Height 1.8m.

18 Cottage Garden Collection - Six of each three varieties for just £17.90 that's 18 for the price of 12. Please allow 28 days for delivery.

Visit our website today for easy on-line ordering www.shop.express.co.uk

Telephone 0871 988 8337 quoting ref no. EX 3466
Order and queries to: DAILY EXPRESS COTTAGE GARDEN FAVOURITES OFFER (EX 3466), 14 MADFIELD STREET, OLD TRAFFORD, MANCHESTER, M16 9FG. Order Lines open Monday - Friday 8am-7pm, Saturday - Sunday 9am-5pm.

Please Send Me	Qty	Price	Total
A. Six Dwarf Lupins Mixed		£8.95	
B. Six Digitalis Mixed		£8.95	
C. Six Hollyhocks Mixed		£8.95	
18 Cottage Garden Collection - Six of each three varieties		£17.90	
P&P FREE			Grand Total £

I ENCLOSE MY CHEQUE/CROSSED POSTAL ORDERS FOR £
 made payable to: THE EXPRESS OFFER (No. 3466).
 TITLE (Mr/Ms/Miss/Ms) NAME _____
 ADDRESS _____
 POST CODE _____ DAYTIME TEL NO _____
 E-MAIL _____

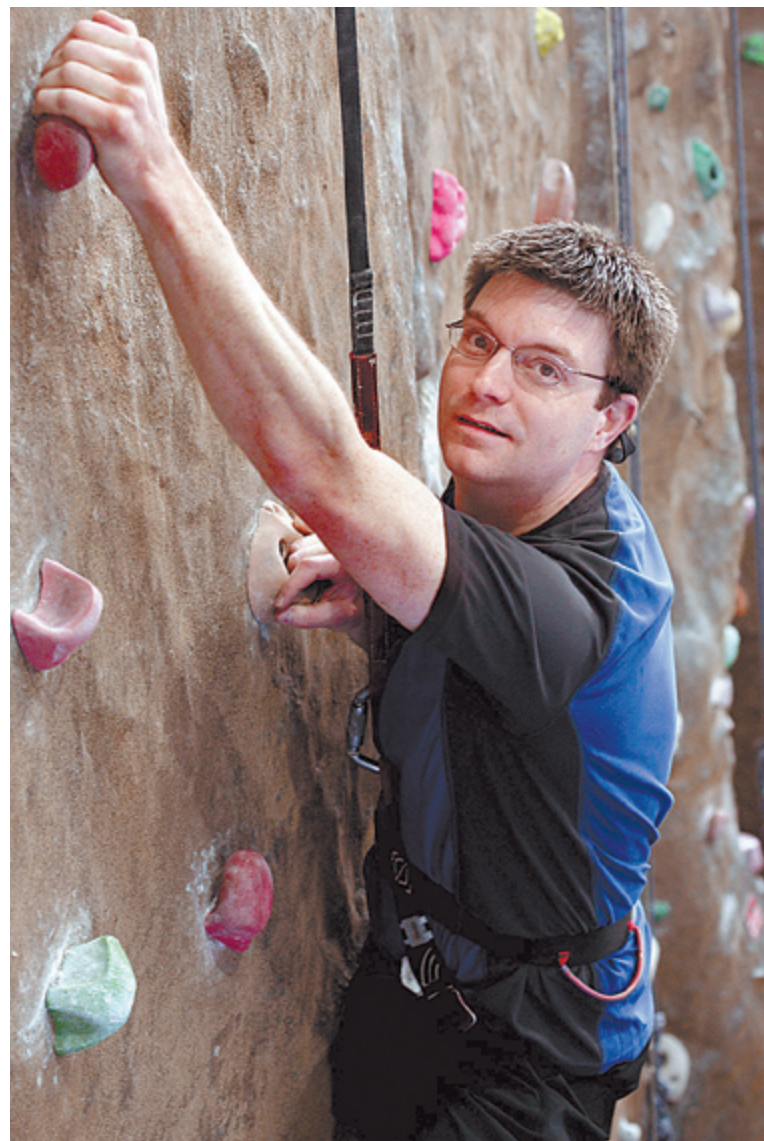
OR PLEASE DEBIT MY CREDIT/DEBIT CARD WITH THE SUM OF £ _____
 CARD NO _____
 ISSUE NO _____ VALID FROM _____ EXPIRES _____
 SIGNATURE _____

If you prefer not to receive information and offers from organisations carefully selected by Express Newspapers, please tick here

3466 16DX 3760003

NEW HEIGHTS OF FITNESS

NAT BARNES finds himself upwardly mobile when he tries his hand at indoor rock climbing



GET A GRIP: Nat looking nonchalant on the climbing wall Picture: LPN

AT WHICH point, I wonder, should I tell Claire Matthews I'm scared of heights? I've just clambered on to a slim three-metre-high ledge on an indoor climbing wall in Walton-on-Thames in Surrey and the confidence I had when my feet were on terra firma has evaporated. However Claire, the instructor at the end of my safety rope, has no such qualms. "You're doing really well, just keep powering up with your legs and looking ahead for your next hand-hold," she calls up to me.

That's the problem with climbing. From the safety of the ground watching an accomplished climber do what they do best it looks so easy. When you're just a few metres up clutching on to a brightly-coloured hand-hold that feels the size of a sugar-lump it's a different matter altogether.

It's also quite a work-out – one of the reasons why celebrities such as Cameron Diaz and Keira Knightley incorporate climbing into their regular exercise.

According to the Association of British Climbing Walls it's a rapidly growing sport. Twenty years ago there were about 30 indoor climbing walls in the UK, now there are closer to 400.

"It's very accessible for both sexes, all ages and abilities," says Paul Ackland, owner of High Sports who own and manage 15 indoor walls throughout the south-east.

"Climbing is excellent for flexibility, balance and for developing your core muscles, shoulders and lower back. It's not just about outright strength. You often find people who do Pilates and yoga adapt very easily to climbing. When it comes to children, girls tend to have more flexibility and a better mental approach than boys."

My own mental approach is based on not much more than buttock-clenching fear as I tackle another higher climb. Under Claire's instruction I'm trying to lock my arms straight when resting but it's far from easy. As I'm finding out, the longer you wait to decide your next move, the harder it gets as that time uses up muscle energy.

THEN there's the so-called hand-holds. While you can get hold of some of them easily, others have the sharp edges of an old sherbet lemon. Called slopers, crimps and jugs in the climbing world, it's these tougher holds that separate the proverbial men from the boys or in this case the fallers from the climbers. Requiring specific forearm and even finger strength I find them fendishly difficult to use.

"Rather like skiing, climbing has a steep learning curve to start with and then becomes much easier," continues Paul. "Within three weeks you'll begin to develop some of the climbing-specific muscles and you'll have worked off some nervousness."

"It's the same with children. Those who aren't good at

traditional team sports can be very good at climbing. A lot of schools find it productive for team-building with some of their more boisterous pupils. When they arrive they can be rowdy but they're pretty quiet when they're halfway up the wall."

I'm not especially talkative right now. Eight metres up with a rope less than half an inch in diameter between me and a couple of months in traction it's hard to feel chatty as the photographer, safely placed on an adjacent balcony, tells me to "hold on" while she swaps lenses. As I hang on the wall I start to ache in places I didn't even know had muscles. "Spending an hour climbing is equivalent to an hour in the gym," says Andrew Reid, chairman of the Association of British Climbing Walls.

"It's much more stimulating, mentally and physically than the gym and much more fun and sociable. You're also reducing body fat, building up lean muscle and improving overall fitness."

"Climbing was male-dominated in the past but now is closer to 50/50 as more women find they enjoy the sport. There's a big rise

in the numbers over 50 too. Older people can find climbing regularly gives them a level of flexibility that they didn't have before." Paul is a perfect example. After back surgery five years ago he took four months to learn to walk again. With his doctor's consent he used climbing as his rehabilitation.

FOR me it's my lack of ability that's hindering me from climbing the wall. I'm around two metres from the top of the 12.5-metre (41ft) wall and I'm determined to get there. It's not to be, though, as I over-optimistically put my faith in my grip on one of those aforementioned sherbet lemons. As I transfer my weight, my hand slips and the belay system attached to my harness floats me gently back down to the ground.

Defeated – but I'll be back to try again.

● **For more details visit www.high-sports.co.uk or call 0845 363 1177**

/lmx

Police failing was a crime



Virginia Blackburn on last night's tv

IN 1992, Rachel Nickell was stabbed to death in broad daylight during an attack on Wimbledon Common in front of her two-year-old son. The crime shocked the nation and police were put under enormous pressure to come up with a suspect.

At the same time, the programme Cracker had just started airing and everyone was keen on the idea of using a forensic psychologist to solve the case.

And so it came to be that Colin Stagg was arrested and widely believed to be guilty of killing Rachel. Until, that is, he was acquitted at the Old Bailey. It took another 16 years to bring the real culprit, a psychopath called Robert Napper, to justice. Colin, I'm really sorry, mate. We all are.

That was the basis of a quite

fascinating documentary in the Real Crime slot, **RACHEL NICKELL – CASE CLOSED (ITV1)**, which spoke to most of the main characters in the tragedy, including Stagg; the forensic psychologist involved with the case, Paul Britton; and Rachel's partner, André Hanscombe.

It was Hanscombe's account that was the most moving: after Rachel's death he considered suicide, he said, until their son Alex

looked him firmly in the eye, and said: "I want to go on."

But it was the bit involving Stagg that was, by a long shot, the most gripping. The show had footage of him being questioned in police custody and tapes of the phone calls he made to "Lizzie James", the policewoman sent out to entrap him. "You can't put a man in prison because he writes dirty letters to a woman who asks for them," protested Stagg.

But they did, and despite the fact that the real killer has now confessed, his reputation remains besmirched to this day.

Indeed, what was most noticeable about Stagg was how normal, in some ways at least, he appeared to be. When "Lizzie" told him she was a Satanist, far from informing her that he, too, pranced around a

wood in a hood, Stagg remarked: "I just kept thinking, she's a good looking woman."

Britton also expressed unease. When the police told him they weren't getting the answers they wanted from Stagg, he pointed out that didn't make Stagg a murderer. But still they pressed ahead.

What was even more extraordinary was that no one seemed to notice that a very similar murder took place just 12 miles away, except in this case, he killed not only the mother, Samantha Bissett but her daughter, Jasmine. Samantha even looked like Rachel.

Robert Napper, meanwhile, was brought to the attention of the police by his own mother but they did not pursue the lead because he declined to give a DNA sample. He was eventually caught when a

fingerprint left at the scene matched one he gave when he was arrested for impersonating a policeman. The psychological profile that followed this particular crime said that the perpetrator did not get on with women. You don't say.

The great Cecil B DeMille once said that his ideal film would start with an earthquake, then build to a climax, something the makers of **THE WIRE (BBC2)** have clearly taken to heart. They kicked off the first episode of series three with the demolition of a huge, derelict housing estate, torn down on the grounds that it had become the focal point for the neighbourhood's drug dealers.

Why can't we adopt a similarly robust attitude here? The only trouble is, you'd have hardly any of our inner cities left.

PICKS OF THE DAY

Health: World's Best Diet, 8pm, ITV1

Our dietary habits in this country are not good. Indeed, latest statistics indicate that one British person in every four is what scientists would technically classify as a "lardybum". This two-part special sends an assortment of weight-challenged celebrities on a journey of discovery, visiting countries whose populations are significantly healthier than many of us Britons. Linda Robson heads to Japan, Carole Malone to California, Cheryl Baker to India and Darren Gough to Italy. Jonathan Maitland (left in picture with the others) is warned that he has 50 per cent more body fat than he should, and stays at home to sample the snack-free, three-square-meals-a-day regime of Britain's immediate post-war years.



Drama: CSI: Crime Scene Investigation, 9pm, Five



The team is called to the murder of a man found in the desert, leading to a string of killings connected to a cache of stolen casino chips. The investigation highlights several suspects, and Langston (Laurence Fishburne, left) is faced with the possibility of using deadly force for the first time in his career as a CSI. Guest starring Cynthia Watros and Gerald McRaney, with Eric Szmanda. Last in the series.

Arts: Imagine..., 10.35pm, BBC1



Alan Yentob (above, right) follows members of the Company of Elders – an over-60s dance ensemble – as they rehearse their latest contemporary choreography, which is to be performed at the world-famous Sadler's Wells. The film also explores the stories behind some of the artists, including 61-year-old Alison, who fell into a coma for eight years at the age of 27, and Geoff who, at 85, confesses that dancing has taken over his life.

Hospital drama: Holby City, 8pm, BBC1

Frustrated by his unrequited feelings for Faye, Linden takes out his anger on his new protégé, first-year doctor Oliver. And it doesn't exactly help when Faye and Joseph arrive back at Holby looking all lovey-dovey. Equally grumpy is Elliot, who faces a midlife crisis over his 50th birthday. Regardless, Martha invites one of his old friends to a surprise birthday party she is organising. Meanwhile, Penny tries to prove she is a better doctor than her brother when he scores higher in an exam – but both find they have a lot to learn. Meera Syal (right) plays Tara Sodi, a glamorous and chatty doctor.



Documentary: Monster Moves, 8pm, Five

In the first episode of this new series, a team of marine engineers tries to move a 1,400-ton submarine 700 miles across Canada. Along the way the boat, which was built at Chatham Dockyard in Kent in the 1960s, encounters narrow locks and a perilously steep railway.

/lmx

DID YOU KNOW? In 1984, Cheryl Baker was in a serious coach crash with fellow Bucks Fuzz band member Mike Nolan who suffered serious head wounds. This prompted her to help set up HeadFirst, a charity that supports crash victims

EXPRESS travel offer



8 days from only **£529**
NO SURCHARGES GUARANTEED

Lake Garda, Venice & Verona Regular departures up to October 2009

This tour is a wonderful blend of some of the finest sights in northern Italy. Firstly Lake Garda, where waves lap gently on the shingle shoreline with its background of the snow-capped Dolomite mountains; then Venice, a unique city full of cultural delights such as the Doges Palace, St. Mark's Basilica and the Grand Canal. Lastly, Verona - one of the most romantic cities you will ever find and so appropriate as the setting for Romeo and Juliet.

The fully escorted price includes:

- Return flights from London Gatwick, London Heathrow, Birmingham, Bristol, East Midlands, Edinburgh, Leeds/Bradford & Manchester
- 7 nights in an excellent quality 3* hotel, with breakfast. Half-board and 4* upgrade available at a supplement
- Tour of beautiful Lake Garda – Italy's largest lake
- Guided sightseeing tour of Verona – the city of Romeo and Juliet
- Tour of the Dolomites – dramatic alpine scenery
- Guided sightseeing tour of Venice, perhaps the most unique city on earth
- Executive coach travel
- The services of an experienced Italian-speaking tour manager

Call **0871 988 8331** to request a brochure

Or visit the website www.expriviera.co.uk for more great offers

Calls cost 10p p/min from a BT landline. Mobile and other providers' costs may vary. Prices based on per person sharing a twin room, single rooms available at a supplement, optional insurance extra. Holiday organised by Riviera Travel, New Manor, 328 Welmore Road, Burton upon Trent. Staffs DE14 1SP and is offered subject to availability. ABTA V4744 ATOL 3430 protected.

