



Scientists discover healthier pizza

Food scientists and dieticians have found new ways to make pizza that is good for you. This is very welcome news for overweight pizza lovers and those who worry about their weight. Researchers in the USA looked at different ways of baking the pizza base. The team from Maryland University discovered that leaving pizza dough in the oven for a longer time made it healthier to eat. They said that doubling the amount of baking time increased the levels of antioxidants in the mix by up to 100 percent. Antioxidants help fight cancer and heart disease and are found in most healthy food. Furthermore, the team experimented with different cooking temperatures. Their results showed a higher heat also made the dough healthier to eat.

This new research may help pizza sales around the world. However, some diet experts warned that even though this research looks good, it is still better to eat fruit and vegetables. In addition, pizza that is baked longer may not be so healthy if people choose unhealthy toppings. Jacqui Lowdon, a British diet expert, warned that although the pizza base might be good for you, people might be "more likely to choose extra cheese". She added: "This isn't teaching people about healthy eating." Nevertheless, the study's author, Jeffrey Moore, said his findings were good for people who like deep-pan pizzas. Meanwhile, outside London's Pizza Hut today, pizza fan Jo Lambert said: "This new pizza sounds healthy, although not if we have too much or have cola and fries with it."