

It's official: chips help beat cancer!

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Chips are rich in vitamin C, which boffins consider could fight the deadly disease.

It is thought the vitamin tackles dangerous free radicals, which are associated with cancer growth, reports the Daily Star.

By eating a portion of chips - which contains five times more vitamin C than a bunch of grapes - people may keep cancer at bay.

And those already suffering with the disease could even shrink the size of their tumours with a vitamin C rich, deep-fried potato diet, the researchers said.

Nutritionist Fiona Hunter said: "Chips give vitamin C, which is an important nutrient believed to help protect against certain types of cancer. People who eat food rich in vitamin C are much less likely to suffer from cancer of the oesophagus, cancer of the stomach and breast cancer.

"Free radicals are very unstable molecules which can cause damage within the body and are linked to several different types of cancer.

"Chips contribute vitamin C, which is a powerful anti-oxidant that neutralises the free radicals and stops them from damaging us."

Scientists have suggested that a 175g portion of chips contains three times more vitamin C than an apple and nine times more than a slice of pizza.

Chips also contain a host of other nutrients including vitamins B1 and B6, fibre and iron, the scientists said.

Hunter said: "There's no such thing as a bad food. Chips can be part of a healthy, balanced diet.

"Potatoes help to control blood pressure and they have got dietary fibre which is good for your bowels. When people think about potatoes, they just think about carbohydrates." (ANI)