Every little helps to fight the flab

TESCO is launching a diet service which will feature personalised eating plans and a new range of calorie-controlled meals for customers. The supermarket will unveil ‘my fit lifestyle’ zones in 50 shops across London and online. Products include a superfood salad, Moroccan chicken, wholemeal flatbread and a Mediterranean graze box. It is following a US trend for personalised eating plans.

Poverty ‘getting worse’ for poorest

THE number of households which fall below the minimum standard of living has increased sharply in the past 30 years, experts have said. One in three people cannot afford to heat their homes properly in winter, with 4 million Britons not sufficiently fed. This proves full-time work isn’t enough to escape poverty, the University of Bristol said. ‘The coalition’s strategy has clearly failed,’ author Prof David Gordon added.

A THIEF dressed in a Homer Simpson onesie is wanted by police after a raid on a supermarket. He was one of four men who targeted the Sainsbury’s store in Newhall, Derbyshire, in the early hours of Tuesday morning.

Pitt and Capaldi back fire appeal

ACTORS Brad Pitt (pictured) and Peter Capaldi are backing a £20million fundraising campaign to restore a fire-damaged part of the Glasgow School of Art. The pair have agreed to be trustees of the institution’s appeal after the Mackintosh building was engulfed by flames last month.

MP sorry for ‘degrading’ woman

AN MP has apologised for an ‘inappropriate relationship’ he had with a constituent. Mike Hancock (pictured) said he did not treat Annie, a vulnerable single mother, ‘with sufficient respect’. His apology was part of an out-of-court settlement after she sued the Portsmouth MP.

Childhood crimes ‘are in the past’

JOB applicants should not have to disclose minor childhood convictions, the supreme court confirmed yesterday. A worker’s right to a private life was breached when he was forced to reveal a caution for stealing a bicycle aged 11, said five judges, as they upheld an appeal court decision. The equality and human rights commission said people should not be haunted by ‘minor childhood offences’.

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‘Chink in armour’ can end superbug threat

THE threat posed by antibiotic resistant superbugs could be tackled in the nick of time now the deadly bacteria’s ‘Achilles heel’ has been discovered by scientists. Just months after the World Health Organisation claimed an alarming rise of drug-resistant bacteria posed a huge threat to the human race, researchers claim they have found a way to fight back. Scientists have discovered by AIDAN RADNEDGE the bug responsible for E.coli and MRSA builds up an impenetrable wall to keep out antibiotics. They believe that drugs can be developed to stop bacteria building a protective barrier around cells, rather than attacking the bugs directly. This would prevent bacteria from building up a resistance to antibiotics. Prof Changjiang Dong, whose research team at the University of East Anglia made the discovery, said: ‘This is really important because drug-resistant bacteria are a global health problem. ‘The number of superbugs is increasing at an unexpected rate, but this research provides the platform needed for urgently-needed new-generation drugs,’ he added. Prof Mark Fielder, from the Society for Applied Microbiology, called the findings ‘a welcome piece of news’. ‘If we fully understand the workings and construction of structures that help bacteria function we can hopefully exploit weaknesses and kill the organism,’ he said. England’s chief medical officer, Prof Dame Sally Davies, warned last month that routine operations could be deadly in 20 years if we lose the ability to fight infections.

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