



Squeezing ahead: Blackcurrants

■ IT must compete for space on supermarket shelves with exotic 'superfruits' from across the globe. But the home-grown blackcurrant is the healthiest of them all, say scientists.

A study of 20 fruits found that blackcurrants were the most nutritious. They also contained the highest levels of antioxidants – compounds with the ability to stave off illnesses including heart disease and cancer.

Dr Derek Stewart, of the Scottish Crop Research Institute, who carried out the study, said: 'The combined beneficial composition and impact in health-related studies mean that blackcurrants can claim to be the number one superfruit.'

Besides blackcurrants, Dr Stewart analysed apples, apricots, bananas, blackberries, blueberries, cherries, cranberries, grapefruit, grapes, lemons, mangoes, melons, oranges, passion fruit, peaches, pears, pomegranate, raspberries and strawberries.