

A TV script from FR3 / Script d'une émission FR3 / Corpet D., 2003. **Infos télévisées 13h France 3** 11 Février 2003, Emission sur alimentation et santé tournée sur un marché, puis dans une cuisine (5 min), par Corinne Lebrave, FR3. Emission France 3, Marché de Toulouse, Nutrition & Cancer, le menu idéal. Traduction en anglais sur France Feelings Week 12 – Glorious Food.  
[http://www.cfipro.net/EspaceProfessionnels/UK/ Info/telechargement/FFWeek12\\_Food.doc](http://www.cfipro.net/EspaceProfessionnels/UK/Info/telechargement/FFWeek12_Food.doc)  
Cancer prevention diet: <http://www.inra.fr/reseau-nacre/sci-memb/corpet/indexan.html>  
HOME Denis Corpet <http://fcorpet.free.fr> (hosts this page)

## Story 6

## A French Approach to Nutrition

Comm: The market is a feast for the senses and the first stop for healthy eating. Denis Corpet is a researcher into the role nutrition can have in fighting cancer. So what's his priority when he's shopping? Food he likes or food that's healthy?

- Denis Corpet, Nutritionist: I first think about what I like. But what I like is linked to what I know is good for me, what's healthy. : I like eating things that are good for me but that's not the main reason I buy. Music 10:

- Denis Corpet, Nutritionist: Tomatoes are called Apples from Heaven or Love Apples. The red colour people find so attractive comes from the pigment: lycopene : l-y-c-o-p-e-n-e. It's an incredible anti-oxidant. It traps age-inducing free radicals and research suggests that it reduces incidences of prostate cancer, which is a real danger for elderly men. It kills a whole lot of them.

Music 4: Comm: After the fruit and veg., the next stop is for the proteins.

- Denis Corpet, Nutritionist: OFF: Fish, especially salmon, is really good. It's excellent in protecting the heart. ON: People who often - once or twice a week - eat salmon, mackerel and sardines are less prone to cancer.

Comm: To finish a meal, he recommends dairy products for the calcium, with a bit of bread. A small portion, he says, is necessary every day.

- Denis Corpet, Nutritionist: People are often afraid of eating it because they say it's fattening. Well, if you eat kilos of it, you do get fat : ON: : but, if you eat it in normal portions it should be the basis for the meal.

Comm: The nutritional value also depends on the cooking. Catherine Ducasse is a chef and she's preparing a cauliflower and broccoli salad, and salmon with Provençal tomatoes and pasta. It's an opportunity for the nutritionist to share some tips.

Ambience 2: - Denis: How do you prepare the garlic for the tomatoes? Garlic has some excellent nutrients but they're not really there if it's cooked straightaway : Enzymes in the garlic transform molecules into a product that is healthy. So it's worthwhile waiting a little – two or three minutes – after cutting it up into bits and crushing it. The enzymes play a role after I've sliced it. The smell changes. It's not the same smell after two or three minutes, after they've been cut. So I advise waiting two or three minutes before cooking.

Itv w Catherine Ducasse, Chef : I didn't realise that it's best not to cook it straightaway to make the most of its nutritional qualities.

Comm: It's a simple tip for healthier eating and shows that what's healthy can be good to taste.