## 1.99%. A low rate. For big dreams.

Tracks the Bank of England base rate plus Current rate payable

The overall cost for comparison is

1 400/

1.99%

2.1%

APE

A £999 upfront non-refundable booking fee will apply per £1 million of borrowing or part thereof. Maximum 80% Loan to Value (LTV). Maximum loan size £3 million.

Other fees and charges may apply. We reserve the right to withdraw this offer at any time without notice.

Your home may be repossessed if you do not keep up repayments on your mortgage.

## Get started

Call 0800 022 3587 Lines are open until 10pm every day

Drop in to your local branch Visit www.hsbc.co.uk/mortgages



HSBC (X)

Issued by HIBC Burtispic, it Canada Square, London II14 SHD. Lines are upon 8am to 10pm every day. Calls may be recorded and manchished for security and service improvement purposes. Torophone 0000 005 S128. CP1 ADA XX48



36 METRO Thursday, July 17, 2014

## Seaweed a day keeps the doctor at bay

MILLIONS of young women should copy celebrities such as Gwyneth Paltrow by taking a daily dose of seaweed, a study says. Research found seaweed supplements significantly raise iodine levels in women whose diets are low in dairy products, fish and seafood, helping to protect them against thyroid problems. Paltrow, supermodel Milla Jovovich and Oprah Winfrey are all reported to be seaweed fans.

The Glasgow University study saw a group of 25-year-old women take a capsule of Glasgow-based herbalists Napiers' Seagreens Hebridean Kelp Supplement every day for two weeks. Researchers found it replenished iodine levels in three days and a single capsule had the same effect as eating one and a half whole mackerel a day. The study is published in the British Journal of Nutrition.

## How many foods have you tried?

by NICOLE LE MARIE

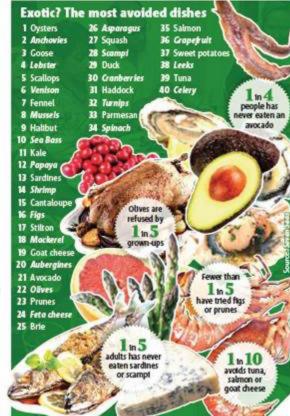
AS CHILDREN, we are often urged to eat our veggies.

But it's a plea that appears to have fallen on deaf ears.

Millions grow up without having tried a host of basic foods such as turnips and sprouts, a study suggests. One in ten adults has never tried vegetables such as leek, celery and kale.

Common cheeses were avoided by one in four people, while more than four in ten had never tried meats such as goose and venison.

'lt's surprising to see that many staple foods are regularly avoided



or haven't been tried,' said a spokesman for vitamin supplier Seven Seas, which is behind the poll of 2,000 adults. 'It's hard to keep track and manage our diets day to day to ensure we're setting ourselves up well.

'But there is clearly a worrying trend of people avoiding many of the foods that can be of great benefit to health and well-being.' Fussy eating and the lack of key foods in the average diet is leading to serious deficiencies in Omega-3 which aids the immune system, according to Seven Seas.

One in three parents was also worried that they and their children were missing out on nutrients because of limited diets.