

Medicinal mushroom feature:

Sophie Barrett:

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Diabetes feature:

Rosie Rayner:

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Menopause feature:

James Milburn:

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Daisy Skinner:

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Lucy Kershaw:

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Ask the experts:

Sue McGarrigle:

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Figures

Fig. 1: The changes in quantity of meats and fish purchased in 1974 compared with 2014.

Data Source: (Department for Environment, Food & Rural Affairs, 2015)

	Food Type	Quantity purchased (UK households) (grams per person)		% change	Popularity Rank	
		1974	2014		1974	2014
Decreasing levels of nucleotides ↓	Liver	36	3	-92	4	8
	Offal	15	2	-87	6	9
	Beef steak	77	32	-58	2	2
	Bacon & ham joints (raw)	27	20	-26	5	4
	Chicken	115	186	+62	1	1
	Shellfish	2	10	+400	9	6
	Blue fish (dried/salted or smoked)	6	7	+17	8	7
	Other tinned or bottle fish	12	24	+100	7	3
	White fish (raw)	44	19	-57	3	5

Fig. 2

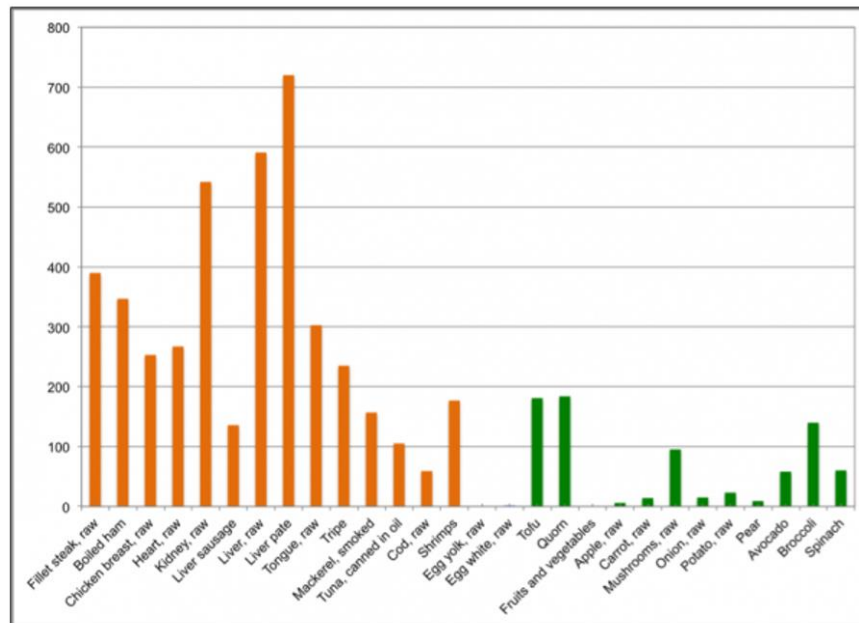


Fig 2. Nucleotide content (mg) of standard portions of various foods (analysis by Pro Bio AG, Switzerland). CAM Magazine Sept 2011 (Verkerk & Koeppel). Lifestyle induced essentiality: Science takes another look at nucleotide supplementation.