

# GOING APE

Nine volunteers recently went to live at Paignton Zoo in south-east England, in an area next to the ape house. They were taking part **1** *in* an experiment to be shown **1** ..... TV. The idea was that modern diets, which are often full **2** ..... processed foods, sugar and fat, cause a lot of health problems. For 12 days, the volunteers, aged **3** ..... 36 to 49, ate nothing but raw fruit and vegetables. The diet **4** ..... based on research showing that eating as much **5** ..... five kilos of fresh fruit and vegetables each day could have a positive effect on cholesterol levels and blood pressure. The reason is that this is the diet our bodies evolved to eat over thousands of years.

Among the volunteers was Jon Thornton, 36, an overweight driving instructor, **6** ..... had not eaten vegetables since childhood. Over 12 days, he lost 5.7kg, and reduced his cholesterol **7** ..... 20 per cent. His blood pressure also fell. Despite nearly giving **8** ..... right at the start when their first meal arrived, he was converted to eating vast portions of fresh fruit and vegetables. 'I didn't feel any loss of energy,' he said. 'I didn't feel ill **9** ..... all.'

For Jon, life **10** ..... changed since he left the zoo. He has gained a **11** ..... weight but now says he only eats when hungry, and he knows that good food can make you healthier and help you live longer. He can now play football because his knees no **12** ..... hurt under the extra weight and he goes cycling.

