**BBC 2 Radio**

12/21/2016 02:03:23 AM

* [BBC 2 Radio](https://scout.tveyes.com/) /

* [U.K. National Radio](https://scout.tveyes.com/)

 a study into the diets and lifestyles of a 1000 French people over a period of 10 years suggest that eating lots of Ham and sausages thought preservatives in processed meat could be to blame but health experts say more research is needed before a definite link could be made Michelle Roberts reports processed meat has already been linked with cancer heart disease and obesity new research from France which involved a 1000 people suggest eating lots of salami and other cured meats it could be bad that asthma to having more than 4 portions a week at back 8 slices of Ham or false messages appear to make asthma symptoms worse but those who took part in the study the investigators believe a preservative called nitrite might be to blame irritatingly Airways but experts say the link hasn't been proved and rather than worry about what type of food people should focus on eating healthy and varied diet