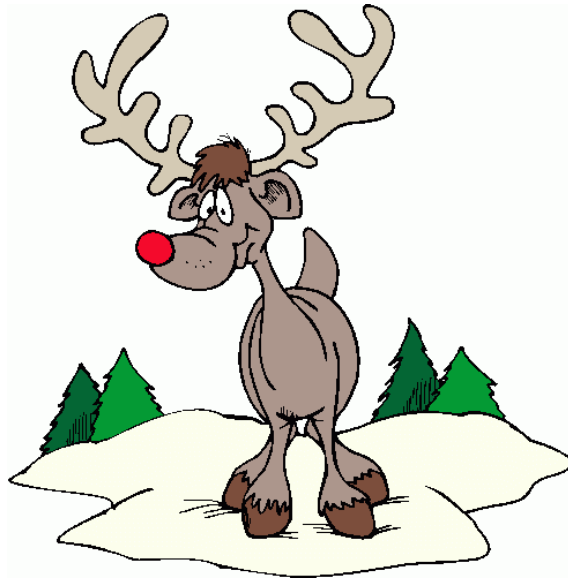


Health Minute™

Red means holiday health

The color of a food is just as important as its calorie or fat content. The chemicals that give foods their brilliant colors contain a lot of nutritional power. Red foods are high in lycopene and anthocyanins; antioxidants with many health benefits. Lycopene has been shown to lower the risk of developing prostate and other cancers. Anthocyanins soak up free radicals to help prevent stroke, macular degeneration, heart disease, and a host of other health problems. Why not be inspired by Rudolph's red nose?



<p>Strawberries – rich in folic acid and vitamin C</p> <p>Cherries – rich in fiber, vitamin C, and potassium</p> <p>Cranberries – contain antioxidants called proanthocyanins, chemical compounds shown to fight cancer and prevent bacteria from sticking to the urinary tract</p> <p>Tomatoes – contain lycopene, an antioxidant shown helpful in preventing prostate cancer. Also high in vitamin C and potassium</p>	<p>Raspberries – high in fiber</p> <p>Watermelon – also high in lycopene.</p> <p>Pink grapefruit - contains pectin which may help lower LDL (bad) cholesterol. Has more antioxidants than regular grapefruit.</p> <p>Red pepper – contains lots of vitamin A and has as much vitamin C as an orange</p> <p>Beets – rich in folate, lycopene, and anthocyanins</p> <p>Pomegranate – high in anthocyanins and vitamins</p>
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