

The Nutritious, Delicious Way to Go Red



Dress up your plate with red-hued foods every day. Read on to discover the heart disease–fighting effects and other health benefits of many red foods.

- ✓ **Tomatoes** - A natural pigment called lycopene lends tomatoes their rosy hue. Lycopene gives you potential protection against cancer and heart disease.
- ✓ **Red Bell Peppers** - A single bright pepper contains your entire daily dose of vitamins A and C, nutrients that strengthen your immune system. This means better protection from infection and faster wound healing.
- ✓ **Cherries** - All cherries contain compounds called antioxidants that zap stress-inducing free radicals. But tart cherries deliver even more than their sweet counterparts. The result? Some people who eat them feel less pain from arthritis or gout, and after exercising.
- ✓ **Strawberries** - These berries pack more than 150 percent of your required immune-boosting vitamin C for the day. At 50 calories per eight medium berries, they serve as a guilt-free dessert.