



Valentine's Day Superfruits.

Kick those chocolates and caramels to the curb and dive into some of these red & pink superfruits and fruits that are just plain super!



Superfruits?

I've heard of 'Superfoods' but what is a Superfruit?

Not every fruit qualifies as being 'super', actually. Those deemed super are packed with antioxidants, fiber, vitamins and minerals, and other nutrients that can help you live longer, look better and even prevent disease.

Superfruits are best consumed whole and not processed. So if possible, try to buy and eat these fruits fresh. Dietitians estimate that you should be eating 5 to 9 portions of fruits or vegetables a day including Superfruits.

Some Superfruits are exotic and travel long distances, when possible try to buy locally.

+ How do you eat a Pomegranate?

Identify and cut off the crown of the pomegranate. Score the pom length-wise into 5 or 6 sections. Place the pom face down in a bowl of water and while underwater gently peel away the skin. GENTLY, "pop" off the seeds. The seeds can be easily sifted out of the water, rinse and enjoy!

The super heroes of the fruit world.

Dragonfruit: although the taste is mild the seeds pack a bounty of essential fatty acids, which our bodies need but cannot make. 50% of the seeds are made of oleic acid, which helps lower bad cholesterol and raise good cholesterol.

Grapefruit: a grapefruit a day can keep heart disease at bay by lowering cholesterol. The redder the better; they contain higher levels of antioxidants.

Cranberries: they may prevent urinary-tract infections & a far scarier disease: ovarian cancer. According to a study at Rutgers University, cranberries can boost the effectiveness of chemotherapy drugs and may slow the growth of cancer cells. Drink a glass of unsweetened juice each day to raise your HDL (the good cholesterol!)

more on page **2!**



Just Beet It!

The bright hue of the beet is a telltale sign of its health benefits. Anti-inflammatory & antioxidants are amongst its powers. Beets are rich in Vitamin C and Folate too! Try them roasted!

Even more Superfruits...

Cherries: they owe their deep red color to an antioxidant called anthocyanin, which reduces inflammation as well as lowers triglycerides & cholesterol.

Raspberries: high in fiber and in just ½ a cup provides 25% of your recommended intake for Vitamin C and manganese.

Açaí berries: the fruit that deserves all the hype. The level of antioxidants in açai berries clobbers rival superfruits. However, this tiny fruit comes from Brazil and is not easy to find fresh. Try in powdered form or frozen. Açai berries can be quite tart and bitter so try adding them to smoothies.

Don't Forget Your Veggies.

Tomatoes: full of cancer-fighting lycopene which works especially well against prostate cancer. They're also rich in Vitamins C and K.

Red Peppers: low in calories and loaded with Vitamin C, this veggie is also rich in carotenoids that help fight against heart disease. Try as a dipper for hummus!



Red, Red Wine.

Although studies seem back and forth on this one, red wine has some wonderful health benefits thanks to a powerful compound called resveratrol that acts as antioxidants. The tannins in red wine are also super!

Remember: enjoy if you are of age and as always, in moderation.

Moderate alcohol consumption is defined as 1 drink a day for women and up to 2 for men. More than that can cause health problems.