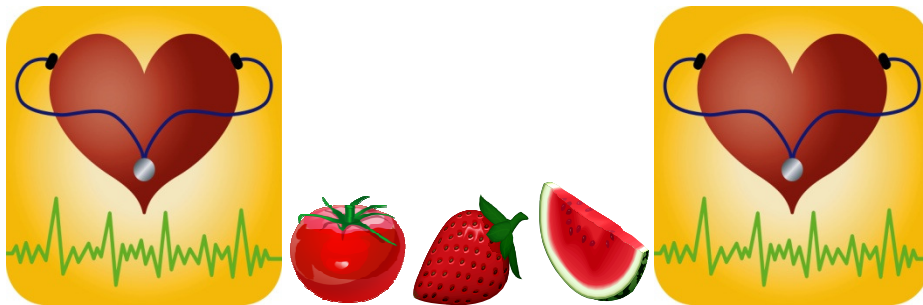


Ready for Reds



As Valentine's Day approaches be mindful of the many heart health benefits that red fruits and vegetables can add to your diet. At meal time, remember that the more color on your plate the better health benefits. Reds, such as cranberries, tomatoes, pink grapefruit, watermelon, papaya and even ketchup or pizza sauce offer high quantities of anthocyanins and lycopene both of which serve as powerful antioxidants which help bind damaging free radicals in your body.