

## Healthy Red Foods by Addie Strong

Looking to make your dishes more colorful and healthier?

Think Red!

Some red foods have the added red bonus of being both attractive on your plate and nutritious for you.

Here are some red foods.

### Tomatoes

Tomatoes are high in lycopenes, an antioxidant that is good for your heart that can help prevent cancer.

The redder the better! So go for the vine ripened tomatoes.

### Watermelon

Watermelon is also a good source of lycopene and potassium.

Potassium is good for your muscles and blood pressure.

Watermelon served at room temperature contains more nutrient than cooler ones.

### Red Berries

Cranberries, raspberries, and strawberries all contain antioxidants to help prevent against disease and premature aging.

They are also valuable sources of fiber.

### Pomegranate

Pomegranates are rich in poly-phenols, which help cells and tissues fight damage and inflammation.

So mix pomegranate juice with other fruit drinks or put pomegranate seeds on your salads.

### Red peppers

Red peppers are a great source of beta carotene, a nutrient that can help fight cancer and is good for your lungs.

Its vitamin C helps your immune system.

### Cherries

Cherries are high in nutrients that help protect against heart diseases and cancer.

Cherries help lessen effects of arthritis and can help you sleep.

### Kidney and Red Beans

Kidney and red beans are a good source of fiber, iron, protein, potassium, and calcium.

That means they are great for your heart and can help protect against birth defects, stroke, and Alzheimer disease.

Kidney and red beans are great if you are dieting because they can help you feel full.

Information from Red Alert - 10 Healthy Foods To Brighten Up Your Diet.

Women's Day Magazine. Feb. 13, 2007.