

DID YOU KNOW you should eat tomatoes! Whether you have diabetes, a prostate condition or just love to eat good food, make sure to regularly include tomatoes in your diet? Fresh, canned, or on top of spaghetti, tomatoes will never go out of style. It's true, tomatoes aren't just another pretty face in the world of tasty produce they are true disease-fighters, helping to keep the population healthy. Lycopene-rich tomatoes have been shown to reduce the incidence of prostate enlargements and prostate cancer by as much as 45% in those who consume the fruit regularly. Type 2 diabetics, who have an increased risk of heart disease, also reap the benefits of this blushing fruit, which reduces platelet aggregation that can lead to dangerous blood clots and heart attacks. And for those of you who are already healthy, tomatoes can help keep you that way for many years to come. Toss them on your salads, add them to sandwiches and wraps, or just eat them plain. No matter how you dice them, tomatoes are always healthy and diet-friendly, too. So what have you learned today? Eat tomatoes! *(LifeScript)*

DID YOU KNOW that you should be eating fruit every day? You should! Fruits have many benefits in terms of fiber and phytochemicals. Yes, fruit contains a bit more sugar and therefore, more calories than vegetables. But fruit's fiber content helps fill the stomach faster, which will stop you from eating high-calorie foods. To maximize your fat burning, keep your fruit intake to lower-sugar fruits such as apricots and blackberries. While you're not likely to bite into a lemon or lime, these two fruits add great flavor to foods and even plain or sparkling water - and they don't deliver an excess of sugar. Two other delicious and good-for-you fruits are tomatoes and avocados. They often get lumped in with vegetables, but are actually fruits because they grow from a flower and mature with some type of seed inside. Try to eat fruit that's a rich yellow, orange or red color they're packed with antioxidants that fight off free radicals. *(LifeScript)*

Women on diets need more calcium than normal to avoid bone loss. Rutgers University researchers found that weight loss cuts absorption of bone-building calcium in 57 postmenopausal dieters. They suggest to prevent bone loss, women dieting after menopause should get 1,700 mg of calcium a day. *(PREVENTION)*