

EAT RIGHT

FUEL YOUR BODY!

BERRY GOOD

When you hit the farmers' market for the season's first crop of blueberries and strawberries, consider stocking up. A new report in the journal *Circulation* shows that eating three or more ½-cup servings a week of either variety can reduce your risk of having a heart attack by up to 32 percent. "We suspect that anthocyanins, a subclass of flavonoids found in the fruits' skin, help dilate arteries and counter the buildup of plaque," says lead study author Eric Rimm, an associate professor of nutrition and epidemiology at the Harvard School of Public Health. That makes summer's approach even sweeter.

150

Percent of your daily recommended vitamin C intake provided by a cup of strawberries