

# FIT TIPS



## Benefits without the Buzz

A glass or two of red wine each day has been shown to lower the risk of heart attacks. Now researchers say you can still get the benefits of red wine even if you don't want to drink alcohol. Here's why: Wine's heart-healthy powers are due largely to antioxidants found in the red pigments of the grape skins. Alcohol-free red wines retain those antioxidants. Another possibility is to forego the wine altogether (alcohol-free or not)—and have a glass of grape juice or red grapes for dessert.

## Reaping the Most from Garlic

You've probably read that garlic can help fight certain cancers and help prevent heart disease. But did you know that you need to prepare garlic in a certain way to reap its health benefits? To get the most from garlic, don't cook the cloves whole. Instead, it's better to cut, chop or crush peeled cloves and then let them stand for 10 minutes before tossing them into your saucepan. Cutting into the clove's membrane releases the enzyme that contains the health-promoting compounds.

