

INSIDE FITNESS

SPORTS NUTRITION • EXERCISE • HEALTH • BODYBUILDING

**LEGENDARY
LEE!**

**ON COMPETING
IN THE OLYMPIA**

9

**DIET
MISTAKES
THAT YOU DON'T
WANT TO MAKE**

**DOMINICAN
DOMINATOR!**

**ONE ON ONE WITH
VICTOR MARTINEZ**

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125 COUNTRIES WORLDWIDE**

SUMMER 2006



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FIT FRUITS

BY JOE DIANGELO

Pineapple

(nicknamed King of Fruits)

Fresh pineapple is rich in bromelain, a group of protein-digesting enzymes that not only aid digestion of your protein shakes, but can effectively reduce inflammation and swelling. Pineapples are extremely nutritious. They contain little or no fat or cholesterol, and provide significant amounts of fiber, digestive enzymes, vitamin C, calcium and potassium.

Tip: Have a small piece of pineapple with your chicken breast or protein shake. It will aid in the assimilation of amino acid bonds in proteins, which promotes good digestion.

Apple

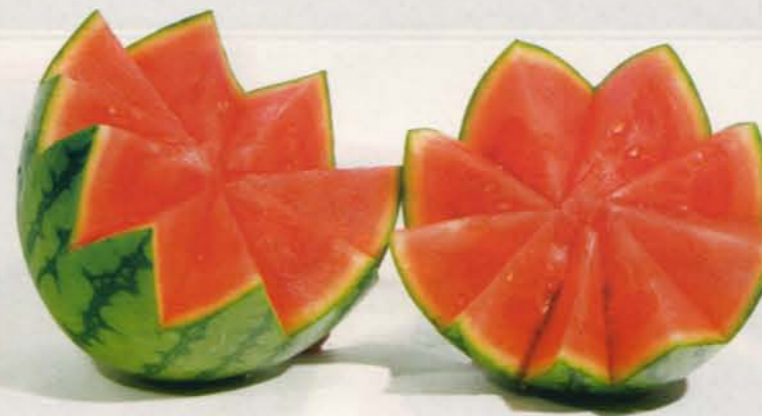
Apples contain both insoluble and soluble fiber, reducing your risk of hardening of the arteries, heart attack and stroke. The insoluble fiber in an apple catches LDL cholesterol in the diges-

tive tract and removes it from the body, while an apple's soluble fiber pectin reduces the amount of LDL cholesterol produced in the liver. Quercetin, also found in apples, is one of the most powerful flavonoids (natural plant antioxidants) and studies show it helps protect against cancer and will help boost the body's immune system.

Tip: People with more antioxidants in their skin look younger. Eating an apple a day keeps the doctor and plastic surgeon away!

Banana

Bananas, America's most popular fruit, are great for athletic and fitness activity because they replenish necessary carbohydrates, glycogen and body fluids burned during exercise. Bananas are very popular among athletes who try to avoid sugary drinks like Gatorade, dextrose and maltodextrin after workouts.



Watermelon

Watermelon reduces the inflammation that contributes to conditions like asthma, atherosclerosis, diabetes, colon cancer, and arthritis. It is a great source of beta-carotene that protects our skin from unwanted external influences when exercising outdoors. Pink watermelon is also a source of the potent carotenoid antioxidant, lycopene. These powerful antioxidants travel through the body neutralizing free radicals. Watermelon is rich in the B vitamins necessary for energy production.

Tip: If you crave sugary food, have watermelon instead. Because of the high sugar content, this summer fruit is actually perfectly suitable as a sweet replacement.

Strawberries

The unique phenol content of strawberries makes them a heart-protective fruit, an anti-cancer fruit, and an anti-inflammatory fruit, all rolled into one. High in vitamin C and other cancer-fighting antioxidants, strawberries also contain a lot of fiber, plus some iron and potassium. Antioxidant compounds found in strawberries may also prevent the oxidation of LDL ("bad") cholesterol, helping to fight the development of heart disease.

Tip: Add a few strawberries to your post workout shake.



Kiwi

Kiwi contains more vitamin C than other citrus fruits. Kiwi fruit is also a good source of two of the most important fat-soluble antioxidants: vitamin E and vitamin A. Enjoying just two kiwi fruits each day can significantly lower your risk for blood clots and reduce the amount of fats (triglycerides) in your blood, making kiwi a delicious blood-thinning alternative to aspirin for protecting cardiovascular health.

Tip: Throw two kiwis in the blender with your vanilla protein shake. It will cover your daily requirement for antioxidants.

Lemons

Limonins, furocoumarins and vitamin C, all of which help prevent cancer. Vitamin C will help the body neutralize free radicals after an intense workout and will keep your immune system strong.

Tip: Drink lemon water instead of water during and after a workout. Lemon helps to cut grease, and also tightens your skin.

Cranberries

Cranberries have the ability to reduce the risk of urinary tract and bladder infections. Cranberries contain quinic acid, which can cause urine to become slightly acidic - a level of acidity sufficient to prevent calcium and phosphate ions from joining to form insoluble stones.

Tip: Instead of water, mix your protein powder with cranberry juice once a day.

Grapefruit

The latest study from Scripps Clinic shows that grapefruit helps with fat loss. Grapefruit enhances the effects of insulin, lowers insulin secretion, enables fat to be burned for energy and increases satiety. It also helps bodybuilders prevent kidney stones.

Tip: Drink unsweetened grapefruit juice. It will lower your urinary pH value and increase citric acid excretion, which will help significantly reduce your risk of forming calcium oxalate stones.

Blueberries

Blueberries have one of the highest capacities to destroy free radicals after a hard workout and researchers say they may slow or reverse short-term memory loss. Blueberries may also protect against heart disease, cancer and cataracts.

Tip: Eat half a cup of blueberries a day to help keep the brain young and offset memory decline.

Joe DiAngelo is one of New York's most sought after fitness experts and personal trainers because his unique approach to fitness and nutrition produces amazing results.

