

# Why Let the Season Hold Back Your Health or Spirits?

## *South-of-the-Border Produce Has Many Year-Round Advantages*

(NAPSA)—It's that post-holiday, pre-swimsuit time. Wouldn't you love a taste of summer without the trauma of suiting up in swimwear just yet?

Many people loosen their belts this time of year because they're eating heavy foods and feeling sluggish. If you're looking to shed a certain winter "coat" to feel healthier and gain warm-weather energy, then consider these facts.

1) Most Americans eat less produce in winter, studies show. But why eat fewer high-nutrition, low-calorie fruits and vegetables at a time the body really needs something light and fresh? Today's supermarkets carry plenty of high quality, nutritious produce year round from Mexico—tastes of imported sunshine.

2) Eating fruits and vegetables consistently is key to overall better health, research shows. In a seven-year study of men and women, eating fruits and vegetables throughout the year appeared to provide more heart and cancer protection than eating them just in the warmer months.

So, you'll help both your body and spirit by eating more fruits and vegetables this winter. Take your mouth on a tropical getaway by trying these flavorful Mexican imports available from January until April. They're picked, packaged and transported quickly, with conditions controlled for a just-picked taste and appearance.

- Essential **tomatoes** and **cherry tomatoes**, with the antioxidant lycopene.

- Crunchy **cucumbers**, with fiber and only 39 calories.



- Juicy **watermelon**, packed with vitamins A, C and lycopene.

- Zesty **bell peppers** and **chili peppers**, high in beta-carotene and vitamin C.

- Yummy **yellow squash** and **zucchini**, an excellent source of magnesium.

- Luscious **limes**, with vitamin C and flavonoids.

- Ever-handly **onions**, high in the heart-helping antioxidant allicin.

- Mouth-watering **melons**, with vitamin C.

- Marvelous **mangoes**, high in beta-carotene and vitamin C.

- Comforting **winter squash**, high in beta-carotene and vitamin C.

- **Sweet corn**, a very good source of thiamin and a good source of fiber.

- Adaptable **eggplant**, with a potent antioxidant called nasunin.

- Crisp **green beans**, with vitamin K for strong bones.

- Favorite **oranges**, a powerhouse of vitamin C.

- Versatile **chayote squash**, a good source of potassium.

- Pink-fleshed **papayas**, rich in vitamins A, C and a digestive enzyme called papain.