



# Men's Health

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GIVE MEN'S HEALTH, GET A GIFT FOR YOURSELF!

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**Take Our Reader Survey!**  
 If you give us ten minutes, we'll give you a new and improved *Men's Health*. Deal? Grab your September 2007 issue!

**Public Displays of Affection**  
 What is it that your boyfriend or husband does that you like and dislike?

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Six disease-fighting fruits you should try

**4. Passion Fruit: Lowers Cholesterol**  
 This South American fruit is packed with vision-protecting vitamin A and more cholesterol-lowering fiber than your average textile mill -- a single serving has 15 grams, or roughly half your daily requirement. Available year-round, passion fruit also boasts more potassium per serving than a banana.

Brendle suggests cutting the fruit in half and eating the pulp with a spoon, or cutting it into little pieces and tossing them on ice cream. Make sure you eat the seeds -- they're the fiber.

Serving size: 8 fruits  
 Calories: 140  
 Vitamin A: 1,832 IU  
 Vitamin C: 43 mg  
 Fiber: 15 g  
 Potassium: 501 mg

**5. Uniq Fruit: Fights Off Colds**  
 First found in Jamaica and thought to be a naturally occurring grapefruit-tangerine hybrid, uniq fruit is loaded with cold-fighting vitamin C and carotenoids. Its flavor is intense: sharp, tart, citrusy.

It's in season from December through April and is often called by the trade name Ugli fruit. Eat it just as you'd eat a grapefruit or tangerine, but have plenty of napkins on hand -- it's messy.

The USDA hasn't done a nutritional analysis of the uniq, so the numbers below are estimated.

Serving size: 1 fruit  
 Calories: 45  
 Vitamin A: 67 IU  
 Vitamin C: 51 mg  
 Fiber: 2 g  
 Potassium: 173 mg

**6. Açai: Helps Prevent Cancer**  
 Native to the rain forests of Central and South America, this fruit of the Amazonian palm is like a tasty multivitamin. "It's loaded with B vitamins, iron, fiber, omega-9 fatty



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acids, protein, and antioxidants," says Aliza Green, author of *Field Guide to Produce*.

The berry looks and tastes like a cross between a blueberry and a grape but has twice as many cancer-fighting antioxidants as the former and 10 times as many as the latter.

Because the açai is so fragile -- it must be consumed, processed, or frozen within 24 hours of being picked -- you'll find it only in frozen-pulp or smoothie form in the United States. That means it's always in season or never in season, depending on how you look at it.

Serving size: 100 g frozen pulp

Calories: 130

Vitamin A: 554 IU

Vitamin C: 36 mg

Fiber: 4.5 g

Potassium: 93 mg



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- [Should You Splurge on Organic Fruit?](#)
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From The Publisher

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e-mail [promotions@menshealth.com](mailto:promotions@menshealth.com) and state, within the body of the e-mail, your name, mailing address (no P.O. boxes), daytime phone number and date of birth (you must be 18 or older to enter). Entries must be received by September 30, 2007. [Click here](#) for full rules and details.

#### Men's Health Meals

The experts at Men's Health have done it again! Men's Health Meals is a fast, simple way to lose weight and look great. Sign up now for fresh home-delivered meals, and get up to 8 meals free!

#### Bring it Again!

Men's Health Urbanathlon™ and Festival will hit New York City for the second year and bring the spirit of urban competition to Chicago for the very first time.

#### On the Minds of Men: Beliefs

If you could be god for a day, what would be your first order of business? When you die, where do you think you will go? Tell us!

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What's the best gift you've ever received? Do you ever re-gift? Tell our survey!

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