

HEALTHFUL EATING

Think Red For Powerful Pain-Relief Benefits

(NAPSA)—Here's tasteful news about feeling fit: According to sports dietitian Leslie Bonci, diet can be a key factor in managing pain that can come from exercise—and cherries are an optimal solution to include in any training routine—before, during and after a workout.

In fact, researchers from Oregon Health & Science University revealed that runners who drank cherry juice twice a day for seven days prior to and on the day of a long-distance relay reported significantly less muscle pain following the race than those who drank another fruit juice beverage.

Managing Muscle Recovery

“Most people only think about how to manage postworkout pain, not realizing that pain management and the ability to maximize muscle recovery starts before you even put on your shoes,” said Bonci, who is also director of Sport Nutrition at the University of Pittsburgh and nutritionist for many professional sports teams.

She developed the Red Recovery Routine, which offers pain relief and performance tips on reducing inflammation, staying hydrated and fueling with proper foods such as tart cherries before, during and after workouts. Cherries contain powerful anti-inflammatory compounds called anthocyanins 1 and 2 that have been shown to relieve the pain associated with inflammation.

Bonci said cherries are great for all athletes, not only because the fruit is readily available year-round dried, frozen and as a juice, but because it's portable, too.

Pre- And Postworkout Snacking

Here are hints on how to enjoy them:

- Enjoy dried cherries added to a bowl of whole grain oatmeal or mixed in a homemade trail mix with almonds and sunflower seeds.



Recent research shows that tart cherries may help athletes recover more quickly and effectively from postexercise pain.

- Create a quick parfait with vanilla yogurt, granola and dried cherries.
- Pack a single-serve bottle of 100 percent cherry juice or a cherry juice blend in your gym bag or try a smoothie like the following:

Red Recharger Smoothie

This triple hit of tart cherries, antioxidants and protein is a great postexercise treat.

Ingredients:

- 1 cup thawed tart cherries**
- 1 cup fresh or partially frozen strawberries**
- 3 tablespoons orange juice concentrate**
- ½ cup plain nonfat yogurt (or vanilla nonfat yogurt)**
- ½ cup tart cherry juice**
- 2 tablespoons honey**

Directions:

Combine all ingredients in a blender and whip until smooth. Pour into two glasses and serve.

Makes 2 servings.

Learn More

Visit choosecherries.com for the Red Recovery Routine, recipes and more information.