

Wine for Breakfast?

by Carol Sullivan

I know we are Episcopalians, but pouring red wine on your morning cereal to get the antioxidant resveratrol is probably over the top! Blueberries will supply the same compound, and also are high in fiber. Replace the red wine with low or non-fat milk or yogurt and add some blueberries.

This tip comes from the Real Age newsletter. www.realage.com is a web site that gives information designed to help persons keep their biologic age lower than their chronological age. There is a free test you can take to see what your “real age” is. Check it out!

June 2007