



### The Regal Fruit

Bigaroon, Montmorency, Napoleon, Rainier, Royal Ann, Tartarian. Cherries come with all kinds of regal-sounding names. Some are sweet: the deep-red colored Bing, Lambert and Tartarian, and the yellow varieties, Royal Ann, Rainier and Napoleon. Royal Ann cherries are the ones specially processed, dyed bright red and sold as maraschino cherries. Other sweet varieties include the Bigaroon and Gean. Sour varieties, best in pies and preserves, include the Montmorency and the Morello. According to the Fruit Institute, cherries have multiple health benefits such as: help with inflammation; high in antioxidants and melatonin (said to destroy "free radicals," which are believed to cause or worsen diseases); may help lower uric acid levels, which prevents gout, and score very low (22) on the Glycemic Index. Sweet cherries are also an excellent source of Vitamin C, and research is continuing to see whether tart cherries could prevent colon or other cancers. This month is peak season for sweet cherries when they're at their darkest and ripest. Sweet cherries are commonly the only ones available fresh in the market. Look for shiny, firm, plump fruit with fresh stems and unbroken skin. Cherries are delicious eaten fresh, and cooked in cobblers, turnovers and pies.

### CLIF SHOT gets first organic certification

CLIF SHOT energy gel is now certified organic—making it the only organic energy gel on the market. All eight flavors of CLIF SHOT, containing performance-enhancing electrolytes, are now made with a minimum of 90 percent organic ingredients.

"Clif Bar & Co. is committed to healthy living and preservation of the natural environment where we live, play and grow food," says Chris Randall, CLIF SHOT associate brand manager. "As athletes we're very much in tune with the air we breathe, the water we swim in and the food we ingest. Organic ingredients simply make the most sense from all of these perspectives." \$1.25/gel, [www.clifbar.com](http://www.clifbar.com)



## Get Ready For Grilling

Warm summer nights can mean only one thing—it's time to fire up the grill. Grilling not only makes food taste better, it's healthier, too, for one simple reason. "If it's grilled it's not fried," says sports nutritionist Nancy Clark, RD. Clark says when you grill meat, the grease drips off, resulting in less fat absorbed into the meat. "Just be sure to grill it without burning it," she warns because the charred meat can be carcinogenic. One way to reduce the risk of these cancer-causing compounds is by marinating meats such as red meat, poultry and fish before grilling, according to the American Institute for Cancer Research.

But look beyond the old standbys of hamburgers and hotdogs this summer, and get creative when planning your grilling menu. Throw fresh veggies or fruit on the coals for a light, tasty summer meal. Karen Adler, co-author of *Weeknight Grilling with the BBQ Queens*, says one of her most popular recipes is a grilled Romaine Caesar salad, but any type of grilled green can make a delicious addition to a healthy meal. "Pick a sturdy green, such as radicchio, Napa cabbage or Romaine," she says. "You can use any type of green that doesn't have water in it." Brush with olive oil, sprinkle with salt and pepper, and grill on the cut side for a couple of minutes until singed, and voilà, you're ready to serve up a wholesome and scrumptious meal—best served outdoors, of course.

### Get Your Protein With Peanut Butta

Peanut butter never tasted so good. EN-R-G Foods, makers of Honey Stinger bars and gels, has introduced its first protein bar, the Peanut Butta Pro. Made of 20 grams whey protein plus peanut butter and organic honey, this bar is for athletes and health-conscious types looking to pack a protein punch after a hard workout or as a meal replacement. With a chocolate coating, this bar tastes almost like a Reese's Peanut Butter cup...but it's good for you. \$2/bar, [www.honeystinger.com](http://www.honeystinger.com)

