

# Health Minute™

## Pink Perfection...

It is the time of year where fruit trees are teeming with delicious citrus. You have a goldmine of heart healthy goodness if you are lucky enough to have pink grapefruit in your yard. A recent study looked at patients who had undergone bypass surgery with high cholesterol. The subjects were divided into three groups – group one ate one pink grapefruit daily, group two ate one yellow grapefruit daily, and group three ate no grapefruit. After one month, the pink and yellow grapefruit groups both had decreases in their total cholesterol, bad cholesterol, and triglycerides but the pink grapefruit group had a larger decrease than the yellow grapefruit group. Why? Researchers think the flavonoid responsible for the pink color has higher antioxidant potential. Another great reason to grab those grapefruit your friends and neighbors have to give away!



<b>Grapefruit Goodness</b>	<b>Grapefruit and prescriptions</b>
<p>High in vitamin C High in potassium and magnesium High in vitamin B6, folate, thiamine, and magnesium Contain lycopene and other antioxidants Contains some vitamin A</p>	<p>Certain blood pressure drugs called calcium channel blockers have significant interactions Cholesterol medicines atorvastatin, lovastatin, and simvastatin may interact – it may be okay to take the medicine at night and have your grapefruit juice in the morning If you aren't sure, talk to your doctor or pharmacist.</p>