

WE LOVE IT

Janac sports bra

Tested by breast-cancer survivors, this Canadian-made sports bra has special pockets to hold a prosthesis in place whether you're running, sweating in the gym or dragon-boat racing, the sport of choice of the bra's creator, Janet Cockburn. She designed the bra (and Been-a-Boob, a sports-friendly prosthesis) after watching her dragon-boat team of survivors struggle with inadequate sportswear. \$80-\$90.



SUPERFOOD

Peppers

Make your life sweeter with peppers. Nearly all peppers start out green, ripening on the vine to become red, orange or yellow, depending on the variety. If picked early, peppers will stay green, losing out on some of the nutritional power of their more colourful cousins. A green pepper has more vitamin C than an orange and more than 100 per cent of our recommended daily intake. Red and yellow peppers have twice as much vitamin C as that. And red peppers have eight times as much beta carotene as green ones. Grill, stir-fry or dip some for a satisfying snack.

ASK AN EXPERT

CAN RED WINE REALLY SLOW AGEING?

Rong Tsao, a research scientist specializing in antioxidants at the Guelph Food Research Centre, Agriculture and Agri-Food Canada, responds:



Maybe – if you drink 35 bottles a day. A recent study looked at high doses of an antioxidant called resveratrol, found in red wine. The results were impressive: The resveratrol mice had stronger bones, better balance and coordination, better organ function and fewer cataracts, and they lived longer. But drinking 35 bottles of red wine a day isn't feasible or healthy. And there's no evidence yet that resveratrol will produce the same results in humans.

Overall, red wine has high antioxidant levels because, unlike white wine, it's fermented with the grapes' skin, where most of the antioxidants are concentrated. Red wine has health benefits beyond resveratrol, including flavonoids that have been linked with a lower risk of cancer. Although there isn't a recommended daily dose, one glass of red wine a day is good for you. Just don't overdo it.