



May 2006, Volume 145, Issue 5

## The Better Man '06 (page 5)

### *The Mediterranean Miracle: Tomato Sauce*

By Mehmet C. Oz, M.D. and Michael F. Roizen, M.D.

Everyone's looking for the next miracle cure, but who would think you could find it on the shelf of your grocery store? Tomato sauce, it turns out, has an incredible range of health benefits. It has lycopene, which is a very potent antioxidant. Also—and we don't know why this is—**ten tablespoons of tomato sauce a week decreases your risk of prostate cancer by about 40 percent.** In addition, it's one of the strongest agents we know of to keep your arteries young. It works by reducing the size of cholesterol plaques in your blood vessels, which helps prevent clots and blockages. People who eat those ten tablespoons a week have blood pressure that is lower by 8 over 5 mmHg. Remember, the average American's blood pressure is 130 over 85, and ideal is 115 over 75, so that's a substantial step in the right direction, just from tomato sauce. Here's a recipe for a basic, delicious tomato sauce from Mario Batali's *Simple Italian Food* (Clarkson Potter, \$32):

*In a three-quart saucepan, heat 1/4 cup olive oil over medium heat. Add 1 Spanish onion, chopped, and 4 garlic cloves, peeled and thinly sliced, and cook for 8 to 10 minutes. Add 1 tbsp dried thyme and half a shredded carrot and cook 5 minutes more. Add two 28-ounce cans whole tomatoes, crushed by hand and with juices, and bring to a boil, stirring often. Lower heat and simmer for 30 minutes, until thick as hot cereal. Season with salt to taste. Makes 4 cups, or 64 tbsp, and will hold for up to six months in the freezer.*

## The Better Man '06: Contents

Introduction

What's Your BQ? -- Take the Body Quotient Quiz

The First Thing That Ages You: Your ARTERIES (which will rust if you let them)

Things a Man Should Know About Fats

The Second Thing That Ages You: Your IMMUNE SYSTEM (which will weaken if you let it)

How to Cure (or at Least Shorten) A Cold

The Future of Medicine: SNPs

The Third Thing That Ages You: Your WORLD (which will grind you down if you let it)

Portion Control: Why You Should Buy Smaller Plates

Find Out How Old You *Really* Are--Take the Free RealAge Test