Tomatoes And Apples May Help Ex-Smokers Heal.

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apples and tomatoes in baskets at farmer's market

A study of 650 Europeans followed for 10 years suggests that eating more fruits and vegetables, particularly tomatoes and apples may help keep the lungs healthy. Those people with increased intake of these foods showed better lung function, and it appears that the diet was able to help repair lung damage in ex-smokers. Instead of a cigarette...pick up an apple!

Source
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