

Health

Vital information with a human touch

Diet **Now**



Get your fruit on

Instead of dialing up the pizza-delivery guy for your next office pig-out, call **The FruitGuys** (www.thefruitguys.com), a San Francisco-based company that overnights 25 servings of organic, farm-fresh fruit to businesses for \$42 (plus shipping). You'll get plums, strawberries, peaches, pears, grapes, blood oranges, tangerines, and more. The company just opened an East Coast office, too. Another bright idea: Bring your own fiber-rich, filling fruit from home.