

News Of Nutrition

Bring More To The Table With Nutrient-Rich Foods

(NAPS)—For most people, healthy eating means counting calories and cutting favorite foods from their diet. A more positive way of looking at healthy eating is to focus on the beneficial nutrients in foods and side-step the natural tendency to label foods “good” or “bad” based on fat or calorie content.

“Positive attitudes about food, ones that take into account personal tastes and enjoyment, will encourage sensible eating patterns that can be maintained long term,” said Andrea Garen, registered dietitian with Dairy Council of California. “Feeling good about food and activity choices is the best strategy for maintaining a healthy weight and lifelong good health.”

Nutrients, such as vitamins A, B, C, D and E, calcium, fiber, iron, potassium and protein, are needed at all ages to promote healthy growth, fuel activity and prevent chronic diseases. “Nutrient-rich” foods have higher levels of vitamins and minerals per calorie, so they bring more to the table than other foods. For instance, despite the fat content of cheese, the calcium and protein make it a nutrient-rich choice. Using nutrient content as a measure of healthy



Don't count calories to lose weight, make calories count for you.

eating, foods that taste good can be good for you too!

Make the most of your calories by adding low-fat and fat-free dairy, whole grains, fruits, vegetables and lean meats, beans and nuts to your diet. Patterns of choices that include these foods can become the foundation of your meals and snacks each day.

“With this approach, no foods have to be off limits,” said Garen. “As your calorie intake and activity level allow, even ‘extras’ like a slice of birthday cake or some chips with salsa at a party can be included in a healthy, nutrient-rich diet.”

Still think that healthy eating

means blah but balanced meals? Consider the tips below to achieve drab-to-fab meal makeovers worthy of any prime-time reality show.

DRAB—Broiled skinless chicken breast, steamed broccoli and pears

ADD—Low-fat plain yogurt, ranch dressing mix, whole-grain pasta, light Italian dressing, ginger and almond extract

FAB—Zesty Ranch Chicken*, Broccoli Pasta Salad and Ginger Almond Pears*

This meal makeover adds extra calcium, fiber, vitamins A, B, C and K, iron AND magnesium!

DRAB—Pork tenderloin, green beans and steamed rice

ADD—Ginger, garlic, chicken broth, soy sauce and cashews

FAB—Sensational Stir Fry*

This meal makeover adds extra protein, vitamins D, E and K, phosphorus and antioxidants. Finish with a glass of low-fat milk and you have a complete and delicious meal!

For full recipes and preparation information for the meal makeovers, visit Meals Matter, www.mealsmatter.org, a free, non-commercial meal planning and nutrition website sponsored by Dairy Council of California.

Healthy Ideas

Adding nutrient-rich foods to basic meals and incorporating daily physical activity will help you achieve a more balanced and healthy lifestyle. For recipe ideas and nutrition tips, visit Meals Matter, www.mealsmatter.org, a free meal planning and nutrition website sponsored by Dairy Council of California.

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