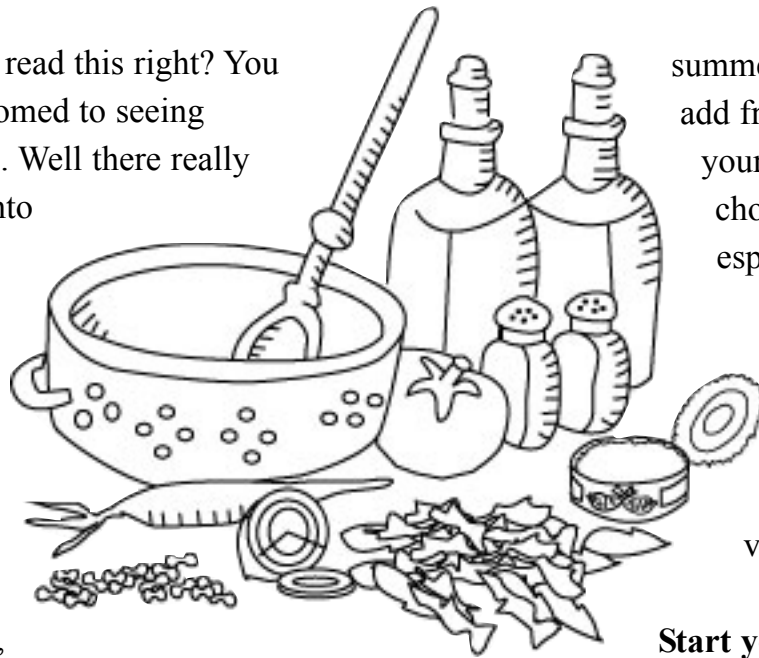




The More - is - Better Diet

Are you wondering, did I read this right? You are probably more accustomed to seeing headlines that say eat less. Well there really are some foods that fall into the group "more is better." You have probably guessed that the main foods in this group are fruits and vegetables.

There is a lot of conflicting information about what we should eat, but everyone agrees that eating more fruits and vegetables can help reduce your risk of chronic diseases like heart disease and cancer. Surveys show that few Americans eat even the recommended minimum of five servings of fruits and vegetables each day. A small study conducted at the University of Minnesota a few years ago showed that with guidance, a group of volunteers increased their average intake from just over 3 servings a day to more than 9 servings a day. The volunteers indicated they liked their new eating habits and planned to continue eating more fruits and vegetables. This is one diet where you actually add interesting, delicious food instead of just giving up food. Spring and



summer is a great time to add fruits and vegetables to your diet. There are more choices available, especially fresh.

Here are seven steps to get you started on your plan to eat more fruits and vegetables:

Start your day with at least two fruits, in addition to whole-grain bread or cereal. Include one serving of citrus as fruit or juice and maybe a banana, mango, apple or some cantaloupe.

When planning a meal, think of the vegetables first. Plan at least one vegetable and one salad with a serving from the bread, cereal, rice, and pasta group with a 2 to 3 ounce serving of meat or poultry. If this does not satisfy you add another vegetable or larger serving of salad.

Don't forget cooked fruits they can add variety to your meals. Combine with low fat or nonfat yogurt, or use as a topping for a frozen dessert or breakfast cereal.

Feed your snack attack with fruits and veggies, raw or cooked. Treat broccoli, carrots, sweet peppers and cherry tomatoes as household staples. Buy or make a nonfat dip to enhance them as snacks. Dried fruits make nutritious snacks.

Keep canned kidney beans, chickpeas, and other legumes on hand. Rinse well to remove excess sodium and add to salads, pasta sauce and stews

Don't forget cruciferous like broccoli, cabbage, kale, Brussels sprouts, and cauliflower. Add these vegetables to soups or salads or marinate in soy sauces and broil or grill for a different flavor.

Be on the lookout for ways to add vegetables and fruits to a recipe. Tomatoes, topped with breadcrumbs and a little cheese, can be baked along with fish. Leftover veggies make a great topping for a baked potato (sweet or white). Grate a carrot into tuna salad, or add sliced oranges or grapefruit to a green salad.

Remember when it come to fruits and vegetables in the diet more is better.



Tuna-Spinach Salad

2 servings

- 1/3 cup orange juice
- 1 Tablespoon smooth peanut butter
- 1 Tablespoon reduced-sodium soy sauce
- 1 teaspoon ground ginger
- 1 Tablespoon cider vinegar
- 1 teaspoon vegetable oil
- 1/4 teaspoon pepper
- 4 cups (loosely packed) fresh spinach leaves (about 3 ounces)
- 1/4 pound mushrooms (optional)
- 1 medium carrots
- 1/2 small red onion
- 1 can (6 1/2 oz) water-packed tuna, drained

Blend the peanut butter, soy sauce and ground ginger. Stir in the orange juice, vinegar, oil and pepper. Tear the spinach into bite-sized pieces. Slice the mushrooms. Cut the carrots into thin slices. Thinly slice the onion. Mound the prepared vegetables on 2 individual salad plates, topped with flaked tuna. Spoon the dressing over the salad.



Nutrition Information per serving: 240 calories, 7 grams fat, 80 mg sodium, 15 gram carbohydrates, 29 gram protein.

