

## Achieving A Healthy Diet Through Balance

### *New Food Plan Balances Fats For Healthy Cholesterol*

(NAPSA)—Even with the increasing number of diet programs available, health experts continue to recommend balanced nutrition and regular exercise as the keys to achieving and maintaining weight loss.

According to research conducted at Brandeis University, the proper “balance” extends to the types of fat in the diet. For example, researchers have improved the ratio of HDL (good) to LDL (bad) cholesterol by using a balanced blend of fats as a significant part of a varied diet. This blend of natural vegetable oils was used to develop Smart Balance Buttery Spreads, new non-hydrogenated shortening and other foods.

Registered dietitian Jamie Pope, M.S., R.D., L.D.N. has developed a food plan which helps people maintain the proper fat balance, while following the American Heart Association (AHA) 1 Diet. The Smart Balance Food Plan offers seven days of menu suggestions and recipes featuring Smart Balance products, such as 67% Buttery Spread.

These products are designed to help provide approximately equal proportions of the three principal fatty acids. The buttery spread can be used for cooking, baking and frying, as well as a table spread, to balance fat intake. That benefit is enhanced by avoiding trans fatty acids (often used in margarines) and the dietary cholesterol in butter.

“Smart Balance products are a delicious and beneficial part of an overall healthful and varied diet,” says Pope.

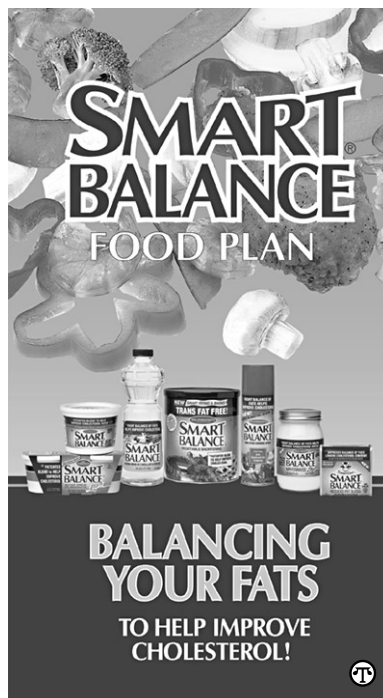
As an example, here’s the menu for Day 5 of the food plan:

- Breakfast—½ grapefruit; 1 slice Banana Bread with 2 tsp. buttery spread; 1 cup lowfat yogurt; coffee or tea.

- Lunch—Turkey sandwich with reduced-fat cheese and mayonnaise, tomato slices and lettuce on whole grain roll or bread; 1 oz. pretzels or reduced-fat chips; fruit of choice; no-calorie beverage.

- Dinner—1 serving Baked Fish with Herb Sauce (recipe follows); 1 cup brown or wild rice; 1 cup summer squash with onions sautéed in Smart Balance Buttery Spread; 1 serving Nutty Fruit Crisp with ½ cup frozen yogurt; no-calorie beverage.

- Snack—1 cup baby carrots or



**A nutritional balance of fats in the diet and exercise is considered a sound way to maintain a healthy cholesterol ratio.**

celery sticks; 2 Tbsp. reduced-fat salad dressing for dipping.

#### **Baked Fish with Herb Sauce**

¼ cup Smart Balance 67%  
Buttery Spread  
4 tsp. lemon juice  
½ tsp. dried dill weed or  
dried basil, rosemary or  
oregano, crushed  
¼ tsp. salt  
⅛ tsp. black pepper  
1 pound flounder, salmon,  
whitefish or other fish  
fillets

1. In a small saucepan, melt spread with lemon juice, dried herb, salt and pepper. Set aside.

2. Lightly coat a shallow baking pan with additional spread. Arrange fillets in a single layer, tucking under any thin edges.

3. Brush fillets with herb sauce.

4. Bake, uncovered, at 450° for 4-6 minutes per ½ inch thickness. If broiling, broil 4 to 6 inches from heat.

For more information, or to receive a brochure with the Smart Balance Food Plan, call 201-568-9300 or e-mail [pldgfa@aol.com](mailto:pldgfa@aol.com).