

## Americans Recognize Healthy Foods But Aren't Eating Enough Of Them

(NAPSA)—When it comes to eating right, most Americans can talk the talk. But when it comes to walking the walk, they're a step behind. A recent Gallup survey of 1,000 primary grocery shoppers revealed notable discrepancies between what consumers believe about healthful foods and what they actually eat.



According to the survey, 83 percent of consumer respondents were aware that bread and other grain foods provide energy. More than 70 percent correctly agree whole and enriched grains can help prevent heart disease and cancer, and also can help with weight control.

The United States Department of Agriculture (USDA) Food Guide Pyramid, acknowledged by 85 percent of consumers as a sensible and healthful eating plan, recommends consuming an average of six to 11 servings of bread and other grain foods daily depending on age, gender, and activity level. When it comes to actual consumption, the USDA data shows Americans are getting, on average, 6.8 servings of grain foods daily, barely meeting the minimum recommended serving, with women getting only 5.5 servings a day.

“The average person is confused by all the conflicting health data available,” said Karin Kratina, M.A., R.D., co-author of *Eating Well, Living Well: When You Can't Diet Anymore* and consultant to The Renfrew Center. “As a result, consumers' knowledge about nutrient-rich foods, such as breads and grains, doesn't play out in their everyday lives. We need to find ways to give consumers permission to get more grain foods in their diets so they can take advantage of the health benefits of grain-based foods.”