

# Healthy Habits

## Become A “Flexitarian”

(NAPSA)—Whether to improve health, lose weight or ease their consciences, many people consider following a vegetarian diet. It can be a healthy way to live—but it can also be a major commitment that requires a strong will and determination. Fortunately you can still lead a healthy life by incorporating vegetarian meals into a regular diet; in other words, becoming a “flexitarian.” This can be as simple as declaring one meal a day or one day a week “meatless.”

### The Benefits

According to Edward Giovannucci, M.D., Sc.D., of the Harvard Medical School and Harvard School of Public Health, losing weight is only one benefit. Limiting meat eating to less than five times a week can also help prevent certain kinds of diseases such as cancer and kidney stones.

“It is not an all or nothing choice anymore; today more people than ever are seeing the many health benefits of a diet which is rich in fruits and vegetables, and occasionally includes meat,” said Lisa Mosing, RD. “Studies have proven that people who follow a healthy, flexitarian diet are more likely to experience a far greater success in weight-loss, since they are reducing calories and getting much needed antioxidants from more fruits and vegetables. This increased weight loss success can also be attributed to the fact that about 60 percent of our total fat consumption, including saturated fat, comes from meat and dairy products.”

### The Trend

Flexitarian eating is quickly becoming very popular. According to Charles Stahler, co-director of



**Many local stores feature frozen vegetarian dishes to help flexitarians stay happy and healthy.**

the Vegetarian Resource Group, the number of Americans who are flexitarians could be as high as 40 percent.

### The Easy Way

In the past, it involved some time and trouble to cook meatless meals. Today, however, healthy eating can be easy. Local stores carry many meatless products and entrees. More than 20, including burgers, appetizers, and other specialties are available from Gardenburger, the only national brand which provides a full line of only 100 percent natural products. It even offers a first in the meatless category: protein-based meatless frozen entrees. The company pioneered the meatless food category 20 years ago with the invention of the original veggie burger created by health food guru Paul Wenner. The food can be found at over 30,000 grocery, natural food and club stores.

### The Way To Learn More

You can learn more online at [www.gardenburger.com](http://www.gardenburger.com).