

HEALTHFUL EATING



Book Makes Healthy Nutrition Easy To Achieve

(NAPS)—By now, most of us know that “you are what you eat.” Science and practical experience have proven that the link between our diets and our health and enjoyment of life is critical. But how do we learn to maximize healthy nutritional intake and enjoy delicious meals and snacks at the same time? What foods should we be eating, and why?

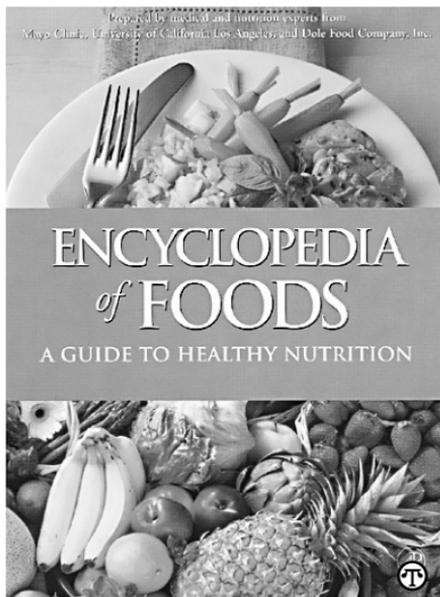
A new, all-in-one resource that combines the knowledge of experts at the Mayo Clinic, UCLA and the Dole Food Company, Inc., offers the answers. Together, these groups gathered the most up-to-date and comprehensive information on food and nutrition and produced a colorful book that’s as practical and helpful as it is easy to use.

The Encyclopedia of Foods: A Guide to Healthy Nutrition provides an overview of the basic nutrition principals and so much more. It proves, once and for all, that good nutrition is easy, once you have useful tools, information and inspiration at hand. Here are a few highlights:

- Current recommendations for nutrient intake are different for most women and older adults than they are for children, teen girls, active women and most men. The needs of teen boys, active men and very active women are also different.

- A clear presentation of the U.S. Dietary Guidelines and how they translate into nutritious food selections shows us the variety of choices we have when it comes to grains.

- Menu-planning, label-reading and shopping tips you can use every day include such suggestions as trying new foods, making sandwiches in pita pockets or in tortilla wraps, or adding a box of frozen fruit juice to packed



lunches to keep them cold.

- Recipe makeovers—from high-fat to healthy, and even more delicious! For example, transform a tuna sandwich into a curried tuna salad with the crunch of celery and apple and the tang of raisins.

- Two full weeks worth of tasty, nutritionally balanced menus, including such healthy snacks as crispy rye wafers with reduced-fat Swiss cheese.

- The fully illustrated guide to almost every kind of food imaginable, including storage and cooking tips. For example, did you know that eggs are best cooked over low heat?

- A glossary of terms will never leave you guessing. Can you define “cachexia” or “LDL cholesterol?”

- A full section on beverages, from coffee to soda pop to wine. Did you know that green tea has been shown to help reduce the risk for cancer and heart disease?

You can now order a copy of the *Encyclopedia of Foods: A Guide to Healthy Nutrition* at a special reduced rate of \$19.95, plus shipping and handling (list price is \$29.95), at www.dole.com.