

Healthful Eating

Don't Be Mythed...Get The Facts

(NAPSA)—Myths, false information and folklore have created confusion about things that affect decisions in our daily lives. One thing that is true, however, is that fruits and vegetables are healthful foods. Here are the top five myths about fruits and vegetables and the facts that can help you stay healthy.

Myth 1: Fresh is best.

Fact: Unless you eat them, you don't get the benefits of fruits and vegetables, so try what fits best into your lifestyle: fresh, frozen, canned, dried or 100 percent juice. If you're going to cook them anyway or want them fast, think of canned and frozen.

Myth 2: Organic is more nutritious.

Fact: Organic fruits and vegetables have not been proven to be more nutritious than traditionally harvested fruits and vegetables.

Myth 3: Potatoes and other starchy vegetables are fattening.

Fact: A plain medium potato, with no fattening toppings, may actually aide in weight loss and maintenance. Potatoes are an excellent source of vitamin C, a good source of fiber and are one of the largest sources of potassium, per serving, of all fruits and vegetables.

Myth 4: Dietary supplements are necessary for health.

Fact: Fruits and vegetables have hundreds of active compounds with a long list of health benefits, which haven't been able to be replicated with supplements. Antioxidants in fruits and vegetables are most beneficial when acquired through whole food consumption.

Myth 5: Fruits and vegetables are expensive.

Fact: Fruits and vegetables can be included in a healthy diet, even on a budget. According to the



A vegetable and seafood sandwich is a colorful way to eat healthfully.

USDA, most adults can meet the fruit and vegetable recommendation at an average price of \$2 to \$2.50 per day.

Enjoy this tasty veggie-filled sandwich:

Shrimp Confetti Salad Sandwich

Preparation time: 15 minutes

- ½ lb frozen cooked cocktail shrimp (thawed, peeled, deveined)**
- 1 8-oz can yellow corn kernels, no salt added, drained**
- 1 cup black beans, no salt added, drained and rinsed**
- 1 stalk celery, diced**
- 2 Tbsp chopped onion**
- 2 Tbsp reduced-fat mayonnaise**
- ½ tsp salt-free Caribbean citrus seasoning (like Mrs. Dash)**

Chop shrimp coarsely. Combine with other ingredients. Divide evenly among four slices of bread, spread to edges of bread. Top with tomato slices, lettuce and second bread slice. Serves 4.

For more recipes and tips from the experts at Produce for Better Health Foundation, visit www.FruitsAndVeggiesMoreMatters.org.