

Nutrition News & Notes



Food For Thought, Food For Health



(NAPSA)—Registered dietitian and nationally recognized author Roberta Larson Duyff offers these insights on some of the most pressing food and nutrition questions:

Canned, fresh or frozen, which is the best?

Getting a variety of fruits, vegetables and lean meats into your meals and snacks is possible with either canned, fresh or frozen foods. Oftentimes, people think “fresh is best,”—actually, consumers have other great food choices too. A nutrition study conducted by the University of Massachusetts found recipes with canned ingredients are just as nutritious and tasteful as fresh or frozen. This is great news for those who are looking to prepare healthful meals, and don’t have a lot of time.

The benefit of canned foods is that they are picked at their peak of ripeness and packed within hours to maintain freshness and quality. Canned foods are available during times where fresh food may be less available. In addition, consumers can even stock up on canned products, and typically that can’t be done with most fresh foods.

There is a lot of talk about “functional foods.” What are they and how can I get them into my diet?

Functional foods are foods and beverages that may enhance your health or potentially protect you from certain diseases, in addition to providing basic nutrition. With functional nutrition, what you do eat, not what you don’t eat, makes the difference. The good news? Chances are, you are already using functional foods in your everyday food choices. Some examples include:

- Many canned fruits and vegetables are high in beta-carotene (which forms vitamin A), related carotenes and antioxidants that help protect cells.
- Canned tomatoes contain a carotenoid called lycopene, which studies have found to help prevent prostate cancer.
- Fatty fish have fatty acids known as omega-3s, which may lower your risk for heart disease and improve your mental performance.
- Calcium-rich foods such as dairy foods may protect you from high blood pressure and colon cancer, along with promoting healthy bones.

Functional food is a nutrition topic that’s “hot” today. Interest in personal responsibility for health

is on the rise and now you can take steps to help maintain your health and well-being.

What are some good resources that provide insight and nutrition and can help with mealtime preparation?

The newest edition of the *American Dietetic Association Complete Food & Nutrition Guide* is a great reference that will help you eat healthier and enjoy food at the same time. Book topics cover everything from supermarket shopping and eating out, to feeding kids, discussing today’s “hot” food issues, sports nutrition and culinary essentials.

Another great resource for mealtime preparation is www.mealtime.org. This site includes an extensive recipe database complete with preparation time and nutritional information for quick, easy and delicious meals the whole family will enjoy.

A food and nutrition expert, Roberta Larson Duyff is a registered dietitian and nationally recognized author that has consulted to government, non-profit, and industry organizations for more than 20 years. Her new book, the *American Dietetic Association’s Complete Food & Nutrition Guide* offers many tips, information and guidance on how to eat well and healthy.