

Healthful Eating[®]



Free Recipes Make Healthful Eating Easier

(NAPS)—If you've made a resolution to eat healthier and more nutritious foods, a new online "coach" may be just the tool you need to help carry that promise through the year.

In addition to providing practical selection, storage and handling information about fresh fruits and vegetables, this helpful Web site (www.aboutproduce.com) also features a wide variety of free recipes.

For example, at the Recipe E-mail Club, visitors can sign up to receive a weekly recipe via e-mail. Members can search for recipes using a specific product item, search by season to find out what's available, sort by recipe type (main dish, side dish, breakfast, soup, salad, dessert, beverage or snack), or sort by their preparation time (no cooking, less than 20 minutes, or more than 20 minutes). Visitors can also make shopping lists for recipe ingredients.

After viewing the database of recipes, consumers can visit the Health and Nutrition area of aboutproduce.com and discover how easy it is to eat five servings of fruits and vegetables a day for better health.