

# Cooking Corner

Tips To Help You

## Healthy Eating Made Easy

(NAPSA)—If you've been tossing around ways to get more salad, fruits and vegetables in your diet, you're not alone. Every year, thousands of Americans promise themselves they'll eat better, more balanced and nutritious diets. Yet many find it's not always easy to keep good health



**The Way To Five A Day—Families can find a number of Web sites with information on healthy eating.**

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on their plate.

Fortunately, the Internet is helping to change that. A number of Web sites offer advice and tips on healthy eating.

For example, the Web site [www.aboutproduce.com](http://www.aboutproduce.com) features recipes, health and nutrition information, tips on selecting fruits and vegetables and fun interactive activities for children.

Visitors can sign up for a free e-mail recipe club and make shopping lists based on the recipe ingredients. They can also forward recipes to friends and family directly from the Web site.

Nutritionists expect the Web site to help a number of people root out new and creative ways to get their five servings of fruits and vegetables every day.