

Healthy Eating

Heart-Healthy Holiday Fare From Australia

(NAPSA)—There's good news for those who want to create a holiday feast that's both memorable and heart healthy.

A growing number of cooks are over the top about an ingredient from Down Under. It's a new Australian premium extra virgin olive oil called **redisland** Australia.

While extra virgin is the highest grade of olive oil, a premium extra virgin olive oil, such as this one, is made to an even higher



Many people are using redisland Australia to add taste and character to holiday dishes without compromising their resolutions for a healthier diet.

standard, giving it a distinctive taste, more anti-oxidants and less free fatty acids. Plus, extra virgin olive oil has a high level of monounsaturated fats, which have been shown to lower bad cholesterol without affecting the good, or HDL, cholesterol.

Available in supermarkets nationwide, it can replace less healthy fats in all styles of cooking and dressing of dishes, making heart-healthy holiday cooking easier.

For recipes from Australia or to enter the Fresh From Down Under sweepstakes, visit the Web site at www.redislandaustralia.com.