

Nutrition News & Notes

Making The New Food Guide Pyramid An Easier Climb

(NAPSA)—Out with the old and in with the new. The government replaced its 13-year-old Food Guide Pyramid with a fresh new version, MyPyramid, which helps Americans take steps toward a healthier lifestyle.

“MyPyramid can help Americans make small, simple changes in their food choices and lifestyle—choices that can add up to short- and long-term health benefits,” says Roberta Larson Duyff, registered dietitian and author of *365 Days of Healthy Eating from the American Dietetic Association*.

You can provide your family a nutritious, well-balanced meal without spending hours planning or cooking. These helpful tips using canned ingredients can help you fit in the new MyPyramid recommendations with convenience and ease:

Tip #1: Fruit and Vegetable Group—Color your plate with canned fruit and vegetables to help meet the recommended two cups of fruit and 2.5 cups of vegetables per day (amount advised for a 2,000 calorie-a-day diet). Topping oatmeal with canned blueberries or peaches offers a great way to get a healthy serving of vitamins, minerals and phytonutrients.

Tip #2: Grain Group—From oats to whole wheat and even corn, many ways exist to take a “whole” approach. Try adding whole barley or corn to canned or homemade soups to make half of your food grains whole, as advised by MyPyramid.

Tip #3: Milk Group—To fit in three daily cups of milk, or an equivalent of primarily fat-free or low-fat dairy foods, whip up a tasty smoothie with your favorite



For smart eating, convenience and great taste, stock your pantry with a variety of nutritious canned foods from all the food groups.

canned fruit and low-fat yogurt.

Tip #4: Meat and Beans Group—Reach the recommended 5.5 ounces (for a 2,000 calorie-a-day diet) from this food group by using canned salmon and tuna in stir-fries, salads and pasta dishes for the omega-3 benefits.

Tip #5: Oils—Know good fats from bad. Mono- and polyunsaturated fats from fish, nuts and oils deliver some health benefits. Limit all fats and choose mostly foods with “healthy fats” rather than foods with firm fats, such as butter, stick margarine and lard.

You can put the advice from MyPyramid into action with this kid-friendly *Peanut, Peach' n Pineapple Wrap*, created by the Canned Food Alliance. It's a great on-the-go lunch for kids and the flavorful fruit and green pepper will supply one of the recommended servings of fruits and vegetables.

Peanut, Peach 'n Pineapple Wrap

- 1 can (8¼ ounces) sliced peaches in juice, drained
- 1 can (8 ounces) pineapple

- tidbits, drained
- ½ cup red or green bell pepper, chopped
- ½ teaspoon cinnamon
- 4 (10-inch) honey-wheat or flour tortillas
- ½ cup chunky peanut butter
- 3 cups lettuce (deeper-green variety), shredded

In a medium bowl, combine peaches, pineapple, bell pepper and cinnamon. Warm the tortillas.* Spread 2 tablespoons of peanut butter on the bottom half of each tortilla, leaving room on the edges. Spoon equal portions of the peach mixture over peanut butter, then top with lettuce. Fold the side and bottom edges of each tortilla toward the middle over the filling, then roll so the tortilla covers the filling.

* Warm tortillas are more pliable for wrapping:

- Microwave oven: 10 to 15 seconds on high heat

- Oven: 3 to 5 minutes at 350°F in aluminum foil

- Stovetop: 15 seconds per side over medium-high heat in a large, nonstick skillet

Servings: 4

Nutrition Information Per Serving: Calories 490; Total fat 21g; Saturated fat 4.5g; Cholesterol 0mg; Sodium 510mg; Carbohydrate 65g; Fiber 7g; Protein 16g (Note: 2 tablespoons of peanut butter per serving count as 2 ounces from the meat and beans group.)

For hundreds of healthful, flavorful and easy recipes and food-preparation tips, visit www.mealtime.org.