

NUTRITION NEWS & NOTES

Sauerkraut: An Amazingly Healthy Tradition

(NAPSA)— It's low-calorie, high-fiber, a good source of calcium, and low in carbohydrates. If a glance at the nutrition label on Sauerkraut isn't incentive enough to give this traditional food a new look, research shows the chemical compounds found in Sauerkraut promote digestion, help maintain healthy heart function, and inhibit certain types of cancer.

"Making healthy food choices can have a dramatic impact on one's overall health and vitality, and it can lower the risk of chronic disease," said Dana Reed, certified nutrition specialist and dietitian. "Healthy food choices are essential to long term well-being and Sauerkraut is an amazingly healthy choice."

Made with cabbage, Sauerkraut is a cruciferous vegetable containing isothiocyanates and indoles, known to interfere with tumor growth and cancer cell development. Fermentation or curing of the cabbage actually enhances its protective effects. Glucosinolates in Sauerkraut activate the body's antioxidant enzymes, and flavonoids protect artery walls from oxidative damage.

The 2005 Dietary Guidelines for Americans, published by the United States Department of Agriculture, recommend a minimum of five servings of fruits and vegetables per day, especially those rich in naturally occurring substances, including antioxidants, flavonoids and vitamin C. Reed suggests a minimum of three to four servings of cruciferous vegetables per week.

An easy way to work the health benefits of Sauerkraut into daily diets is to use it as a condiment, according to Reed. With no fat or cholesterol, Sauerkraut delivers exceptional nutrition and flavor,



A nutritionist suggests kraut as part of a healthy diet.

without the sugars and fat found in condiments like ketchup and mustard. For the more adventurous, consider using Sauerkraut as an ingredient in recipes like Salsa Olé. For more Sauerkraut recipes visit www.krrrrrispkraut.com.

Salsa Olé

Ingredients

- 1 can (15 oz.) black beans, drained and rinsed
- ½ cup packed Krrrrisp Kraut Sauerkraut
- ½ cup fresh cilantro, chopped
- 1 can (4 oz.) green chiles, chopped
- 2 tbsp. lime juice
- 2 large tomatoes, seeded and chopped
- ¼ cup green onions, finely chopped
- Tortilla chips

Drain, rinse, and chop Sauerkraut. In medium mixing bowl, combine all ingredients, stirring well. Cover and refrigerate at least 2 hours before serving. Serve with tortilla chips. Makes about 3 cups or 10 servings.