

NUTRITION NEWS

Small Fish May Make A Big Difference For Diabetics

(NAPSA)—Making small changes to your diet can add up to a big improvement in your health—especially if you have diabetes.

According to the American Diabetes Association and the American College of Cardiology, diabetes increases the chance of a heart attack or stroke. Approximately 66 percent of deaths by people with diabetes result from heart disease or stroke.

Among the most effective ways to lower the biggest risk factor—high cholesterol levels—is to change daily eating habits. Eating fish, especially cold-water fish such as brisling sardines and salmon, delivers a high dose of omega-3 fatty acids, a type of fat that may reduce blood fat levels and clogged arteries.

The fish oils found in sardines have also been shown in health studies to be beneficial in the treatment of depression, asthma and breast cancer.

Aside from the healthy fats in seafood, diabetes sufferers need to eat a diet lower in overall fat content, especially saturated fat and partially hydrogenated oils. Found in many packaged baked goods, partially hydrogenated oils are also in crackers, margarine and french fries. Saturated fats are in animal products such as beef and milk, butter and ice cream.

Cooking methods can increase fat consumption. Grilling, baking, roasting or steaming your food is preferable to frying it. Some fats are present in every type of oil, but the best types to cook in are canola oil and olive oil.

Altogether, a healthy diet can alleviate some of the more problematic side effects of diabetes and—with a dedicated program of aerobic exercise—can lead to better cardiac health. This crisply delicious salad recipe provides a



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flavorful way to add the benefits of sardines to your diet.

SALADE STAVANGEROISE

1 head frisée lettuce

1 small bunch parsley

3-4 tablespoons raspberry vinegar

¼ cup olive oil

1 clove garlic

2 teaspoons Dijon mustard

1 teaspoon sugar

8-12 small cherry tomatoes, halved

4 hard-boiled eggs, quartered

**1-2 cans King Oscar Sardines, drained
Croutons**

Wash the salad and parsley in cold water and pat dry with a towel. Tear into small pieces and put in a salad bowl. In a small bowl, mix together vinegar, olive oil, garlic, mustard and sugar. Add the dressing to the salad and toss well. Place the salad on two plates. Add eggs, tomatoes, sardines and croutons, then serve. Serves 2.

For more information, visit www.KingOscar.no.