

Steps To A Healthier You

(NAPSA)—For decades, eating trends in America have shaped the way we live our everyday lives. They have changed which grocery stores we shop, what restaurants we visit and our overall perception of what it means to live a healthy life. As diet trends, such as low-fat and low-carb, come and go, Americans are left wondering what it really takes to maintain a balanced diet.

In reality, a balanced diet isn't about following the latest food trend or fad diet, it's about learning which foods are right for you and your lifestyle.

To help Americans make the right food choices, the federal government released a newly designed food guidance system called MyPyramid, which represents the daily suggested proportion of foods from each food group a person should eat. In addition, MyPyramid stresses the importance of physical activity—at least 30 minutes a day for the average adult.

While it might seem difficult at times to meet the new recommendations, following are some tips for making the most of your meals and keeping your body moving.

- **Smart switches.** Maximize your nutrient intake with smart choices. For example, substituting refrigerated milk with NESTLE® CARNATION® Evaporated Milk in dishes such as Macaroni & Cheese doubles your calcium and protein intake.

- **Freezer fresh.** During off-seasons, turn to frozen vegetables for easy and delicious meals that provide a bounty of benefits. Because they are fresh-picked and quickly frozen, they have locked-



in nutrients and flavor that even some fresh vegetables can't offer.

- **Just juice.** When it comes to fruit drinks, make sure you get 100% fruit juice with no added sugars and artificial flavors, such as LIBBY'S® JUICY JUICE® 100% Fruit Juice.

- **Power-packed meals.** Look for quick and easy recipes and meal planning ideas on Web sites such as Meals.com. You can find recipes such as Baked Dijon Chicken and Chutney Chili that help you meet daily protein requirements by using meats and beans.

- **Wise choices.** Increase your daily whole grain intake by substituting white bread with whole wheat and choosing brown rice over white.

- **Active breaks.** Stay active by taking a 10-minute walk at lunch and using stairs versus the elevator. Access the Activity-Calorie Calculator on PowerBarPria.com to compute the number of calories burned each day.

For a personalized nutrition assessment based on your age, weight and physical activity level, visit LeanCuisine.com or MyPyramid.gov. By taking these first steps, you're on your way to building a healthier you.