

Tips For Healthier Eating

(NAPSA)—If this is the year you resolve to eat better, it's important to remember that healthy is an every day process—and requires some changes in the way you approach meals and snacks.

One smart way to improve your diet is to replace unhealthy fats with healthier fats, such as those in avocados. The oils and fats found in the fruit are “good” fats and can help lower your cholesterol. The avocado is a great source of heart-healthy monounsaturated fat. It actually helps to raise levels of HDL (“good” cholesterol), which protects arteries, while lowering levels of LDL (“bad” cholesterol).

Avocados also contain more beta-carotene than any other fruit, offering important antioxidant properties that may help prevent cancer and other diseases.

“I use avocado to incorporate five-star restaurant flavors into healthy meal options,” said Chef Jen. “Avocados add nutrition, and a product such as Wholly Guacamole is a convenient friend because you can use it in lots of recipes. And, best of all, it's fresh, preservative free and ready to go.”

More delicious and nutritious substitutions can be made by using natural, preservative-free salsa. Salsa is not just for dipping chips in. It's a heart-smart food and considered a “free” item by many point-counting diets. Low in calories and high in nutritional value, salsa can be used to zest up sandwiches, potatoes and rice.

Keeping ready-made, preservative-free guacamole and salsa on hand can make it easier to cut down on calories and fat and stick to healthier, new eating habits. Convenience is a major factor in sticking to any new plan. Here are



Guacamole is a great source of heart-healthy monounsaturated fat. It makes a great substitute for mayonnaise or ranch dressing.

some easy ideas from the makers of Wholly Guacamole and Wholly Salsa:

- Get off the ranch. Veggies usually served with ranch dressing can instead be served with guacamole or salsa. For example, ranch dressing has 140 calories (130 from fat) while guacamole has 60 calories, only 45 of which come from fat.
- A burger usually topped with ranch dressing or high-calorie mayonnaise is tasty when topped with guacamole or salsa.
- Instead of topping a hot dog with ketchup, try salsa or guacamole. Healthy salsa has replaced ketchup as the No. 1 condiment in the country.
- Whip up tuna salad with guacamole for less calories and more flavor.
- Chicken salad is also delicious with guacamole, and for extra-tasty texture, add corn and beans.
- Crab cakes that are usually served with mayonnaise are especially tasty when served with spicy guacamole or salsa.

You can find fresh, premade time-savers such as guacamole in the refrigerated shelves of your produce aisle. For more information, visit www.EatWholly.com.