

Food For Thought

TIPS ON TASTE NUTRITION & HEALTH

Eating For Good Health—As Simple As A-B-C

(NAPSA)—In an effort to boost the nation's health through good nutrition, the National Multiple Sclerosis Society is reminding Americans that good health has a lot to do with what you put on your plate at every meal. This is true even for those dealing with an unpredictable and disabling disease like multiple sclerosis.

Here are some nutrition basics from the Society that show how eating for good health is as simple as A-B-C.

Aim for Fitness—Make a healthy weight your target. Remember that physical activity and good nutrition are perfect partners in managing weight. Not only does physical activity burn calories, it can help you:

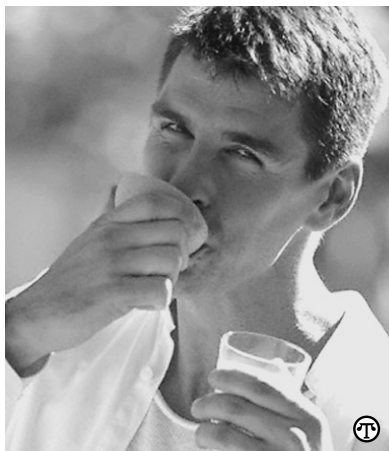
- Make the most of your potential muscle strength.
- Increase your endurance.
- Maximize range of motion and joint flexibility.
- Strengthen your heart.

Build a Healthy Base—Translating good nutrition to your table takes planning. The U.S. Department of Agriculture Food Guide Pyramid is a good starting point.

- Make a variety of grains, fruits and vegetables the foundation of your diet plans.

- Add low-fat choices from the protein and dairy level of the pyramid to the nutritional groundwork you have laid.

Choose Sensibly—There are many ways to build a personal pyramid, and lots of room for choice. When in doubt, go easy on fat, sugar and sodium.



A GOOD FACT TO DIGEST—Physical activity and good nutrition are perfect partners in managing a healthy weight.

The A-B-C of good nutrition is the goal. But food is not just about nutrition—it's about emotion, culture and socializing. Just remember to be realistic. Make small changes over time. Also, be adventurous. Expand your tastes by trying new foods. Finally, be flexible. Balance what you eat with your physical activity.

The National MS Society funds more multiple sclerosis research, offers more services for people with MS and provides more professional education programs than any other MS organization in the world. To learn more about living with MS or to receive a copy of the Society's brochure *Food for Thought: MS and Nutrition*, visit www.nationalmssociety.org or call 1-800-FIGHT-MS.