

Holiday Cooking

Holiday Eating Tips

(NAPSA)—Overeating whether at the holidays or any other time of year is never a healthy idea, according to experts. This year, follow these tips from the American Heart Association for heart-healthy dining:

- Take only small servings of rich, fat-laden foods, such as gravy, heavy sauces and rich desserts.

- Fill up on fruits, vegetables and whole grains.

- Limit alcohol consumption to 1 drink a day for women and 2 drinks a day for men.

- Eat a low-fat, low-cholesterol snack before holiday get-togethers so you won't be as hungry during meal-time. Try fruit or baked chips and salsa.

If you're preparing the meal, help friends and family eat heart-healthy during the holidays and all year long by:

- Offering fresh fruits and vegetables at the table and as snacks and appetizers.

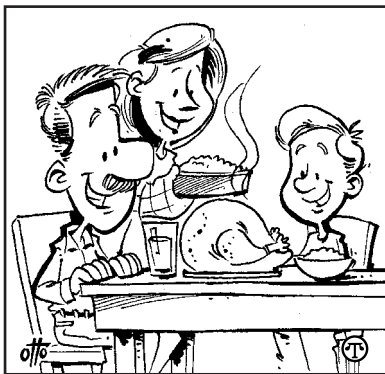
- Including whole grains in the meal, such as rice, oatmeal and whole grain bread.

- Cooking with and serving low-fat or no-fat dairy products.

- Serving 4 oz. of fish, skinless poultry and lean cuts of meat (about the size of a deck of cards).

- Using low-fat cooking techniques, such as roasting meat on a rack.

- Purchasing and serving foods that are low in saturated fat and cholesterol.



This holiday season, start a new tradition: lower your risk of heart disease and stroke by eating foods low in fat and cholesterol.

Another quick tip: look for the American Heart Association's heart-check mark on foods in the grocery store. This mark quickly identifies foods that are low in saturated fat and cholesterol that can be part of a heart-healthy diet for healthy people over the age of 2.

To learn more about how to reduce your risk of heart disease and stroke through nutrition, visit the American Heart Association web site at americanheart.org or call 1-800-AHA-USA1 (800-242-8721) for a free brochure "Shop Smart with Heart."

The American Heart Association's Food Certification Program is for healthy people over age two. If you have a special medical condition, contact your physician or registered dietitian about your diet.