

NEWSWORTHY TRENDS

Finding Accurate Food And Nutrition Information

(NAPSA)—Here's food for thought: A recent survey from the American Dietetic Association (ADA) shows that nearly eight in 10 Americans are interested in locating reliable online sources of nutrition information, and nearly seven in 10 people visit two or three Web sites to find food and nutrition information.

"Unfortunately, we know from experience that not all sites are created equal and not all food and nutrition information you find online is reliable," said registered dietitian Dawn Jackson Blatner.

"There are countless Web sites promising magic cures. We need to be concerned about the credibility of online sources," she added.

"You wouldn't take advice from someone who walked up to you on the street and told you all of your health concerns could be solved with a special food item," Blatner said, "but that is essentially what people are doing when they take nutrition advice from some of these Web sites.

"Seeking out reliable information from experts such as registered dietitians gives consumers their best opportunity to make healthful nutrition choices," Blatner said. "The American Dietetic Association's Web site, www.eatright.org, contains a wealth of science-based information and advice for the public on eating well and optimizing health. Whether you want to know if a best-selling diet book is worth the money or are seeking ways to cut salt out of your diet, ADA's site should be in every consumer's list of bookmarks and favorite sites when seeking food and nutrition advice."

The site offers such tips as these for a healthier weight:



Finding facts about nutrition that are easy to swallow may be simpler than many realize.

- Set realistic goals. When you make changes step by step, you're more likely to reach them.
- Track your progress with a food and activity log.
- Eat at least three meals a day and plan your meals ahead of time.
- Balance your plate. Half your plate should be filled with vegetables, one-fourth with lean meat, poultry or fish and one-fourth with grains. Add a glass of fat-free or low-fat milk and a serving of fruit for dessert.
- Try changing from a large dinner plate to a smaller one. It may help you feel satisfied with reduced portions.
- Start your meal with low-calorie foods such as fruits, vegetables and salads. Then move on to the main course and side dishes.
- Know when you've had enough. It takes about 20 minutes for your brain to get the message that your body is getting food. When your brain gets this message, you stop feeling hungry. Eat slowly to give your brain a chance to get the word.
- Snack smart. Plan for nutritious snacks to prevent between-meal hunger.

You can learn more at www.eatright.org.