

Nutrition In A Nutshell

Superseeds For Superstars

(NAPSA)—If you've wondered why sunflower seeds are such a big hit in the dugout, the answer is that baseball players like their taste and know that they are packed with nutrients and heart-healthy fats.

Eating just a single, one-ounce portion of sunflower seeds a day significantly contributes to the amounts of protein, fiber, vitamin E, minerals and phytochemicals we need in our diets, and baseball players are gaining this nutrition.

Take the antioxidant vitamin E. Sunflower seeds contribute to your health and performance with



SUNFLOWER SEEDS are a big hit in the dugout. They not only taste good, they're good for your health.

their superhigh levels of the stuff. The United States Department of Agriculture says you can meet 84 percent of your daily requirement of vitamin E with that one ounce of sunflower seeds.

And, as excellent sources of essential fatty acids, sunflower seeds are high in "good" poly- and monounsaturated fats and low in "bad" saturated fats. They can actually contribute to reducing heart disease risk. Who ever said you don't have to be smart to play baseball?

Putting sunflower seeds into your diet is easy. Add seeds to muffins, sprinkle them on a salad or coat your fish. Better yet, take it from the pros and chew on a mouthful. To learn more, visit www.sunflowerlsa.com.