

NUTRITION NEWS & NOTES

Choosing The Right Nutrition Plan

(NAPSA)—There's no shortage of nutrition trends out there—from functional foods to low-calorie, fat-free and no-carb diets—but which approach is right for you?

Answering that question depends on your individual needs, as well as your nutrition and health goals. But regardless of the results you're looking for, doctors say that it is critical to focus on maintaining a well-balanced diet and getting your recommended daily allowance of vitamins and minerals.

While that may not seem like a tall order, studies show many American diets fall short of providing the nutrients we all need.

The good news is that consumers are increasingly seeking healthy, convenient products to support their lifestyles—and there are plenty of flavorful options available.

Quick Solutions

Something as simple as drinking nutrient-enhanced beverages can make it easier to get your vitamins and minerals. For instance, orange juice is naturally rich in nutrients such as vitamin C, folic acid and potassium. But orange juice enhanced with added nutrients—such as Minute Maid® Multi-Vitamin, which is a good source of 16 essential vitamins and minerals—packs an even stronger nutritional punch.

Making A Choice

Other enhanced juices also offer strong nutritional benefits, including Minute Maid® Heart Wise®—the first and only orange juice clinically proven to help reduce cholesterol. Results from a study published in one of the American Heart Association's journals reported that participants significantly lowered their LDL, or "bad," cholesterol by drinking two 8-fluid-ounce servings of the juice daily with meals for eight weeks.



To Your Health—Beverages such as enhanced orange juice can be a good way to get vitamins and minerals your body needs.

What's more, nutrient-enhanced products—including enhanced juice, many dairy products and cereals—are ideal for delivering vitamins and minerals since they are quick and convenient to grab, even when you're running out the door.

But this still leaves consumers with a familiar question: With all of the choices available, which fortified products are right for them?

"The bottom line is that you must consider which nutrients you are getting through your normal eating habits, and then support your diet with functional products accordingly," explains Dr. Liz Applegate, a nationally recognized expert on nutrition and fitness, and the director of sports nutrition at the University of California at Davis. "Look at what you eat, figure out where your diet falls short and then use an enhanced juice or food that may help fill the nutrition gap."

For more information, visit www.minutemaids.com.