

Food For Thought

TIPS ON REFRESHING YOUR MIND, SOUL & BODY

Bring Out Your Best

(NAPSA)—Stress, fast food and not spending enough time with those we love may not only have an impact on one's health, but it may also affect your state of well-being. A healthy diet may make an impact on your mind, mood, energy and spirit.

The advice comes from a panel of consultants assembled by the makers of Hellmann's® and Best Foods® Salad Dressing to help consumers improve their state of mind, boost their body's energy and nurture the soul through food.

The panelists are psychologist and author, Dr. Joan Kenley, cookbook authors and twin sisters, Mary Corpening Barber and Sara Corpening Whiteford and radio and television host, Lauren Groveman.

Choosing to commit to a good eating regimen is sometimes the hardest part. In order to reap the long term benefits of a good diet, you have to stick with it. Dr. Kenley suggests finding a friend or a group of friends with similar health goals who are willing to commit together to good eating. This may also provide someone to exchange recipes with and a support system. Try this simple recipe to start with:

Citrus Grilled Chicken

1 pound boneless, skinless chicken breast halves
1/2 cup Hellmann's® or Best Foods® Citrus Splash Oriental Orange, Tangy Tangerine or Ruby Red Ginger Vinaigrette

Combine chicken and dressing ingredients in plastic bag. Marinate in the refrigerator for up to three hours. Remove chicken from plastic bag, discard marinade. Grill chicken over high heat, 6 to 8 minutes on each side or until chicken



You can learn lovely ways to refresh your mind, body and spirit—and get some great recipes, such as for this citrus grilled chicken.

is no longer pink. Brush with fresh dressing while cooking for added flavor.

Makes 4 servings.

Mary Barber and Sara Whiteford recommend a salad with angel hair pasta, grilled salmon, green onion, cilantro and peanuts, and topped with Oriental Orange Dressing from the Hellmann's®, and Best Food's® Citrus Splash line of tangy vinaigrettes as a delicious way to help give your body energy. Remember to be creative with good eating to help you stick to it.

Lauren Groveman says when you need to refresh your spirit, the simple act of cooking or baking can be very comforting, as you unleash your creativity and surround yourself with the sweet smell of your culinary success. For instance, try using creamy salad dressings such as Hellmann's® and Best Foods® Light Honey Dijon as a quick dip for fruits or vegetables to welcome yourself and your family home.

You can get more mind, body and soul tips, as well as great recipes on the Web at www.hellmanns.com and www.bestfoods.com.