

NUTRITION NEWS & NOTES

Healthy Diets Can Be Ripe With Flavor

(NAPSA)—Here's some delectable news for people who take their health to heart: Recent research shows a diet that includes olives may help ward off heart disease.

Olives contain monounsaturated fat—the good kind of fat that won't clog arteries. Diets rich in such fats have been shown to have a beneficial effect on cholesterol levels and help reduce many cardiovascular risks.

Olives and olive oil are thought to help limit the effects of other diseases as well. For example, diabetes was almost non-existent in traditional Mediterranean populations. According to nutritionist Dr. Connie Guttersen, this health phenomenon can be traced back to the Mediterranean diet.

“At the core of their diet is the olive,” Guttersen says, “Exercise and good eating, including the right kind of fat, can really make a difference.” Guttersen suggests a diet that includes olive oil and California Black Ripe Olives is helpful in maintaining a healthy heart and lifestyle.

Research has found that even people who enjoy olives for health reasons are sometimes reluctant to eat large quantities of olives because they believe olives are high in calories. Surprisingly, the opposite is true. A large (3.74 grams) California Black Ripe Olive contains only six calories. The California Olive Industry also likes to remind people that olives are olive oil in its natural packaging.

California Black Ripe Olives are grown under strict California environmental standards, using pure water and clean soil, helping to lock-in natural goodness.

To give your next meal a healthy dose of flavor, try this recipe.



Salmon With Pinenut-Rosemary-Olive Crust is a heart-healthy dish the whole family can enjoy.

Salmon With Pinenut-Rosemary-Olive Crust

- ¾ cup California Ripe Olives**
- ½ cup pinenuts (filberts or pecans may be substituted for pinenuts)**
- 1 tablespoon fresh chopped rosemary**
- 4 (6-8 oz.) portions salmon or halibut fillets/steaks**
- To taste, salt and pepper**

1. In a food processor bowl fitted with a blade, pulse olives until finely chopped; transfer to a shallow bowl. 2. Pulse pinenuts in a food processor bowl until minced; transfer to the olive bowl. 3. Blend rosemary into pinenut-olive mixture. 4. Season salmon with salt and pepper, if desired. 5. Press ½ cup olive mixture onto surface of each fish fillet. Bake on spray-coated tray in 450°F oven for 15 to 20 minutes, until fish is firm. Yield: 4 Servings.

For more information and recipes, visit www.calolive.org.