

Healthy Resolutions

Make A Fresh Start: Tips For A Healthy New Year

(NAPSA)—Making a fresh and healthy start is a top priority for millions of Americans—and diet is an essential part of this resolve.

While 90 percent of Americans agree with nutrition experts who recommend at least five servings of vegetables and fruit each day, 80 percent don't meet that goal. To help, Birds Eye offers these tips:

1. Set realistic goals and renew your commitment daily.

2. Stock up. A freezer full of vegetables is an easy and convenient way to add vegetables to your diet. Frozen vegetables are a simple addition to staples like pasta, rice or soup mixes. For a quick stir fry, just add chicken or beef to Birds Eye pepper or asparagus blends.

3. Keep it interesting. Appealing combinations like green beans and spaetzle pasta, roasted potatoes and broccoli, baby beans and carrots or sweet peas and carrots can add nutritious flavor to meals.

4. Frozen counts. Harvested at their peak and then flash frozen, frozen vegetables are rich in vitamins and other nutrients. Plus, they're available when you are.

5. Eat a colorful diet. Carrots provide 270 percent of the recommended daily value of vitamin A and enhance the immune system, and a serving of broccoli has more vitamin C than an orange.

6. Don't starve yourself. Snacking on vegetables can prevent hunger pains and save calories and fat.

Remember, eating nutritiously is a lifestyle change, not a temporary fix. For example, this recipe for Vegetable Pizza can become a delicious and healthy alternative to a favorite food.



TAKE FIVE—Nutritionists recommend at least five servings of fruits and vegetables each day.

Vegetable Pizza

- 2 to 3 cups Birds Eye frozen Farm Fresh Mixtures—**Broccoli, Red Peppers, Onions and Mushrooms**
- 1 Italian bread shell or pizza crust, about 12 inches
- 1 to 1½ cups reduced fat shredded mozzarella cheese
- Dried oregano, basil or Italian seasoning

Preheat oven according to directions on pizza crust package. Rinse vegetables in colander under warm water. Drain well; pat with paper towel to remove excess moisture.

Spread crust with half the cheese and all the vegetables. Sprinkle with herbs; top with remaining cheese.

Follow baking instructions on pizza crust package; bake until hot and bubbly.

For more nutritious, delicious recipes visit www.birdseye.com.