

Commit To Your Health This Year

Small Changes in Eating, Lifestyle Habits Make a Big Difference

(NAPSA)—Nearly one in four American women will make a conscious choice to eat healthier in 2004, according to a recent study. Although many fall back into old routines, there are simple ways to establish healthy eating habits to last all year.

According to registered dietitian Tracey Carlyle, small changes to diet and lifestyle can have a large impact in terms of your health and how well you feel each day. Some of her tips include practicing portion control and making meals ahead of time, then freezing them for later.

Another easy way to stick to your diet is to check out the hundreds of healthy recipes found on Web sites like www.mrsdash.com. This site even allows you to search for recipes by content, nutritional value, or dietary restrictions, including low-sodium, low-fat and low-carb options.

Turkey Chili, found on the Web site, is a tasty, simple option for a balanced meal that you can eat now or freeze for later on—without the sodium in the store-bought variety. With only 191 grams of sodium and 7 grams of fat, it's filling, low in sodium so it's good for your heart, and it tastes great.

TURKEY CHILI

Serves six

Prep Time: 15 min

Cook Time: 50 min to 51 min

Ingredients:

1½ Tbsp. (22.5mL) Mrs. Dash® Extra Spicy Seasoning Blend

1½ tsp (7.5mL) Mrs. Dash® Garlic & Herb Seasoning Blend

1½ tsp (7.5mL) canola oil
1 medium onion, chopped
½ large jalapeño pepper, seeded and chopped



1 lb (454g) ground turkey breast

1 oz. (392g) can tomatoes, no salt, with juice

2 cups (480mL) cooked kidney beans (if canned, rinsed and drained)

3 oz. (90mL) tomato paste

¼ tsp (1.25mL) cumin

½ cup (120mL) water

Instructions:

1. Heat oil in saucepan over medium high heat.

2. Add onion, Mrs. Dash® Garlic & Herb and jalapeño pepper.

3. Cook for 4 to 5 minutes.

4. Add ground turkey and break up meat with a spoon, cook for 5 minutes.

5. Add tomatoes, kidney beans, tomato paste, Mrs. Dash® Extra Spicy, cumin and water, mix well.

6. Cook over low heat for 40 minutes and up to 2 hours.

7. Serve hot.

Nutritional Information Per Serving: Calories: 229; Sodium: 191 mg; Potassium: 728 mg; Total Fat: 7 g; Saturated Fat: 1 g; Unsaturated Fat: 5 g; Trans Fat: 0 g; Carbohydrates: 21 g; Fiber: 6 g; Protein: 19 g; Cholesterol: 59 mg