

Don't Knock Carbs: Dietary Variety Is A Key To Maintaining a Healthy Lifestyle

(NAPSA)—Although the past few years have seen a trend in dieting that recommends excluding entire macronutrients (such as carbohydrates) as a way to lose weight, there is strong scientific evidence for the many health benefits of eating a diet rich in all macronutrients, including carbohydrates.

A good example of a well-balanced eating plan is “The Mediterranean Diet,” which has been enjoyed by people in that region for centuries. The traditional Mediterranean eating pattern promotes the consumption of carbohydrate-rich foods, including fruit, vegetables, legumes, cereals and pasta.

Dr. Christine Pelkman, from the University at Buffalo, explains how including pasta into the diet can actually help weight-conscious Americans lose weight and can also help promote good health.

“Pasta is a great vehicle for the consumption of other healthy foods—such as vegetables and fish, which help prevent chronic diseases like heart disease and diabetes. Because pasta is a low glycemic index food, eating meals with pasta promotes satiety (or fullness) and makes it that much easier to adhere to low-calorie or weight-loss diets.”

This tasty recipe, courtesy of chef Julia della Croce, is a great example of a healthy Mediterranean pasta meal and is simple to prepare.

Linguine with Tuna, Capers and Olives

- 1 7-ounce can imported Italian tuna packed in olive oil, drained and flaked**
- ½ cup extra-virgin olive oil**
- 3 tablespoons freshly squeezed lemon juice**



- 2 tablespoons chopped fresh flat-leaf parsley**
- ¼ pound mixed green and black sharply flavored olives**
- 3 tablespoons drained small capers**
- 1 large garlic clove, finely chopped**
- 5 anchovy fillets in olive oil, drained and cut into small pieces**
- freshly ground black pepper, to taste**
- 1 pound linguine or mezze linguine**
- salt, to taste**

In a serving bowl, combine the tuna and remaining ingredients for the sauce, tossing thoroughly to distribute them evenly, then set aside.

Bring 4 quarts of water to a boil and add 1½ tablespoons of salt and the linguine. Cook until al dente (firm), stirring frequently to prevent sticking. Drain the pasta, rinse it rapidly and toss with the sauce in the bowl. Serve immediately.

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