

Nutrition News & Notes



Healthy Diets Can Include Healthy Snacks

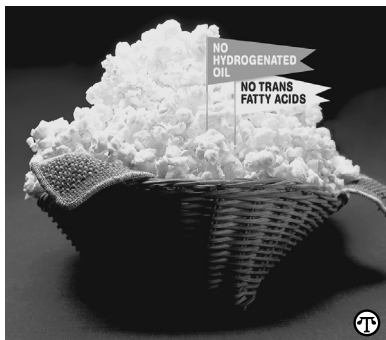
(NAPSA)—Good news for dieters and other health conscious folks. You don't have to stop eating snacks to have a healthful diet, you just have to start snacking smart.

It helps to achieve the right balance of fats in your diet. Research conducted by scientists at Brandeis University discovered the ratio of HDL "good" to LDL "bad" cholesterol can improve in people who make a balanced blend of fats a significant part of a varied diet. Many people have found Smart Balance line of products can help balance their fat intake.

A diet containing balanced fats provides approximately equal proportions of the three principal fatty acids: polyunsaturates, monounsaturates and saturates. It avoids the use of trans fatty acids in foods and includes regular exercise.

Here are a few more hints that may help your health:

- Keep a written record of what you eat and drink. This increases awareness of what you are actually eating.
- Set reasonable weight goals.
- Choose water or a no-calorie beverage with meals. Watch use of sweetened beverages and sodas. Keep use of alcoholic beverages to a minimum.
- Choose snacks that contain more than three grams of fiber per ounce.
- Plan healthful, balanced meals and snacks a week ahead.



For your health, include whole-grain snacks, such as popcorn without hydrogenated oils and trans fatty acids.

That way you'll already have the right foods on hand when the urge to snack strikes.

- Eat *more* frequently. Dietitians say consuming several small meals a day can help you avoid overeating the way you might have at only two or three meals.
- Include a wide variety of wholegrain cereals and crackers, vegetables and fruits in your diet.
- Snacks can include a micro-wavable popcorn with no hydrogenated oil or trans fatty acids, such as Smart Balance popcorn. It has a patented oil blend to help improve the ratio of "good" to "bad" cholesterol and is available in Movie style, Light Butter and Low Fat/Low Sodium varieties.
- Consider following a daily diet plan to help you achieve a

better balance of fats. Here's a sample day's menu that includes a delicious variety of healthful foods to meet the nutritional and energy needs of a healthy adult. It provides an average of 2,000 calories per day with fats balanced at 30 percent calories.

Breakfast—1 ounce dry cereal with 5 gms. fiber per serving; 1/2 cup sliced peaches or other fresh fruit; 1 cup 1% or nonfat milk; 1 slice whole grain toast; 2 teaspoons Smart Balance 67% Buttery Spread; jelly or jam (optional); coffee or tea

Lunch—4 ounces canned water-packed tuna or salmon mixed with 1 tablespoon Smart Balance Light Mayonnaise or Smart Beat Fat Free Mayonnaise; 2 slices whole grain bread or whole grain bun; tomato slices; lettuce; 1 ounce pretzels or reduced-fat chips; 1 orange; no-calorie beverage

Dinner—3-4 oz. boneless skinless chicken breast; baby carrots; 2 cups tossed vegetable salad; 2 tablespoons reduced fat salad dressing; 1 whole grain or sourdough roll; 2 teaspoons Smart Balance 67% Buttery Spread; 1/2 cup applesauce; no-calorie beverage

Snack—4 cups Smart Balance Trans-Fat Free Popcorn; no-calorie beverage.

For a copy of a seven-day food plan or for recipes and healthy eating tips, visit www.smartbalance.com.