

NUTRITION NEWS

Adventures In Flavor: Exploring The New Food Pyramid

(NAPSA)—If you're not sure just what the new USDA guidelines and food pyramid entail, you have lots of company. In a recent survey conducted by California Olive Industry, only 27 percent of the respondents described their knowledge of the new pyramid as "good."

The survey found that as many as 66 percent have made no dietary changes in response to the new recommendations, although 68 percent planned to change.

Making that change doesn't have to be complicated. Nor does eating healthier have to be bland. The new Dietary Guidelines describe a healthy diet as one that:

- emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products;
- includes lean meats, poultry, fish, beans, eggs and nuts; and
- is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

The USDA recommends that you get most of your fats from fish, nuts and vegetable oils such as olive oils, which have "good" monounsaturated fats.

To demonstrate just how flavorful the new Food Pyramid can be, the California Olive Industry offers this simple recipe, rich in vegetables and the healthy fats found in fish and olives. Olives have no cholesterol and no trans fats.

To view healthful California Black Ripe Olive recipes, you may visit www.CalOlive.org. The Web site is searchable by either "Type" to view various entrées like fish for a particular diet need, or "Ingredient" so you can use what's already in your refrigerator.



Puerto Vallarta Fish Stew

- 1 Tbsp. canola oil
- 1 cup diced yellow onion (¼-inch)
- 2 cups diced zucchini (¼-inch)
- 2 Tbsp. minced fresh jalapenos
- 1 Tbsp. minced garlic
- 2 cups fish stock
- 1 cup canned diced tomatoes
- 1¼ lbs. boneless, skinless snapper fillets, cut into 1-inch chunks
- 1 cup California Ripe Olives, halved
- ¼ cup chopped cilantro
- 2 Tbsp. lime juice

Directions:

Heat oil in a large saucepot over medium heat. Add yellow onions and cook for 2 to 3 minutes until softened. Stir in zucchini, jalapenos and garlic and continue cooking for 2 more minutes until lightly browned.

Pour in fish stock and tomatoes and bring to a boil. Add snapper, cover and simmer over low heat for 10 minutes. Stir in California Ripe Olives, cilantro and lime juice. Season to taste with salt. Serve hot. Serves 4.

Nutritional Analysis Per Serving: Calories 283, Fat 9g, Cholesterol 53mg, Sodium 514mg, Carbohydrate 14g, Protein 35g, Calories from fat 30%.