

# Total Nutrition

## Nutrition Bargains—High Nutrient Foods That Don't Break the Bank

(NAPSA)—There's been a lot of news about the health benefits of fish, which recently inspired me to pay a visit to the fish counter at my market. I was pleasantly surprised to discover that salmon was among the least expensive variety.



Mindy Hermann

I always thought of salmon as being so costly. Here are a few other nutrition bargains to consider adding to your shopping list:

**Eggs** are one of the most affordable protein foods. They're also rich in a compound called lutein that supports healthy eyes. It takes just minutes to prepare eggs for breakfast, lunch or dinner.

**Fortified whole grain cereals**, like Whole Grain Total, supply whole grains, fiber, and 100 percent of the daily recommendation for several vitamins and minerals, in just one bowl. Enjoy a bowl in the morning with milk and fruit to give your day a nutritious start. "Later in the day, you can benefit by using it as a crunchy dessert topping or nutrition-packed crumb coating for oven-fried chicken," suggests Judy Dodd, R.D., a nutrition educator and consultant in Pittsburgh.

**Legumes** like kidney beans, chickpeas and soybeans are packed with fiber, protein, and important vitamins and minerals. Keep canned beans in your pantry for a quick dip, soup ingredient or salad topping. Dried beans are

### Easy, elegant salmon recipe

Place a salmon fillet skin side down into a prepared pan. Chop lightly salted pistachios and press into the top surface of the salmon. Bake at 350 until thoroughly cooked. Do not turn fish over!



even more economical; simply soak them overnight.

**Spinach, kale, collards, broccoli and other leafy greens** are tops among vegetables for their combination of essential nutrients—vitamin C, vitamin A, folate, fiber and many others. And try frozen vegetables, which are affordable and just as rich in vitamins and minerals.

**Yogurt** has plenty of calcium for building and maintaining strong bones. It also supplies protein, vitamins and minerals. If you enjoy flavored yogurt, try plain yogurt plus favorite mix-ins like fresh or frozen fruit, granola, chopped nuts or crumbled Whole Grain Total.

### Ask Mindy

**Q: How can I get my family to eat green vegetables?**

A: Steam broccoli florets and ask your children to decorate their own slices of pizza. Slice spinach into slivers and toss into a salad. Chop up kale and add to minestrone soup or sauté with garlic in a bit of olive oil. Remember that children are more likely to eat foods that they see you eat!