

News Of Nutrition

California Raisins: A New Wrinkle In Nutrition

(NAPSA)—A growing number of people who want natural nutrition are reaching for California Raisins.

Everyone knows that raisins are a great-tasting snack and a delicious addition to many recipes, but did you know that raisins are packed with nutrition? March is National Nutrition Month and a great opportunity to highlight the many ways that California Raisins can add flavor and nutrients to a healthy diet.

What makes raisins such a wise choice? They are low in sodium, are naturally fat- and cholesterol-free, and raisins deliver important potassium and dietary fiber. Raisins are also one of the richest sources of antioxidants.

"Many people don't realize that raisins are full of nutrients," said Julie Miller Jones, Ph.D., L.N., CNS. "In fact, adding raisins to any meal is an easy way to increase nutrition content and add a healthy burst of flavor."

Dr. Jones also recommends eating a wide variety of foods in moderation, as well as choosing foods low in sodium and saturated fat with high nutrient content. She says to make half of your grains whole grains and enjoy California Raisins in bread and on cereal.

Raisins can help meet the goal for daily servings of fruits and vegetables. A ¼-cup serving of raisins counts as one fruit. They are an excellent source of energy and a naturally sweet snack alternative to candy or chips, so include them in your daily eating plan frequently.



Raisins, one of the richest sources of antioxidants, are packed with natural nutrition.

Want more nutrition help? California Raisins has developed a 12-Step Plan for Making Wise Choices. Steps include taking stock of the foods in your cupboard, learning to read labels on food packages and planning healthful snacks for yourself and your family. To view the entire 12-step plan, visit www.LoveYourRaisins.com.

This National Nutrition Month, try one of these easy ideas to add raisins to your healthy eating plan:

- Combine raisins with granola or sprinkle on cereal for a great snack anytime of day
- Spice up dishes by adding sweet and savory salsas and chutneys balanced with the flavor of naturally sweet raisins
- Always have a box of California Raisins on hand as a nutritious choice when craving something sweet

To learn more about California Raisins and for great recipe ideas, visit www.LoveYourRaisins.com.

