

# Healthy Eating

## Many Look For Foods That Satisfy Their Health—And The Earth's

(NAPSA)—More Americans are choosing foods that have a positive impact on their health and the environment. According to a recent survey, 72 percent of Americans agree that certain food choices are good for both them and the environment, and 53 percent of people feel that choosing meat alternatives meets both of these needs.

However, only 33 percent of those surveyed feel that vegetarian food is just as tasty as food with meat ingredients. In a recent taste test on a leading Chicago news show, however, tasters preferred a low-fat vegetarian chili made with Lightlife meatless products to the same chili made with beef.

Clearly, there is a demand for foods that can help people eat healthy and do something good for the environment without requiring huge compromises in either taste or lifestyle. But despite obvious concern among Americans about the environment, people still encounter many obstacles to making a difference. For example, the survey found that although Americans obviously care about the environment, 34 percent of them think they don't have enough time to help and 28 percent say they just don't know how.

But choosing to eat more meatless foods is one small but significant step to protect the environment, as veggie-based foods take less from the land than meat-based products. Consider this information from the American Journal of Clinical Nutrition:

- On average, land requirements for meat-protein production are 10 times greater than for



**A Popular Chili Choice—Meatless chili doesn't have to skimp on taste.**

plant-protein production.

- Producing one kilogram of animal protein generally requires nearly 100 times more water than producing one kilogram of grain protein.

- Less than half the harvested acreage in the U.S. is used to grow food for people. For every 16 pounds of grain and soybeans fed to beef cattle, we get back only one pound of meat on our plates.

One easy solution is to look in the freezer, produce or dairy section of your grocery store. For example, Lightlife has unveiled Smart Stuffers, a new, all-natural line of great-tasting frozen vegetarian options that go quickly from the freezer to the microwave.

These meatless heat-and-eat options have nearly half the fat and one-third less calories per serving than their meat counterparts and come in three bold, familiar flavors that are perfect for every occasion, providing a quick and easy choice that's both good for one's health and the Earth—without sacrificing good taste:

- Turk'y with Cranberry Stuffing—Lightlife's cholesterol-free Turk'y with Cranberry Stuffing offers a delicious veggie alternative to this familiar American favorite.

- Chick'n Cordon Melt—A delicious, crispy, veggie-based version of the popular Chicken Cordon Bleu, the Chick'n Cordon Melt is filled with veggie ham and a creamy cheese sauce, making it the perfect meal for the family or guests.

- Chick'n Broccoli Melt—A satisfying, cholesterol-free stuffed fillet, filled with creamy cheddar-inspired sauce and broccoli florets. It's great to savor on those cool winter nights.

Here's a winning recipe for a great-tasting, low-fat vegetarian chili made with Smart Ground (found in the produce or dairy section):

### Smart Ground Chili

- 2 12-ounce packages Lightlife Smart Ground
- 1 cup onion, chopped
- 1 cup green pepper, chopped
- 1 cup celery, sliced
- 2 15-ounce cans kidney beans
- 1 15-ounce can corn (kernels, not creamed)
- 2 16-ounce cans Hunt's tomatoes, cut up
- 2 6-ounce cans Hunt's tomato paste
- 2 cloves garlic, minced
- 1½ tablespoons chili powder
- 1½ tablespoons ground cumin
- 3 teaspoons salt

**Saute the onion, green pepper and celery in a small amount of oil until cooked through and softened. Add the remainder of the ingredients and simmer 1½ hours. Enjoy.**

For more information, visit [www.lightlife.com](http://www.lightlife.com).