

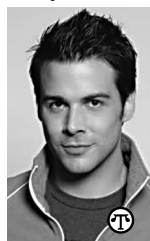


Fitness Facts

Health And Nutrition Tips

(NAPSA)—By adopting smart diet and nutrition habits, consumers can not only trim fat and calories, but may also reduce their risk of many chronic diseases including heart disease, diabetes and certain cancers.

"This is a good time to evaluate your health by examining your daily health regime and identifying ways to introduce new, healthy foods into your diet," said Jesse Brune, celebrity fitness trainer, chef and star of the hit Bravo reality show "Work Out."



Brune

"There are simple steps you can take each day to eat

a more balanced diet, such as incorporating nuts like pistachios into your daily meals or snacks. In fact, more and more health experts are encouraging people to include nuts in their daily diets."

Pistachios are one of Brune's favorite snacks and a mainstay ingredient in many of his culinary dishes because of their positive health benefits, such as lowering bad cholesterol levels and reducing the body's biological response to stress, according to recent research conducted by Penn State University.

Brune offers five healthy living tips to get a jump start on the upcoming spring/summer season:

1. Trade those unhealthy snacks for nuts such as pistachios. They regulate blood sugar levels, reducing the risk of heart disease, and you can eat up to 49 nuts per

serving and stay satisfied longer with zero guilt.

2. When eating fruit, reach for fruit with edible skin and/or seeds, as they tend to be higher in fiber, which helps to keep you going all day long.

3. If you're feeling hungry at midday but don't want to stress about calories, eat something green. Vegetables and nuts are always healthy choices since they are low in calories and high in nutrients. For example, try incorporating celery into your snack regimen.

4. Avoid the urge to overeat. By grabbing a handful of nuts—such as pistachios—before heading out to a party or outing, you'll feel more satisfied and will be less likely to binge.

5. When on the go, pack a handful of unsalted nuts, some fresh fruit, vegetables or string cheese to help you avoid impulsive, less healthful snack choices. Keep a supply of water handy to stay hydrated. If you are dehydrated, you will feel hungrier.

Brune also recommends this simple recipe for pistachio-dusted salmon; the kind of healthy dish you might see at his regular healthy alternative cooking classes at Epicurean Professional Culinary Academy, in Beverly Hills.

Pistachio-Dusted Roast Salmon With A Light Honey Glaze

**10 oz. of fresh Atlantic
salmon (a little more than
half a pound)***



**½ Tbsp olive oil (optional)
1 Tbsp raw honey
¾ cup pistachios, finely
crushed and chopped
Salt and pepper**

Preheat your oven to about 375 degrees.

Cut salmon in half to make two 5-oz pieces. If your salmon has skin still attached, leave it on to lock in extra moisture. Gently drizzle olive oil on salmon, leaving an extremely light coat. Lightly season with salt and pepper. Pour honey over salmon halves and gently rub honey into meat using the back of a spoon. Spread chopped pistachios over flat surface of plate and place glazed portion of the fish onto the pistachios, generously covering surface.

Place pistachio-covered salmon into an oven-safe dish or on a cookie sheet lined with foil. Place in heated oven for 10 minutes or until done (shouldn't take more than 12 minutes max). To make sure the salmon is done, gently press surface of fish with a fork. There should be a firm bounce.

***To save time, buy the salmon scaled and deboned.**