

BUDGET STRETCHING FOOD IDEAS

Food For Your Health And Your Wealth

(NAPSA)—If you are looking for ways to eat healthy and stretch your budget, all you need to do is make the right choices. One of the secrets to a healthy lifestyle is positive nutrition, which boosts energy, reduces the risk of disease and supports weight loss. Positive nutrition starts with the fabulous four: fiber, whole grains, protein and antioxidants. The fabulous four are the pillars of positive nutrition—a concept that focuses on what's in the food instead of what's not.

Take a closer look at what the fabulous four can do for you.

1. Take Control with Fiber. Imagine you could feel full (and stay full) without filling up on calories. It's not a fantasy. Fiber-rich foods such as vegetables and whole grains can help you feel full, so you satisfy your hunger while keeping portions in check. Even better, fiber benefits more than your figure. This nutrient also helps promote heart and digestive health.

2. The Whole Grains Story. The big difference between whole grains (such as brown rice and whole-wheat bread) and refined grains (such as white rice and white bread) lies within the nutrient content. Whole grains, when compared to refined grains, offer more fiber and other hard-to-get nutrients such as magnesium and potassium. Whole grains are packed with the positive nutrition your body needs.

3. The Power of Protein. Protein is an essential nutrient and pillar of positive nutrition for the building blocks—amino acids—your body needs to build and repair itself. Getting enough protein is as important as drinking enough water or getting enough sleep. It's fundamental for any healthy, active lifestyle. You can feed your need for protein with fish, poultry, beans and nuts, as well as with lean meat.

4. Antioxidants, Anyone?



You can enjoy delicious, nutritious meals for a lot less money than you may realize.

Some of the most common antioxidants include vitamins A, C and E. These powerhouses can help protect your body from cell damage, boost your immune system and minimize the effects of aging. You eat antioxidants every day—you just don't know it. There are products out there that make it simple.

An example of a food brand that helps people get more of these four essential nutrients while also giving them the foods that they crave at great value is Healthy Choice. The brand now offers products with positive nutrition, contemporary flavors, new recipes and premium ingredients. There also is a new line of all-natural entrées, featuring varieties such as Pumpkin Squash Ravioli and Mediterranean Pasta, available nationwide.

Meals like this are filled with fiber, whole grains, protein and antioxidants to help promote heart and digestive health, all without preservatives, artificial flavors or colors. They also are lower in fat, calories and sodium than the typical American meal. The best part is not just the positive nutrition and great taste, but also value at a suggested retail price of just \$2.00 - \$2.49.

You can learn more about the nutritional information for Healthy Choice products and get coupons and special offers by visiting www.HealthyChoice.com.