

Tips For Eating Better On A Budget

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(NAPSA)—There's good news for those looking for an economical way to offer their family a healthier diet. Healthy eating doesn't have to be expensive. It's possible to buy a cart full of healthy items without breaking the bank.



Think in terms of nutrition per dollar and the nutrition "powerhouse" in the diet is fruits and vegetables. They offer higher vitamin, mineral and fiber content per calorie compared to just about everything else you can eat! Fruits and veggies, including 100 percent juice and beans, provide both nutrition and great taste, making them a great value for your food dollar.

Canned, frozen and dried fruits and vegetables are as nutritious as fresh because they are processed quickly after harvest, locking in their flavor and nutrients. They are also very wallet friendly. But don't skip the fresh produce aisle! Fresh fruits and veggies are still less expensive than other foods when compared by price per serving and nutrition per dollar.

In fact, fruits and vegetables are probably the cheapest form of health insurance you can buy. Eating them may help reduce the risk of obesity and many diseases. Everyone can benefit from eating more fruits and vegetables, so fill at least half of your plate with them at every meal. They're budget friendly and good for your health.

Crazy Curly Broccoli Bake is a kid-friendly, veggie-centric comfort food that's inexpensive to make.

For more healthy and delicious recipes and a Video Center that takes you step by step through the process of selecting, storing and



preparing many different varieties of fruits and vegetables, visit www.fruitsandveggiesmorematters.org.

Crazy Curly Broccoli Bake

Ingredients:

- 1½ cups whole wheat corkscrew pasta, dry
- 3 cups broccoli, frozen, chopped
- 1 10.5-oz. can low-fat cream of broccoli soup, condensed
- ½ cup skim milk
- 2 tablespoons plain breadcrumbs
- ¼ teaspoon salt-free seasoning blend

Instructions:

Preheat oven to 350°F. Cook pasta according to package directions. Place frozen broccoli in large microwave-safe dish and cook for 2 minutes on HIGH. Coarsely chop cooked broccoli. Mix soup with skim milk, and add to chopped broccoli. Add cooked pasta and mix. Top with breadcrumbs and seasoning blend. Bake in oven for 10-15 minutes until heated through.

Serves: 6

Nutrition Information per Serving: Calories: 164, total fat: 2.2g, saturated fat: 0.6g, % of calories from fat: 11, protein: 8g, carbohydrate: 31g, cholesterol: 2mg, dietary fiber: 5g, sodium: 351mg



Note to Editors: Latest in a series of columns by Elizabeth Pivonka, Ph.D., R.D., president and CEO of Produce for Better Health Foundation. More stories at napsnet.com—pdf archive keyword: "Pivonka."