

Defy “Diet” Food—Eat Healthier Without Sacrifice

(NAPSA)—Here’s some delicious news: Eating healthier doesn’t mean you have to skimp on taste, convenience or break the bank. Step away from the “diet” food and start eating foods that fuel your active, healthy lifestyle while still providing you with the great-tasting meals your body craves.

Healthy meals deliver a balance of vitamins, minerals and other nutrients to help you look and feel your best. Not only does healthy eating help manage your weight; it can improve your mood, give you more energy and help you reach your body’s full physical potential.

Here are a few tips to help you get started:

- Only eat when you are hungry. Stop when you feel satisfied.
- Don’t deny yourself. If you really want something, have a small portion of it.
- Make substitutions. Instead of chips, try air-popped popcorn. Instead of rich desserts, eat fruit.
- Drink more water. Sometimes, your body is actually thirsty when you think you’re hungry.
- Stock your home or office with healthy food choices. Having the right food on hand can really help when you’re tired and hungry and need to eat quickly.
- Look to the frozen food aisle. Healthy frozen meals are a quick, easy and convenient way to stay on track with healthy eating.

For example, Healthy Choice, already a favorite among those looking to eat healthier, now has 11 new varieties of its Café Steamers, All Natural Entrées and Select Entrées product lines.



All are made with delicious and nutrient-rich ingredients and without preservatives.

New Mediterranean Inspired Café Steamers include varieties such as Grilled Vegetables Mediterranean, Balsamic Garlic Chicken and Lemon Garlic Chicken & Shrimp. Café Steamers feature a one-of-a-kind microwaveable DuoTray Steam Cooker™, which circulates steam throughout the meal during cooking, maximizing crispness and heightening flavor. With a trip to the freezer aisle, you can escape to the Mediterranean while still supporting your healthy lifestyle.

There are also four new varieties of Healthy Choice All Natural Entrées including Tortellini Primavera Parmesan, Lobster Cheese Ravioli, Roasted Red Pepper Marinara and Creamy Basil Pesto, and all are made with all-natural ingredients and no preservatives, artificial flavors or colors. Healthy Choice Select Entrées now include wholesome and satisfying recipes such as Pineapple Chicken, Ravioli Florentine Marinara and Spicy Caribbean Chicken.

The 11 new entrées are available in grocery stores nationwide. For more information, visit www.HealthyChoice.com.