

# Upgrade Family Meals

(NAPSA)—With a third of America's youth overweight, First Lady Michelle Obama and public health leaders want to help consumers make smarter choices when preparing family meals.

## Where To Get Help

Fortunately, help is available. *The Meal Upgrade Calculator* is an online tool that shows how to reduce fat and calories in favorite family meals. Developed by Shape Up America! and National Turkey Federation, the calculator lets con-



## A turkey burger “upgrade.”

sumers choose possible “upgrades,” starting by changing the meat to turkey, which is low in fat and calories and is an excellent protein source. Other possible “upgrades” include altering the side dishes, replacing with higher-fiber breads and changing the condiments.

Based on new research from Shape Up America!, using the calculator just to change the meat to turkey nets an average savings of 108 calories per meal. This is important, because two recent studies estimate if Americans consume 100 fewer calories a day, there would be 70 million fewer cases of overweight and \$58 billion saved annually in lower health costs.

## What An Expert Says

“When it comes to healthier eating, small changes add up to measurable health improvements,” said Barbara J. Moore, Ph.D., president of Shape Up America! “That is the purpose of the new calculator—to show how simple ‘upgrades’ will reduce calories and fat without sacrificing taste and convenience.”

## How to Find the Calculator

*The Meal Upgrade Calculator* is available at [www.ShapeUp.org](http://www.ShapeUp.org) and [www.EatTurkey.com](http://www.EatTurkey.com).