Cookbook Offers Delicious, Nutritious Choices

(NAPS)—Eating a healthier diet can be delicious. For more than a decade, Holly Clegg has shown people how in her “Trim & Terrific” cookbooks. Now, in partnership with the American Diabetes Association, she has created “Holly Clegg’s Trim & Terrific Diabetic Cooking: Over 200 Recipes That Can Be On Your Table In 30 Minutes Or Less” (American Diabetes Association).

The new book is filled with more than 200 delicious, nutritious and easy-to-prepare recipes that are ideal for people with diabetes as well as anyone looking to stay healthy and trim. The book includes great-tasting recipes for old favorites, such as Chicken Pot Pie, Corn Chowder recipes for old favorites, such as Chicken Pot Pie, Corn Chowder and New Total® Crunch and Total® Honey Crackers, which include omega-3 fatty acids from flax, are another tasty source. Five Tips on Being Eco-Aware:

1. Healthy fats. Omega-3 fatty acids are essential for good health, according to the National Institutes of Health. They are found in foods such as fish, nuts, flax, and canola oil. For heart health, choose fat-free or low-fat fish and lean meats. Avoid full-fat dairy products such as whole milk, whole-cream cheeses, and full-fat yogurt. Eat foods rich in fish oils, such as salmon, mackerel, or herring. Omega-3 fatty acids help reduce the risk of heart disease and stroke.

2. Berries. Berries are tops for antioxidants and other nutrients and are rich in fiber. A cup of berries contains about 100 calories and only 4 grams of sugar. Fresh berries are a great way to start your day and try to push the number of servings of fruits and vegetables you eat each day. For fruits and vegetables that do not require refrigeration, try tossing them into a bowl of cereal or yogurt for a nutritious breakfast. And if you’re looking for a sweet treat, try a mixed-fruit smoothie or fruit salad for dessert.

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4. Foods rich in vitamin E. Vitamin E is the best antioxidant found in foods, according to the National Institutes of Health. It is found in foods such as nuts, seeds, and green leafy vegetables. If you’re looking for a sweet treat, try almonds or walnuts. They are high in healthy fats and provide a great source of protein. If you’re looking for a savory treat, try broccoli or spinach. They are high in fiber and provide a great source of vitamins and minerals.

5. Nuts. Nuts are a great source of healthy fats and provide a great source of protein. They are also a great source of fiber. A cup of nuts contains about 100 calories and only 4 grams of sugar. Fresh nuts are a great way to start your day and try to push the number of servings of fruits and vegetables you eat each day. For fruits and vegetables that do not require refrigeration, try tossing them into a bowl of cereal or yogurt for a nutritious breakfast. And if you’re looking for a sweet treat, try a mixed-fruit smoothie or fruit salad for dessert.

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