

# FOOD

## Boost Your Fruits and Veggies

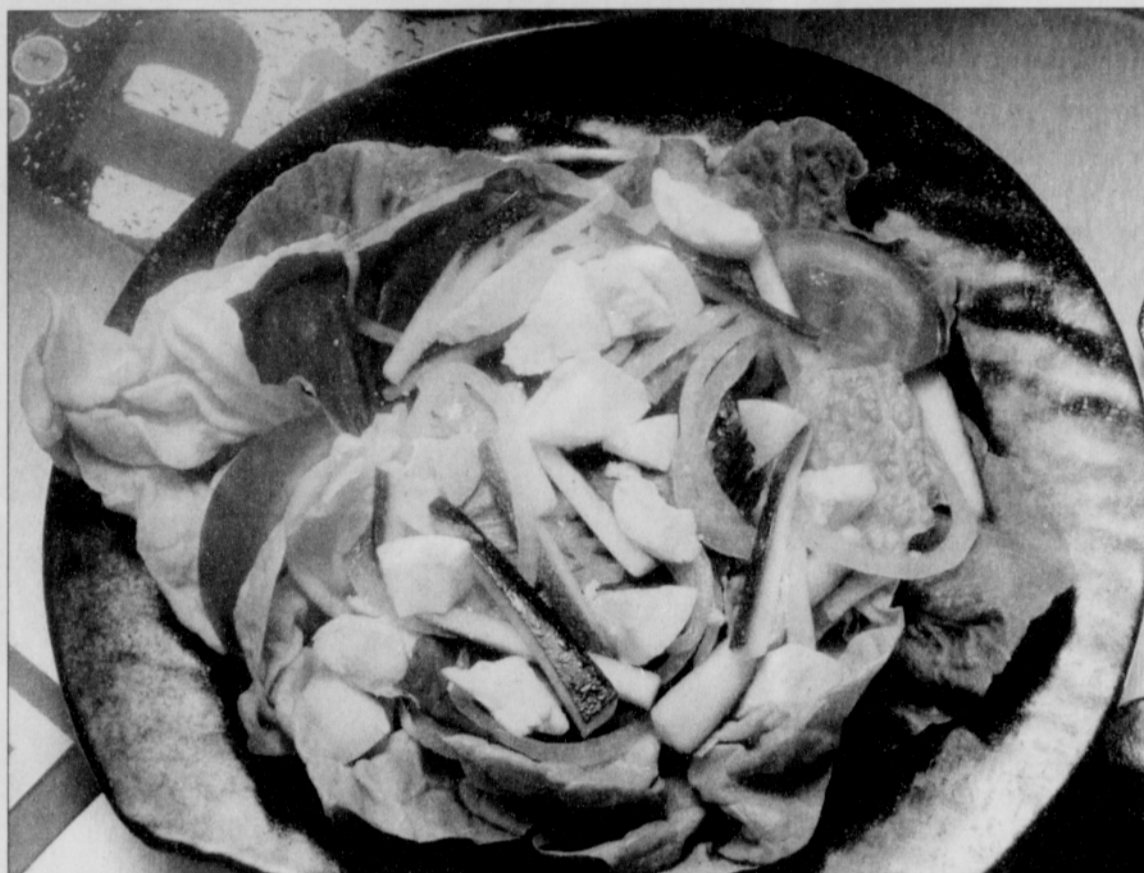
**Guidelines call for 5 to 13 servings a day**

According to the latest U.S. Dietary Guidelines, adults and children alike should have from 5 to 13 servings of fruits and veggies a day, each serving at least 1/2 cup. While this is beyond what most people currently consume, it's not an impossible task.

For veggies, simply include them with foods you and your family already like.

In general, you need to eat a wide variety of vegetables, including plenty of the bright- and deep-colored ones, to get all the vitamins, minerals and fiber that veggies have to offer. With the exception of soy foods, though, the protein in plant foods is incomplete. It lacks one or more of the protein building blocks that your body can't make.

You can mix and match different plant foods to make their pro-



A warm Mimosa Salad helps reach your daily requirements of fruits and vegetables.

tein complete. But even many vegetarians find that it's easier to simply include a complete pro-

tein source, such as eggs or milk foods, in their meals.

For instance, you can turn a salad

into a quick-fix main dish by starting with greens -; the darker green, the better nutrient content. Toss

- Warm Mimosa Salad**
- 6 servings
  - 6 cups loosely packed, torn mixed greens (about 9 oz.)
  - 6 hard-cooked eggs, chopped
  - 2 small or 1 medium zucchini, cut into julienne strips (about 2 to 2 1/2 cups)
  - 1 cup thinly sliced onion (about 1 medium)
  - 2 tablespoons cooking oil
  - 2/3 cup red wine vinegar
  - 1 1/2 tablespoons Dijon mustard
  - 1 1/2 teaspoons Italian seasoning, crushed
  - 1 teaspoon sugar
  - 1/2 teaspoon garlic powder
  - 1 large tomato, wedged (about 7 to 8 oz.)

with other vegetables, perhaps whatever is coming up in your home garden or is most appealing at the store. Then, top with wedged, sliced or chopped eggs to add the protein you need. Finish the unique salad off with a hurry-up, homemade hot dressing.

Tear greens into large bowl. Add eggs. Set aside. In 10-inch skillet or large saucepan over medium heat, cook zucchini and onion in hot oil, stirring occasionally, until crisp-tender, about 4 to 5 minutes. In small bowl, stir together vinegar, mustard, sea-

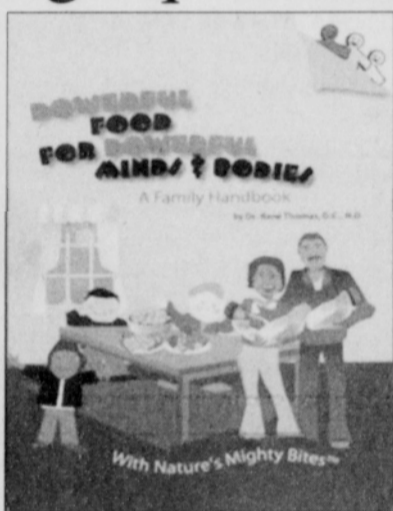
soning, sugar and garlic powder. Pour over vegetables in skillet. Stir in tomato and cook until heated through, about 1 minute more. Pour over reserved greens. Gently toss until evenly coated with dressing. Serve immediately.

**Nutrition information per serving of 1/6 recipe using romaine, leaf lettuce and corn oil:** 162 calories, 10 gm total fat, 213 mg cholesterol, 165 mg sodium, 448 mg potassium, 9 gm carbohydrate, 8 gm protein and 10% or more of the RDI for vitamins A and C, riboflavin, phosphorus

### Healthy Eating Equals Healthy Minds

Dr. Rene Thomas, author of the newly released book, "Powerful Food for Powerful Minds and Bodies," explores and expands on the concept of healthy eating causing a healthier mind and body.

The African-American researcher, author and clinician, believes that too many children are unnecessarily medicated and if parents take the time to help their children eat the proper diet, they can help reduce issues of obesity and



behavioral problems in children.

She has performed extensive research over the past three decades focusing on children with Attention Deficit Hyperactivity Disorder and Dyslexia.

In her new book, she helps parents track the protein, carbohydrate and fatty acid balance in their children's diet. She introduces important nutritional information in a fun and interactive manner for both the parents and children to learn.

### Top Diets Rated Long-term weight loss was key

(AP) - Support meetings and diet shakes trump counting carbs when it comes to long-term weight loss, according to an analysis of diets by Consumer Reports magazine.

The publication, best known for rating cars and electronics, put Weight Watchers, with its support group meetings, and Slim-Fast, whose shakes let you opt out of cooking, at the top of the heap.

The ratings were based on pounds lost, nutrition, how easy the diet was to follow and dropout rates after six months and a year.

Though low-carb diets have dominated headlines, the highest marks went to Weight Watchers, which uses weekly meetings to reinforce its decidedly simple philosophy - eat less and exercise more. After a year, its followers were far more likely to stick with the plan.

Weight Watchers did not, however, earn the strongest scores on weight loss, a distinction that went to second-ranked Slim-Fast, which replaces parts of two meals a day with shakes and bars.

Atkins, which has led the low-carb charge, got good scores for

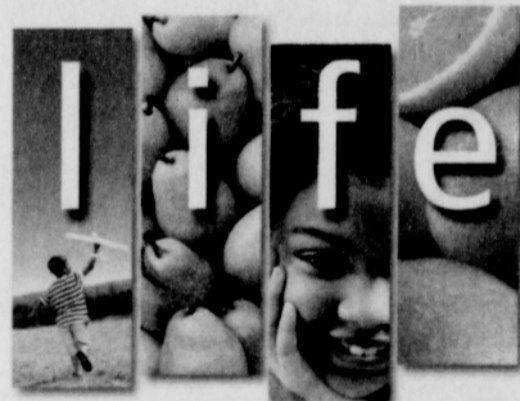
short-term weight loss, but landed at the bottom of the ratings because of poor marks on retention and nutrition.

The report, released in the magazine's June issue, said the Atkins diet calls for too much fat and saturated fat, too few fruits, too little fiber and "might have a negative effect on some dieters' health."

The magazine's conclusions are based on a review of published clinical research on each diet, and a nutrient and calorie analysis of menus

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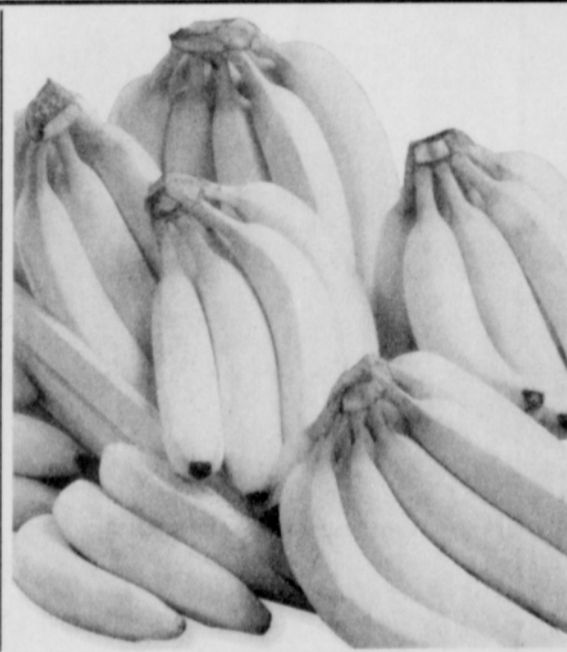


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