

Healthy Protein Alert

Today's fad diets also neglect to distinguish between healthy and unhealthy protein. Keep in mind:

Q: What is protein?

A: Dietary protein is metabolized into the building blocks of life, supporting such functions as muscle contractions, immune responses and tissue repair.

Q: What are healthy sources of protein?

A: Seafood, skinless poultry, non-fat dairy products, nuts, beans, tofu and other soy-based foods offer protein and added nutrients.

Q: How much protein do I need per day?

A: Children 4-8: 10g
Children 9-13: 34g
Women: 46g
Men: 56g

Source: Dietary Reference Intake Manual, National Academies Press.

A Well-Balanced Solution

Quick Shrimp & Pineapple Stir-Fry

Prep: 20 min. Makes: 4 servings

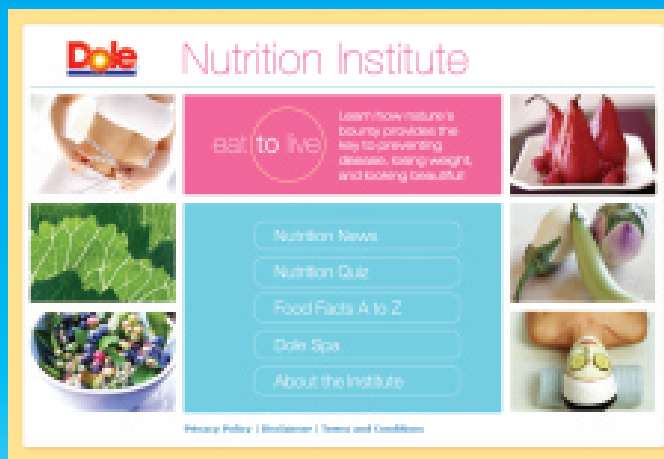
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| 1 can (20 oz.) DOLE® Pineapple Chunks | 1/2 Tbsp sesame oil |
| 2 tsp cornstarch | 1 medium zucchini, thinly sliced |
| 1 lb medium raw shrimp, peeled and deveined | 1/2 cup chopped DOLE Red Bell Pepper |
| 1 clove garlic, crushed | 1 cup DOLE Green Onions, sliced diagonally |
| 1/2 Tbsp vegetable oil | |

Preparation: Drain pineapple; reserve 1/2 cup juice. Mix reserved juice with cornstarch; set aside. Stir-fry shrimp in large non-stick skillet with garlic in hot oils for 2 minutes. Stir in zucchini and bell pepper, cook 2 more minutes. Add pineapple, cornstarch mixture and onions. Cook and stir until mixture boils and thickens.

Nutrients Per Serving: 300 calories, 12g fat (2g sat.), 221g cholesterol, 259mg sodium, 25g carbohydrate, 25g protein.

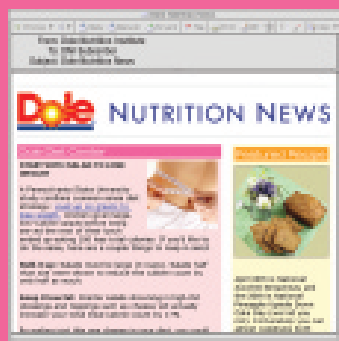
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LOW CARB DIET DANGERS

Fad diets offering short-term weight loss are raising long-term health risks. Reasons to steer clear:

✗DIET REBOUND

Dieters often regain lost weight and more.

✗FREE RADICAL DAMAGE

Metabolic imbalances from insulin shifts leave DNA more vulnerable to attack.

✗COLORECTAL CANCER RISK

Low fiber and high meat consumption may increase risk of colon cancer.

✗HEART DISEASE

Higher saturated fat and cholesterol intake are associated with greater cardiovascular disease risk.

✗CALCIUM DEPLETION

Improper protein intake can increase calcium excretion in the urine and may raise osteoporosis risk.

✗GOUT & KIDNEY STONES

Excessive intake of purines can prompt over-production of uric acid that may lead to kidney stones and gout.

✗REDUCED ANTIOXIDANTS

Lack of fruits and vegetables cheats the body of disease-fighting phytochemicals.

✗CONSTIPATION

Results from a low intake of dietary fiber.

✗DIVERTICULITIS

Fibrous fruits, vegetables and whole grains protect against developing this intestinal disorder.

✗DIMINISHED ATHLETIC PERFORMANCE

Depleted carbohydrate/glycogen stores in the liver and muscles can impair strength and endurance.

✗BREATH ODOR

Bad breath and body odors result from low carb-induced ketosis, a condition that also includes weakness, nausea and dehydration.

Good Carbs/Bad Carbs

WEIGH THE FACTS

Not all carbs are created equal. Some are essential to health, while others offer little more than empty calories.

GOOD CARBS are rich in nutrients, low in calories, high in fiber and are slowly broken down, leaving you feeling full longer.

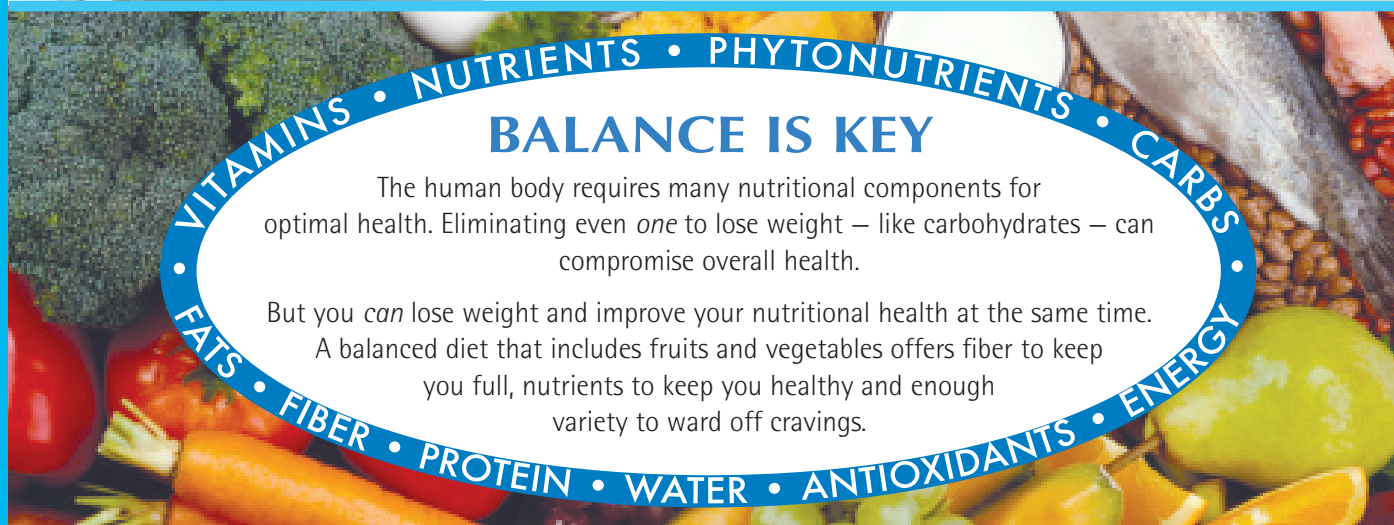
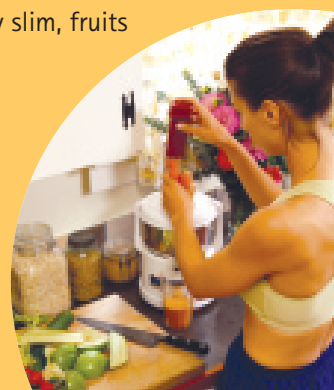


BAD CARBS break down quickly, resulting in a spike in blood sugar that makes you hungry sooner.

Benefits Beyond Weight Loss

In addition to helping you stay slim, fruits and vegetables can also:

- ▲ Fight disease
- ▲ Boost mood levels
- ▲ Preserve eyesight
- ▲ Strengthen bones
- ▲ Maintain regularity
- ▲ Slow aging
- ▲ Protect heart



BALANCE IS KEY

The human body requires many nutritional components for optimal health. Eliminating even *one* to lose weight — like carbohydrates — can compromise overall health.

But you *can* lose weight and improve your nutritional health at the same time.

A balanced diet that includes fruits and vegetables offers fiber to keep you full, nutrients to keep you healthy and enough variety to ward off cravings.

BOTTOM LINE: IT'S STILL THE CALORIES

Pound for pound, fruits and vegetables have fewer calories than other food groups.