

# Healthy Eating

## Healthy Eating Doesn't Have To Be Hard Work

(NAPSA)—Ever stand in front of your refrigerator knowing that you should have a salad with dinner, yet lacking the requisite fresh salad fixings?

Fear not. There is a quick way to assemble a tasty salad course, and the ingredients are likely right in your own cupboard. Best of all, this salad can be a healthy way to combat heart disease.

According to a recent report from the American Dietetic Association ([www.eatright.org](http://www.eatright.org)), eating sardines and other seafood is the best way to get a crucial dietary ingredient: omega-3 fatty acids. The ADA has determined that eating seafood two times a week may prevent heart disease, heart attacks and cardiac arrest. This recommendation comes on the heels of many years of studies that have suggested a preventative role for omega-3s in myriad health issues, including breast cancer, stroke and depression.

Rich in omega-3s, sardines are a prime example. They offer, on a per-serving basis, more potassium than an orange, more riboflavin than spinach and three times more vitamin D than milk. In addition, they're loaded with calcium, making them an excellent weapon in the fight against osteoporosis.

So the next time you are at a loss for a salad, just open up your cupboard and dig into a heart-healthy diet.



**Rich in omega-3 fatty acids, sardines can be a quick solution to any salad emergency.**

### **Mediterranean Sardine Salad**

*Recipe courtesy of the Food Network and Tyler Florence*

*Prep Time: 5 minutes*

*Difficulty: Easy*

- 1 can (16 oz.) tomatoes, drained**
- 1 can King Oscar brisling sardines**
- 1 can artichoke hearts**
- 1 can hearts of palm**
- Italian dressing to taste**
- 1 box croutons**

**In a medium-sized bowl, toss the tomatoes, sardines, artichoke hearts and the hearts of palm together. Add Italian dressing to taste and top with croutons.**