

Getting to the Roots of a Healthy Holiday

(NAPS)--"Pass the peas, potatoes, and platanos" may be heard at more and more holiday feasts as increasingly diverse Americans celebrate by dining on traditional foods from the countries and cultures their ancestors knew.

[Insert Graphic (Holiday Fruit Display) with “Eat 5 A Day for better health” logo under it]

"The American holiday celebration feast is not what it used to be. Today it is a wonderful cornucopia of different dishes that reflect our many cultures," said Gloria Stables, director of the National Cancer Institute's 5 A Day program. "This ever-expanding menu allows for opportunities to both celebrate your cultural roots and to find new, flavorful ways to add a variety of fruits and vegetables to your diet, for fun and for better health."

The 5 A Day program encourages Americans to eat five servings of fruits and vegetables daily for better health. During the holidays, families can simply and deliciously achieve this goal with servings of Paraguayan squash soup, Vietnamese red and green cabbage salad, a Cherokee corn and bean dish, African-inspired sweet potatoes, or Italian fruit cobbler. These recipes can be found at www.5aday.gov.

Make this holiday season the time to try new dishes that celebrate the many cultures in America, using a variety of fruits and vegetables that taste great and are good for you. For more information on nutrition and cancer, consumers can call the National Cancer Institute's Cancer Information Service at 1-800-4-CANCER, or visit www.5aday.gov.