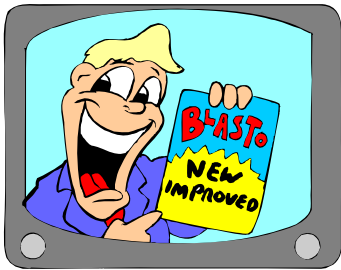


## Beware of Nutrition Fads!



They're everywhere! You might see ads for miracle nutrition products in men's and women's magazines or on TV.

Celebrities discuss their diets on talk shows, "infomercials" and Web sites.  
What should you believe?

### Yes or No?

Here are some questions to ask about advertisements and articles on nutrition and diets during March, National Nutrition Month.®

Each "Yes" answer raises a red flag. Dig a little deeper and look a little farther when the flags go up!

#### 1. Does the ad, article or person promise a quick fix?

Give yourself some time to make changes in your diet. Take small steps toward better health.

#### 2. Do they cast doubts about current food and health recommendations?

Recommendations change as more research is done. Stay tuned for the latest information by visiting [www.mypyramid.gov](http://www.mypyramid.gov) or contacting your local Extension Service office.

#### 3. Does the product sound too good to be true?

Be especially careful when a product is advertised as a "cure" for serious diseases such as cancer, heart disease or arthritis. Follow your medical provider's advice.

#### 4. Do they make a recommendation based on a single study?

One study may not prove anything, but several studies can uncover the truth.

#### 5. Do they tell you not to trust scientific organizations?

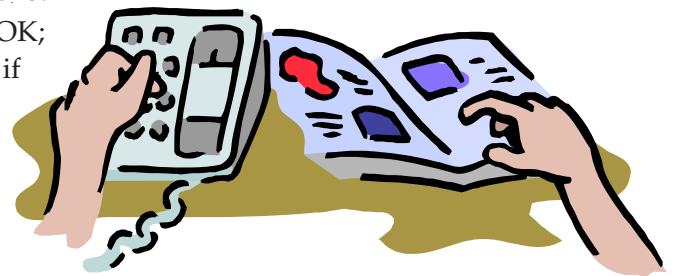
Questioning things is OK; however, ask yourself if the advertiser is more interested in your health or your money.

#### 6. Do they provide lists of bad and good foods?

Aim for variety in your diet. Don't cut out foods or food groups. What you don't eat can affect your health, too!

#### 7. Do they get their information from nonscientific sources?

Some ads use testimonials from people who say they feel better or look better. Sometimes these stories are true, but sometimes the people in the ads are paid actors.



Visit [www.ag.ndsu.edu/foodwise](http://www.ag.ndsu.edu/foodwise) for more information.

# Mexican Veggie Pizza

- ⊙ 12 small flour or corn tortillas
- ⊙ Vegetable oil or margarine
- ⊙ 1 (16-ounce) can refried beans
- ⊙ ¼ c. chopped onion
- ⊙ 2 ounces diced fresh or canned green chili peppers (optional)
- ⊙ 6 Tbsp. salsa or taco sauce
- ⊙ 3 c. chopped vegetables, such as broccoli, mushrooms, bell pepper
- ⊙ ½ c. mozzarella cheese (part skim), shredded

Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan; set aside.

Heat refried beans, onion and half of the chili peppers together in a medium saucepan, stirring occasionally. Remove from heat. Spread about ⅓ cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon salsa, then top with ½ cup of the chopped vegetables, 1 teaspoon chili peppers and 1 tablespoon cheese for each pizza. Return to frying pan and heat until cheese melts. Serve immediately.

*Makes six servings. Each serving has 370 calories, 9 grams (g) of fat, 63 g carbohydrate and 9 g fiber.*

## Menu Ideas

Mexican Pizza, apple slices and low-fat milk.

# Try This Quiz About Food Storage!

*(The answers are at the end.)*

1. True or false: Store eggs in their original container, not in the compartment on the door.
2. True or false: Use leftovers within three or four days or freeze for longer storage.
3. True or false: Do NOT store canned goods above a stove, under a sink or in a damp basement.
4. True or false: Store high-acid foods, such as canned tomatoes and fruits, for up to 18 months.
5. True or false: Use refrigerated ground meat or poultry within two days of purchase.

*Answers: All of these are true!*

### Quick Tip:

**Label cans and boxes of food with the date you bought them. Move the “older” foods to the front of your cupboard so you use them first.**

Julie Garden-Robinson, Food and Nutrition Specialist

Contact the local office of the  
NDSU Extension Service  
for more information  
on food and nutrition or  
managing your food dollar.

