

5-letter word for staying sharp?



S-M-A-R-T. People who engage in reading and playing games may be lowering levels of a protein in their brains linked to Alzheimer's.

Get more details at [health.usatoday.com](http://health.usatoday.com).

By Trent Penny, AP



Your Life

THRIVE CARE NOURISH SHINE

The cost of looking inward



Poika Dot Images

Men who scored high on two narcissistic traits had higher levels of cortisol, a stress hormone that can lead to high blood pressure and heart problems.

Read more at [yourlife.usatoday.com](http://yourlife.usatoday.com).

Passion is main dish in Ellie's kitchen

Krieger's new column will serve up inspiration

By Ellie Krieger  
Special for USA TODAY

As a passionate food lover, registered dietitian and busy mom, I demand a lot from my food. First it must be absolutely, crave-ably delicious. It also needs to be healthy — nutrient-rich and balanced — without necessarily feeling like "health food." And finally, my meals must be family-friendly, easy to prepare and use ingredients I don't have to search high and low for.

It sounds like a tall order, but chances are you want food that hits the delicious-healthy-easy trifecta too. Happily, I have been able to create recipes and find strategies that do just that. While I have been sharing them on my show, *Healthy Appetite* on Cooking Channel, in my cookbooks, website and magazine columns, I am thrilled to have the chance to bring them to you here in my new biweekly column, *Eating With Ellie*.

Join us for a Twitter chat today at 1 p.m. ET with Ellie Krieger. Use the hashtag #eatwithellie.



See a photo gallery of Ellie Krieger through the years and watch a video of her entertaining tips at [yourlife.usatoday.com](http://yourlife.usatoday.com).

I have been an advocate of health in the community as well, working on a national level with first lady Michelle Obama on her "Let's Move" campaign and locally in my daughter's public school, as well as with New York City SchoolFood. As a reward for making many changes that included healthier food, nutrition education and more physical activity, my daughter's school was recently honored with the USDA's HealthierUS School Challenge award — the first in New York City to receive it! I also have teamed up with hunger organizations such as Feeding America, Share Our Strength and City Harvest, to help everyone get access to good, healthy food.

Though I have some culinary training, I don't see food from a chef's perspective, but that of an avid home cook with a meat-and-potatoes husband and a sometimes picky 9-year-old daughter.



By Ben Fink for USA WEEKEND

Meet Ellie Krieger: For the nutritionist, cookbook author and TV personality, a meal must also be a triple threat: delicious, healthy and easy.



Healthy Kids Fair: Krieger serves Michelle Obama and Agriculture Secretary Tom Vilsack.

I'm a stickler for the science behind my nutrition advice and I bring that knowledge, quite literally, to the table. But I have found the most effective thing you can do to get people to eat well is to simply inspire them to cook. A great recipe, like the one here and the many more to come, does just that. Think about it: if you whip up a delicious-healthy-easy dish, you and your family will be immediately nourished. Realizing how fuss-free it is to make and how satisfying it is, you will do it again and again.

This Garlic Basil Shrimp is one of my go-to recipes for busy weeknights. In less than 20 minutes, with little chopping and just one pan, you get a plate of succulent shrimp, bursting tomatoes and fresh herbs smothered in a garlic-wine sauce. It's maximum flavor with minimum effort. There's no better, or tastier, path to a healthy life.

Garlic-Basil Shrimp

- Ingredients:**
- ▶ 2 Tbs. olive oil
  - ▶ 1 1/4 pounds large shrimp (20 to 25 per pound), peeled and deveined
  - ▶ 3 garlic cloves, minced
  - ▶ 1/2 tsp. crushed red pepper flakes, or more to taste
  - ▶ 3/4 cup dry white wine
  - ▶ 1 1/2 cups grape tomatoes, halved
  - ▶ 1/4 cup finely chopped fresh basil
  - ▶ Salt and freshly ground black pepper, to taste
  - ▶ 3 cups cooked orzo pasta, preferably whole wheat

- Directions:**
- Heat the oil in a large heavy skillet over medium-high heat until hot but not smoking, then add the shrimp and cook, turning over once, until just cooked through, about 2 minutes.
- Transfer with a slotted spoon to a large bowl. Add the garlic and red pepper flakes to the oil remaining in the skillet and cook until fragrant, about 30 seconds.
- Add wine and cook over



By Alexandra Grablewski

high heat, stirring occasionally, for 3 minutes. Stir in the tomatoes and basil, and season the sauce with salt and pepper. Return the shrimp to the pan and cook just until heated through. Serve with orzo.

**Yield:** 4 servings

**Per serving:** 380 calories, 35g carbohydrates, 35g protein, 10g fat (1.5g saturated), 215mg cholesterol, 4g fiber, 490mg sodium

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Lunch at schools to become healthier

Government releases new standards today

By Nanci Hellmich  
USA TODAY

Students: Get ready for pizza with whole-grain crust and bigger portions of fruits and vegetables on your school lunch tray. You're still going to get french fries, but they'll probably be baked and sprinkled with less salt.

Today the government is releasing new nutrition standards for school meals that spell out dramatic changes, including slashing sodium, limiting calories and offering students a wider variety and larger portions of fruits and vegetables. These changes will raise the nutrition standards for meals for the first time in more than 15 years.

"When we send our kids to school, we expect that they won't be eating the kind of fatty, salty, sugary foods that we try to keep them from eating at home," first lady Michelle Obama said in a statement. She is announcing the new standards today along with Agriculture Secretary Tom Vilsack.

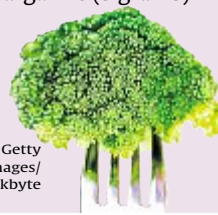
Vilsack says this is a historic opportunity "to improve the quality and quantity of the school meal programs."

The quality of school meals has been

Elementary school lunches before and after

Here's how elementary school lunch menus might change on two sample days:

- DAY 1**
- Before regulation:**
- Hot dog on bun with ketchup (4 Tbs.)
  - Canned pears (1/4 cup)
  - Raw celery and carrots (1/2 cup each) with ranch dressing (1.75 Tbs.)
  - Low-fat (1%) chocolate milk (8 oz.)
- After the regulation:**
- Whole-wheat spaghetti with meat sauce (1/2 cup)
  - Whole-wheat roll with soft margarine (5 grams)
  - Green beans, cooked (1/2 cup)
  - Broccoli (1/2 cup)
  - Cauliflower (1/2 cup)
  - Low-fat ranch dip (1 oz.)
  - Kiwi halves, raw (1/2 cup)
  - Low-fat (1%) milk (8 oz.)



- DAY 2**
- Before the regulation:**
- Cheese pizza (4.8 oz)
  - Canned pineapple (1/4 cup)
  - Tater Tots (1/2 cup) with ketchup (2 Tbs.)
  - Low-fat (1%) chocolate milk (8 oz.)
- After the regulation:**
- Whole-wheat cheese pizza (1 slice)
  - Baked sweet potato fries (1/2 cup)
  - Grape tomatoes, raw (1/4 cup)
  - Low-fat ranch dip (1 oz.)
  - Applesauce (1/2 cup)
  - Low-fat (1%) milk (8 oz.)

hotly debated for years because one-third of children in the USA are overweight or obese. The Healthy, Hunger-Free Kids Act of 2010 directed the U.S. Department of Agriculture to set new nutrition standards for all food served in schools. The rules released today apply to school meals; regulations for other foods such as those served in à la carte lines, vending machines and stores will come later.

The changes are designed to improve the health of nearly 32 million children who eat lunch at school every day and almost 11 million who eat breakfast. Overall, kids consume about 30% to 50% of their calories while at school. The new standards for school lunch:

- ▶ Establish maximum calorie and sodium limits for meals. The sodium limits are phased in over 10 years.
- ▶ Require schools to serve a fruit and vegetable every day at lunch and in larger portions than offered before. Portion sizes vary by age group. For

instance, high school students will have to be offered one cup of vegetables and one cup of fruit a day. Right now they have to be offered a total of three-quarters cup of fruit and vegetables.

▶ Require schools to offer a minimum number of leafy green vegetables, red-orange vegetables, starchy vegetables and legumes each week. The amount varies by age group. For example, high school students have to be offered at least a half-cup of green leafy vegetables a week.

▶ Require that after the two years of implementation, all grains offered to students must be rich in whole grains such as brown rice. Breads, buns, cereals and pastas must list whole grain as the first ingredient.

▶ Require milk to be either low-fat (1%) or fat-free. (That is already in effect.) Flavored milk, such as chocolate, must now be fat-free.

▶ Require that foods that are served contain no trans fats.

The new standards for lunch take effect the next school year. Changes for breakfast will be phased in.

Margo Wootan of the Center for Science in the Public Interest says the changes "are landmark. These are the first-ever standards for sodium, trans fat and whole grains and the first time ever they've had an upper limit for calories."

Congress blocked the proposal to restrict starchy vegetables, and it required that pizza continue to count as a vegetable, she says.

The federal government will give schools an additional 6 cents a lunch to meet the standards. When the rules are fully implemented, the cost of preparing a healthier lunch that meets the new rules is estimated to rise by about 11 cents, and the cost of preparing a breakfast is estimated to increase by 28 cents, the USDA says. The agency estimates that the increased cost of producing meals that meet the standard

will be \$3.2 billion over five years.

Vilsack says companies that supply commodities to the USDA already are responding to the standards by offering foods that are lower in fat, sugar and sodium. Frozen fried potatoes are being replaced with potatoes that have been roasted or baked, he says.

Many schools already have made improvements. "These are all goals school nutrition professionals have been working toward, and these national nutrition standards will ensure that every student has access to a healthy meal in the cafeteria," says Diane Pratt-Heavener of the School Nutrition Association.

Schools must meet the standards to get federal reimbursements for meals, she says. They now receive \$2.77 from the federal government for every child who is on the free-lunch program. "Healthy food costs more, so school programs will have to find ways to meet the standards while staying within their budget."

Getty Images/Jupiterimages



Calorie reduction

The new government requirement for school meals establishes calorie maximums for the first time, as well as calorie minimums. For a typical lunch:

Grade level	Current <sup>1</sup>	New calorie range (min-max)
K-5	741	550-650
6-8	816	600-700
9-12	857	750-850

Sodium reduction

The new government requirements also call for reduced sodium in meals over the next 10 years. For a typical meal:

Grade level	Current <sup>1</sup>	Average milligrams of sodium after ...		
		2 years	5 years	10 years
K-5	1,377	1,230	935	640
6-8	1,520	1,360	1,035	710
9-12	1,588	1,420	1,080	740

<sup>1</sup> - Amounts based on a 2004-05 study Source: U.S. Department of Agriculture