First lady announces healthy recipe search effort

February 26 2013

(AP)—Michelle Obama says five media companies and a social media website are working together to make it easier to find nutritious recipes.

Conde Nast, Hearst Magazines, Meredith Corp., the Food Network and Time Inc., have identified more than 3,000 recipes that meet federal nutrition guidelines for how much fruit, vegetables, protein and grains should be on a person's plate at each meal. The companies are promoting the recipes on their most popular cooking websites, and nearly 1,000 have been posted on a new page on the social networking site Pinterest.

The first lady says the new partnership will take the "guess work" out of finding healthier recipes. The collaboration is being done in support of Mrs. Obama's anti-childhood obesity initiative "Let's Move." The program marked its third anniversary this month.

Copyright 2013 The Associated Press. All rights reserved. This material may not be published, broadcast, rewritten or redistributed.

Citation: First lady announces healthy recipe search effort (2013, February 26) retrieved 26 April 2024 from https://medicalxpress.com/news/2013-02-lady-healthy-recipe-effort.html

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.