

CHOOSE THIS, NOT THAT

What may look similar on the surface is often very different under a microscope, and sometimes there's a ton of calories and fat in disguise. Don't be fooled by food. Make a wiser decision when reaching for a snack.

	✓ Choose This:	VS.	✗ Not That:
<p>Boost Your Fiber Intake:</p> <p>In case you don't already know, fiber keeps you feeling fuller longer – you'll crave less junk food, eat less daily and cleanse your colon. Try switching bars and see how great you feel.</p>	 <p>GNU FOODS FLAVOR AND FIBER BAR serving: 1 calories: 130 fat: 3 g carbs: 30 g fiber: 12 g protein: 3 g sugars: 8 g</p>		 <p>NATURE VALLEY GRANOLABAR serving: 1 calories: 180 fat: 6 g carbs: 30 g fiber: 2 g protein: 4 g sugars: 12 g</p>
<p>Light As A Bird:</p> <p>Eat like a man, but feel as light as a feather. By simply switching to turkey burgers on whole-wheat buns, you can cut half the fat and carbs and even save drastically on calories and sodium. Ask your favorite restaurant if it offers turkey instead of beef.</p>	 <p>HOMEMADE TURKEY BURGER serving: 1 calories: 286 fat: 8.6 g carbs: 21.5 g protein: 25 g sodium: 311 g</p>		 <p>HOMEMADE BEEF BURGER serving: 1 calories: 452 fat: 14 g carbs: 51 g protein: 33 g sodium: 599 g</p>
<p>Say No To Sausage:</p> <p>We know it's mouthwatering. We know it's oh-so-much better after a night of drinking, and a McMuffin just doesn't seem complete without it. But, please, for the love of your hard-earned abs, say no to sausage. Just look at the amount of fat. Case closed.</p>	 <p>EGG M' MUFFIN serving: 1 calories: 290 fat: 11 g carbs: 30 g sugars: 2 g</p>		 <p>SAUSAGE AND EGG M' MUFFIN serving: 1 calories: 450 fat: 26 g carbs: 31 g sugars: 2 g</p>
<p>Vending Vice?</p> <p>If you have a little vending-machine habit, we're going to let you in on a little-known secret. Those seemingly healthy Ritz Bits cheese-filled sandwiches are a layer of fat disguised in a cute little package. Seek out the 100-calorie Wheat Thins snack packs instead.</p>	 <p>100 CALORIE PACK WHEAT THINS MINIS serving: 1 pack calories: 100 fat: 3 g carbs: 16 g fiber: 1 g sugars: 3 g</p>		 <p>RITZ BITS SANDWICHES serving: 1 pack calories: 230 fat: 13 g carbs: 25 g fiber: 1 g sugars: 6 g</p>

Fast Fact:

Take a good quality multi-vitamin/mineral supplement each morning. A recent survey by the American National Food Council found that not one person of the 21,500 people surveyed got their optimum recommended daily amount of vitamins.

FEATURE FOOD OF THE MONTH: SALBA

Step aside, flaxseed – there's a new grain in town and it's called salba. More than 500 years ago, salba was heavily consumed by the Aztecs, and it's finally back in style. What is it? A combination of ancient plant species called chia (as in Chia Pet), which belongs to the mint family. Salba is considered a functional food. For those of you who don't know what that means, its health benefits far surpass its nutritional value. Salba can be added to almost anything: oatmeal, yogurt, applesauce, smoothies and baked goods. Salba can absorb much more water than flaxseed, so you want to add it to other foods to keep you feeling full longer and avoid sudden cravings throughout the day. Visit www.salba.info for salba's nutritional value and a more complete list of its health benefits.