

We Name Names!

1 Artery Crust.



Judging by the label, **Marie Callender's Chicken Pot Pie** has 520 calories and 12 grams of saturated fat. But look again. Those numbers are for *half* a pie. Eat the entire pie, as most people probably do, and you're talking more than 1,050 calories and 24 grams of saturated fat (more than a day's worth).

2 Triple Bypass.

Can't decide what to pick from a restaurant menu? No worries. Now you can order not just one entrée, but two ... or three ... all at once. **Olive Garden's Tour of Italy** – Homemade Lasagna, Lightly Breaded Chicken Parmigiana, and Creamy Fettuccine Alfredo – comes with 1,450 calories, 33 grams of saturated fat, and 3,830 milligrams of sodium. Add a breadstick (150 calories) and a plate of Garden-Fresh Salad with dressing (350 calories) and you've hit 2,000 calories (an entire day's worth) in a single meal.

3 Salt's On!

Progresso Traditional, Vegetable Classics, and Rich & Hearty soups are brimming with salt: Half a can averages more than half of a person's daily quota of salt. Instead, try Progresso's Healthy Favorites reduced-sodium soups. All the flavor, but up to 50 percent less salt than other canned soups.

4 Extreme Ice Cream.

An average container of **Häagen-Dazs ice cream** squeezes half-a-day's saturated fat and a third-of-a-day's cholesterol (egg yolks) into your artery walls and makes a 300 calorie down-payment on your next set of fat cells – *if* you can stop at a petite half-cup!

5 Factory Reject.

The Cheesecake Factory Chris' Outrageous Chocolate Cake has "layers of moist chocolate cake, chewy brownie, toasted coconut pecan filling, and creamy chocolate chip coconut cheesecake." Each five-inch-high slice weighs three-quarters of a pound and has 1,550 calories and 32 teaspoons of sugar. By the time you hit the exit, your arteries have 43 grams of saturated fat circulating in them that they didn't have when you walked in. It's as though you had ordered *three* McDonald's Quarter Pounders for dessert.

6 Smooth Operators

"When you're looking for a healthy snack, try one of our Snack Right smoothies," says the Smoothie King web site. Many people assume that all smoothies are good for the body. But **Grape Expectations II**, one of **Smoothie King's** "Snack Rights," contains 550 calories in the 20-ounce size. That's bad enough. But what about those who order the 40-ouncer? There's nothing "right" about a 1,100 calorie snack!



7 Top Secret.

Popcorn alone is a good-for-you whole-grain snack ... but not when Pop Secret gets hold of it. **Pop Secret Movie Theater Butter Popcorn Snack Size Bags** has 9 grams of bad fat, 6 of which are trans, in just one snack-size bag (6 cups popped). Instead, try Orville Redenbacher's Smart Pop or Smart Balance Smart 'N Healthy, both of which are made with no partially hydrogenated oils.



8 Starbucks on Steroids.

The **Starbucks Venti (20 oz.) Caffè Mocha** with 2% milk and whipped cream is more than a mere cup of coffee. Think of it as a McDonald's Quarter Pounder in a cup. Few people have room in their diets for the 410 calories and 10 grams of saturated fat that this hefty beverage supplies. But you can lose almost all the bad fat and 130 calories if you order it with nonfat milk and no whipped cream.



9 Tortilla Terror.

Interested in a **Chipotle Chicken Burrito** (tortilla, rice, pinto beans, cheese, chicken, sour cream, and salsa)? Think of its 1,050 calories, 17½ grams of saturated fat, and 2,610 mg of sodium as two 6-inch Subway Steak and Cheese Subs, *plus* a scoop of Ben & Jerry's Chunky Monkey Ice Cream! Getting the burrito with no cheese or sour cream cuts the saturated fat to 6 grams, but you still end up with 830 calories and 2,400 mg of sodium. Yikes!



10 Stone Cold

Into the chocolate-dipped waffle bowl of a **Cold Stone Creamery Gotta Have It Founder's Favorite** goes, not just a 12-ounce, softball-sized mound of ice cream, but pecans, brownie pieces, fudge, and caramel. The tab: a startling 1,600 calories and 42 grams of saturated fat. That's roughly what you'd get if you polished off five single-scoop ice cream cones.



**Far better alternatives are available to you.
Turn the page for some healthier choices!**

DISCOVER MORE FOOD SECRETS!

10 Super Foods For Better Health!

At least one will surprise you ...

1 Sweet Potatoes.

A nutritional All-Star – one of the best vegetables you can eat. They're loaded with carotenoids, vitamin C, potassium, and fiber. Bake and then mix in some unsweetened applesauce or crushed pineapple for extra moisture and sweetness.

2 Grape Tomatoes.

They're sweeter and firmer than other tomatoes, and their bite-size shape makes them perfect for snacking, dipping, or salads. They're packed with vitamin C and vitamin A, and you also get some fiber, some phytochemicals, and (finally) great flavor.

3 Fat-free (Skim) or 1% lowfat Milk (but not 2% reduced fat).

An excellent source of calcium, vitamins, and protein with little or no artery-clogging fat and cholesterol. Likewise for low-fat yogurt. Soy milk can be just as nutritious – if the company fortifies it.

4 Broccoli.

It has lots of vitamin C, carotenoids, and folic acid. Steam it briefly and add a sprinkle of red pepper flakes and a sprinkle of lemon juice.

5 Wild Salmon.

The omega-3 fats in fatty fish like salmon can help reduce the risk of sudden-death heart attacks. And wild-caught salmon has less PCB contaminants than farmed salmon.

6 Crispbreads.

Whole-grain rye crackers, like Wasa, Ry Krisp, and Ryvita – usually called crispbreads – are loaded with fiber and often fat-free.

7 Microwaveable or Quick-Cooking Brown Rice.

Quick-cooking (10 minutes) or microwaveable (90 seconds) brown rice are easy to prepare and more nutritious than enriched white rice. When the grain is refined, you lose the fiber, magnesium, vitamins E and B-6, copper, zinc, and phytochemicals that are in the whole grain.

8 Citrus Fruits.

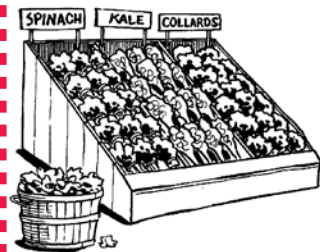
Great-tasting and rich in vitamin C, folic acid, and fiber. Perfect for a snack or dessert. Try juicy Minneola oranges, snack-size Clementines, or tart pink grapefruit.

9 Diced Butternut Squash.

Steam a sliced squash or buy diced butternut squash at the supermarket that's ready to go into the oven, a stir-fry, or a soup. It's an easy way to get payloads of vitamins A and C and fiber.

10 Spinach and Kale.

These standout leafy greens are jam-packed with vitamins A, C, and K, folate, potassium, magnesium, iron, lutein, and phytochemicals.



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