



Super Food Secrets

- **Sweet Potatoes:** Satisfy your starchy cravings! They're a good source of potassium and fiber.
 - *Prepare: Roast with a small amount of olive oil. Season with sweet or savory spices*
- **Mangos:** One cup of this super fruit will provide 100% of your daily vitamin C, 30% of your daily A, and 3 grams of fiber!
- **Unsweetened Greek Yogurt:** Use fat-free plain Greek yogurt for a creamy snack with 17 grams of protein in 6 oz.
 - *Prepare: Use in your morning parfait. Add plenty of berries and other fruits.*
- **Garbanzo Beans:** High in fiber, protein, copper, folate, iron, magnesium, potassium, and zinc. You get a lot of bang for your buck!
 - *Prepare: Use no-salt-added in your salads, soups, stews, even curry!*
- **Wild Salmon:** High in omega-3, this fish helps decrease risks for heart attacks and strokes.
- **Watermelon:** For 90 calories you get a 2 cup serving loaded with a third of your daily vitamins A and C, potassium, and lycopene.
- **Leafy Greens:** Kale isn't the only super leafy green. Switch it up with collards, spinach, turnip greens, mustard greens, and Swiss chard. Reap the benefits of vitamins A, C, and K, folate, potassium, magnesium, calcium, iron, lutein, and fiber.
 - *Prepare: Sauté in a small amount of olive oil*

Worst Offenders



- ◆ **Burger:** Five Guys hamburgers START at 700 calories and 100% of your daily saturated fat. Add 950 calories for a side of regular fries.
- ◆ **Coffee:** A Starbucks venti White Chocolate Mocha with 2% milk and whipped cream will put you back 580 calories and almost a quarter cup of sugar!
- ◆ **Burrito:** Chipotle Chicken Burrito with rice, pinto beans, cheese, chicken, sour cream, and salsa. It's the nutritional equivalent of six Taco Bell Chicken Soft Tacos.
- ◆ **Frozen Entree:** Stouffer's White Meat Chicken Pot Pie has more than your daily servings of saturated fat and sodium. Don't let the nutrition label fool you, there's two servings to this pie!

