

sneaky stuff in your food

That quickie snack you grab at the mall may have lots of hidden sugar, fat, or salt. But don't worry—it's easy to balance it out with better choices!

sneaky SUGAR...



A small Grape Expectations II Smoothie from Smoothie King

HAS AS MUCH SUGAR AS:

100 gummy bears



the lesson:

Smoothie chains add lots of sugar, which means **extra calories** you don't need—fruit is *naturally* sweet! So order an all-fruit smoothie if you're out (most chains have them on the menu!), or make your own at home with frozen fruit and juice!



Hungry Girl's Better Pick: **HG's Purple Passion Smoothie**

In a blender, puree a frozen banana (slice before freezing), 1/2 cup frozen blueberries, and 1/2 cup Tropicana light orange juice. Yum!

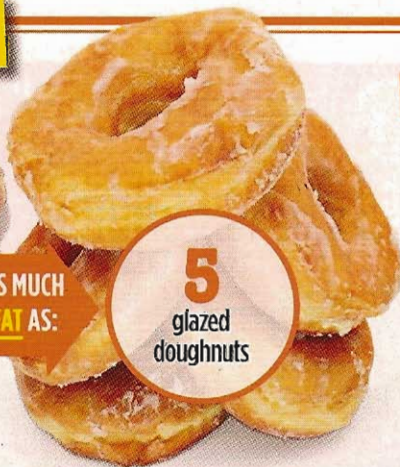
sneaky FAT...



A Blueberry Bagel with two packets of Cream Cheese from Dunkin' Donuts

HAS AS MUCH BAD FAT AS:

5 glazed doughnuts



the lesson:

Cream cheese is yummy and it adds a *little* protein to your breakfast. But it contains the same **unhealthy fat** that doughnuts do (and bagels are often smeared with a *double* or *triple* portion). Ask for light cream cheese on the side—and spread on a thin layer yourself!



Hungry Girl's Better Pick: **Kraft Bagel-fuls**

These Twinkie-shaped "bagels" are made with the perfect serving size of cream cheese already built in. The combo of carbs and protein will keep you full all morning!

sneaky SALT...



A Smoked Turkey Breast Sandwich on Country Bread from Panera

HAS AS MUCH SODIUM AS:

15 small orders of fast-food fries



the lesson:

A turkey sandwich is usually good for lunch on the go. But deli meats, especially the smoked kind, can have lots of sodium added to them, which can make you bloated and cause high blood pressure down the road. Oven-roasted turkey or grilled-chix sammies are better!



Hungry Girl's Better Pick: **Applegate Farms Natural Roasted Turkey Breast**

For your daily brown-bag lunch, choose a turkey that is labeled "low-sodium" or has 400 mg of sodium per serving or less, like this one!