



Beware of "Healthy" Foods... That Aren't

Food companies do an excellent job at marketing many foods as “healthy”, when in fact they may be high in calories, fats, sugars and additives. Since many marketing terms such as “natural” are not well regulated, it is sometimes hard to tell which items on the grocery store shelf are ACTUALLY good for you. The following is a list of foods which shouldn't be eaten regularly on a healthy diet:

➤ **Yogurt-Covered Raisins**

Raisins and yogurt are both good for you, so why wouldn't the two be healthy when combined? Raisins are high in calories and the “yogurt” covering is usually a yogurt-flavored candy coating.

➤ **Whole Wheat or Baked Chips**

These items may be higher in dietary fiber and lower in saturated fat, but the calorie content will still be high and the serving size low. As most people eat more than the standard 10-15 chip serving suggestion, it's easy to eat excess calories from this snack and get a large amount of undesirable sodium.

➤ **Granola**

Although the ingredients in granola can be healthy on their own, once put together they can become an excess source of nutrients. Some popular granolas contain almost 600 calories, 30 grams of fat and 65 grams of carbohydrate per cup! Choosing oatmeal and adding cinnamon and nuts on your own creates a higher protein, higher fiber, overall healthier option.

➤ **Fat-Free Italian Salad Dressing**

Oil-based salad dressings contain heart-healthy unsaturated fats, so opting for lower fat versions loses the cardio-protective benefits these foods contain. The healthy fat in these dressings also helps us better absorb the fat-soluble vitamins from the veggies in our salads! In addition, the lower fat versions often contain unhealthy extra sodium or sugar to improve the taste.



This Month's Featured Fruit & Vegetable:

SPINACH

Often touted as a “superfood”, spinach has numerous health benefits whether eaten raw or in cooked dishes.

High in Vitamins A, K, folate, manganese and carotenoids (lutein and zeaxanthin), spinach is good for eye health, heart health, the immune system and has potential cancer fighting benefits.

STRAWBERRIES

Also high in folate, strawberries can be helpful in preventing anemia. Try to consume berries when they are at their peak and picked recently (as berries begin to lose their nutrition as soon as they are picked). Look for brightly colored, plump, and unbroken fruit and avoid buying berry containers that have broken, stained, leaky, or moldy berries. Choose frozen berries if fresh berries are not available, however frozen berries tend to lose water and are best used in smoothies and berry sauces, or for cooking or