

10 Foods You Should Never Eat!

1 Artery Crust.



Judging by the label, **Pepperidge Farm Original Flaky Crust Roasted Chicken Pot Pie** has 510 calories and 9 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 1,000 calories and 18 grams of sat fat. Then add the 13 grams of hidden trans fat (from the partially hydrogenated vegetable shortening) in each pie and you're up to 31 grams of artery-clogging fat — that's far more than a day's allotment.

2 Strip Tease.



McDonald's Chicken Selects Premium Breast Strips sounds healthy. In fact, ounce for ounce, the Selects are no healthier than the chain's Chicken McNuggets. A standard, five-strip order has 630 calories and 11 grams of artery-clogging fat. That's about the same as a Big Mac, except the burger has 1,010 mg of sodium, while the Selects hit 1,550 mg, even without the salty sauce.

3 Factory Reject.



Each slice of **The Cheesecake Factory's 6 Carb Cheesecake** has 610 calories — that's the same as you'd get from a slice of their Original Cheesecake. Think of it as an 8-ounce prime rib for dessert — with 29 grams of saturated fat, 1½ days' supply. The next time you step on the bathroom scale, you may never know that the carbs were missing.

4 Everlasting Dove.



Dove squeezes some 300 calories and 8 to 13 grams of saturated fat (half-a-day's worth) into a tennis-ball size serving (half a cup) of its **Dove Ice Cream**. That puts it in the same ballpark as Ben & Jerry's and Häagen-Dazs. With names like "Unconditional Chocolate," Dove is trying to link chocolate with romance. A scoop of its ice cream will fill your heart all right ... but not with love.

5 Out in Left Field.



No one expects a Mrs. Fields cookie to be good for you, but who would guess that a single **Mrs. Fields Milk Chocolate & Walnuts cookie** has more than 300 calories and as much saturated fat as a 12-ounce sirloin steak? It's also got six teaspoons of sugar. If you can't resist Mrs. Fields, share the smallest bag of Nibblers (six half-ounce cookies) with a friend. Or walk a few feet and look for a piece of fruit at another store instead.

6 Starbucks on Steroids.

The **Starbucks Venti (20 oz.) Caffè Mocha** with whipped cream is more than a mere cup of coffee. Think of it as a Quarter Pounder with Cheese in a cup. Few people have room in their diets for the 490 calories and 16 grams of bad fat that this hefty beverage supplies. But you can lose all the bad fat and all but 170 calories if you order a tall (12 oz.) with nonfat milk and no whipped cream.



7 Stack Attack.

Unless you're suicidal, why on earth would you want to wolf down a **Burger King Quad Stacker** — 4 hamburger patties, 4 slices of cheese, 8 strips of bacon, plus sauce and a bun? That's half-a-day's calories (1,000), one-and-a-half-days' worth of saturated fat (30 grams), 3 grams of trans fat, and more than a day's sodium (1,800 mg). Urp!



8 Salt's On!

Campbell's Chunky, Select, and red-and-white-label condensed soups are brimming with salt: Half a can averages more than half of a person's daily quota of salt. Instead, try brands like Healthy Choice and Campbell's Healthy Request, which have less than half as much sodium.



9 Tortilla Terror.

Interested in a **Chipotle Chicken Burrito** (tortilla, rice, pinto beans, cheese, chicken, sour cream, and salsa)? Think of its 1,180 calories and 19 grams of saturated fat as *three* 6-inch Subway Steak and Cheese Subs. Getting the burrito with no cheese or sour cream cuts the saturated fat by two-thirds, but you still end up with 950 calories. Yikes!



10 Razzle, Dazzle 'em.

A **Mint Chip Dazzler** at Häagen-Dazs stores (three scoops of ice cream, hot fudge, Oreos, chocolate sprinkles, and whipped cream) has 1,270 calories and 38 grams of saturated fat — that's two days' worth. Think of it as a portable T-bone steak with Caesar salad, and baked potato with sour cream. But that's dinner — yet many people have a Dazzler as a dessert after lunch and dinner!



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

DISCOVER MORE FOOD SECRETS!

Ten 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. Mix in unsweetened applesauce or crushed pineapple for extra moisture and sweetness.



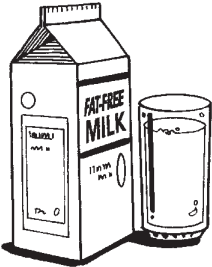
2 Grape Tomatoes.

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) some flavor.



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

Excellent source of calcium, vitamins, and protein with little or no artery-clogging fat and cholesterol. Ditto for unflavored, low-fat yogurt. Soy milk can have just as many nutrients – if the company adds them.



4 Broccoli.

Lots of vitamin C, carotenoids, and folic acid.



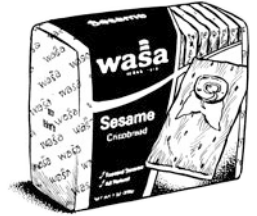
5 Wild Salmon.

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



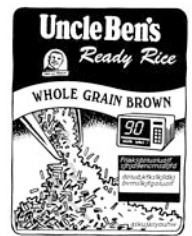
6 Crispbreads.

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



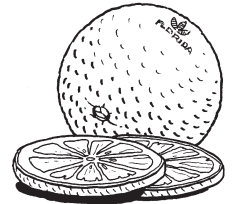
7 Microwaveable or "10-minute" Brown Rice.

Enriched white rice is nutritionally bankrupt. You lose the fiber, magnesium, vitamins E and B-6, copper, zinc, and who-knows-what phytochemicals that are in the whole grain. Try quick-cooking or regular brown rice instead.



8 Citrus Fruits.

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



9 Diced Butternut Squash.

A growing number of food stores sell peeled, seeded, cut, and ready to go – into the oven, into a stir-fry, or into a soup or risotto, that is – bags of diced butternut squash. Every half cup has 5 grams of fiber and payloads of vitamins A and C.



10 Pre-washed, Pre-cut Bags of Greens.

Greens like kale, spinach, and broccoli rabe are nutritional power houses. Most are loaded with vitamin C, carotenoids, calcium, folate, potassium, and fiber. Now it's easy to squeeze healthy greens into your busy schedule.



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