

MAY 2012

MONTHLY NEWSLETTER

HEART SMART

Newsletter



5 foods...you are tricking yourself into believing are healthy and could be the reason why you aren't losing any weight.

Canned Veggies



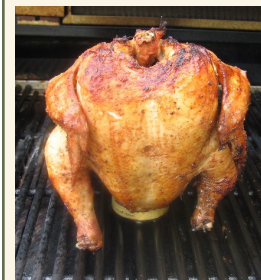
Organic or not, canned veggies are loaded with sodium. Salt is used to preserve the product and it's not unusually for a can to have at least 300 milligrams. Most companies offer a "no salt added" option so pick that instead.

Frozen Fruit



Sugar is added when fruit is frozen so the color and taste remains "fresh." Read the ingredient list and make sure it says fruit and water ONLY.

CHICKEN



Stick with the white meat parts of the chicken and you'll save calories and fat grams. The breast is the healthiest part of the chicken and NEVER eat the skin...nothing but fat.

YOGURT



Flavored yogurt is loaded with extra sugar, carbs and calories. If you look at the container you'll find the second ingredient is sugar or high fructose corn syrup. A small container can have between 20-35 grams of sugar. Eat plain yogurt and add fresh fruit for extra taste and skip the sugar!

WHEAT BREAD



Be sure you read the bread label carefully. "Wheat flour" is NOT the same as "whole wheat." Just because bread is wheat based does not mean it isn't refined. The words "whole wheat" are absolutely essential.