## HEALTH

WELLNESS, FITNESS, NUTRITION—AND THE LATEST RESEARCH

## GRAB AND GO

## **Nutrition Facts**

Serving Size 1 cup (236mL) Servings Per Container 8

Calories 90	Fat Cal 0
	% Daily Value*
Total Fat	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Potassium 370mg	11%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Proteins 8g	
Vitamin A 10% Vitamin C	0%
Calcium 30% Iron 0% Vitan	nin D 25%

Check the protein and calcium. Look for regular 6-ounce yogurts with 5 to 6 grams of satiating protein and 5-ounce Greek flavors with around 12. Be aware, though, that Greek versions have about 70 mg less calcium—something to consider if your family doesn't get enough dairy. When buying nut, rice or soy milk, make sure it's fortified with calcium and vitamin D.

**Stick to skim.** Nonfat, or at least low-fat, is a top choice for most dairy products, especially if you're watching your weight. To absorb all nutrients, pair these choices with foods like nuts, seeds, olive oil or fruit.

Consider hormone-free products. Some dairy farmers use hormones to increase milk production. While there's little research on how this might affect humans, if it concerns you, check the packaging for the organic seal or a statement similar to "from cows not treated with rbST."

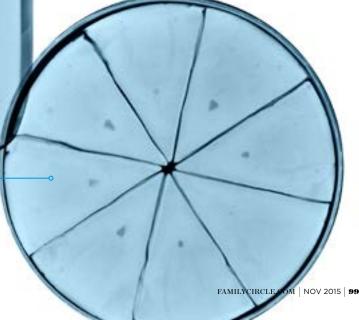
Go for full-fat cheese. Just be sure to savor it in small portions. Fermented foods, like most cheeses, actually promote gut health. See through confusing food labels and pick the healthiest products with our quick tips.

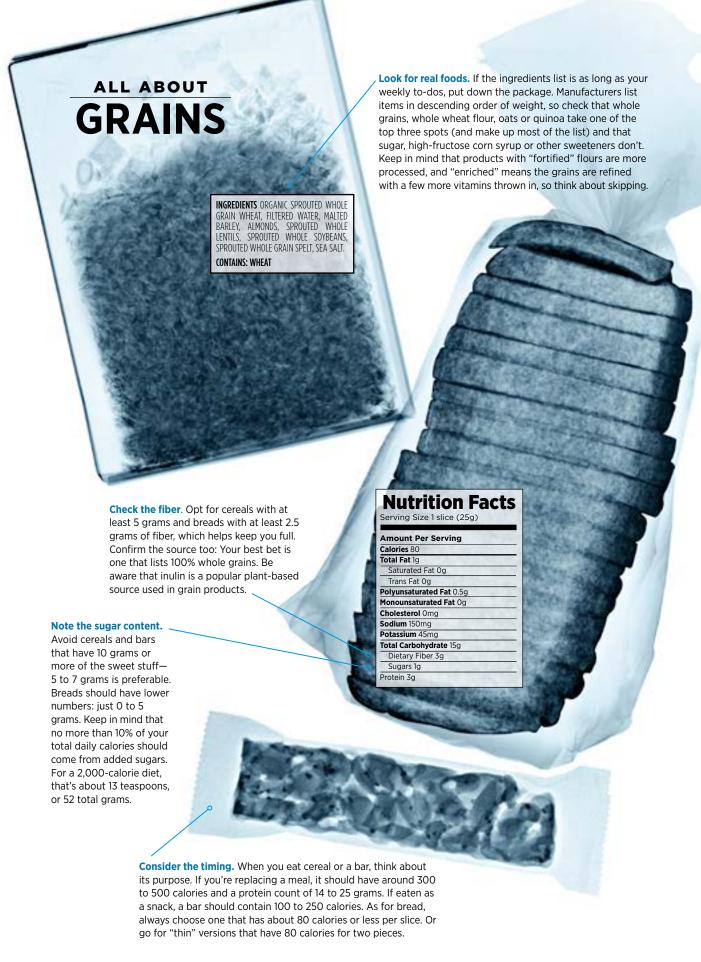
BY MALLORY CREVELING

PHOTOGRAPHY BY DAVID ARKY

DAIRY

Limit sugar. Divide the number of grams of sugar by four to visualize the number of teaspoons you're consuming in a single serving. Look for no more than 3 teaspoons (12 grams) per serving of regular yogurt and about 4 teaspoons (15 to 16 grams) in Greek. If it passes that test, check the ingredients: A fruity yogurt should list fruit. If not, don't buy it. A better choice: plain yogurt mixed with fresh fruit. Also, choose unsweetened brands of cow's-milk alternatives.







## Frozen **Dinner Dos**

Avoid highly processed dinners whenever possible. For the nights you need something quick, pair a packaged meal with a fresh salad filled with fruits and veggies. Brands that'll satisfy nutritional needs include Evol, Lean Cuisine Marketplace and Healthy Choice but that doesn't include their entire line, so you still have to check the labels. Here's what to look for:

- Less than 10 grams of fat
- More than 5 grams of fiber
- No more than 800 mg of sodium
- Meals made with whole ingredients

means the birds have access to the outdoors, or look for "no antibiotics administered." Poultry labeled "certified humane" also meets stricter standards for animal treatment but may be pricier.

**RED MEATS.** The more marbling, the more fat. Opt for lean, trimmed beef with little white fat showing.