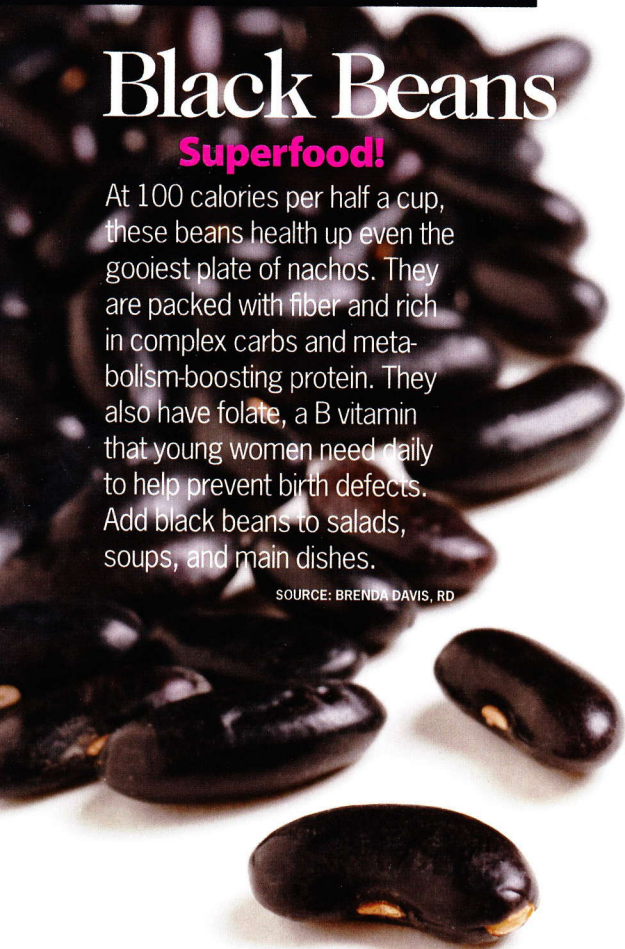


Black Beans

Superfood!

At 100 calories per half a cup, these beans health up even the gooiest plate of nachos. They are packed with fiber and rich in complex carbs and metabolism-boosting protein. They also have folate, a B vitamin that young women need daily to help prevent birth defects. Add black beans to salads, soups, and main dishes.

SOURCE: BRENDA DAVIS, RD



A Powerhouse Nutrient You Aren't Getting Enough Of

A recent study found that more than half of all adults don't get enough vitamin D, which is crucial for bone health and fighting infections. But don't buy into the hype that you must bake in the sun sans sunscreen or schedule time at a tanning salon to get your RDA of D—it is totally not true and will backfire by damaging your skin and possibly leading to skin cancer. Instead, meet your requirement the tasty way by consuming lots of fatty fish, like salmon and sardines, and/or fortified cereals, orange juice, and milk.

SOURCE: ERIN PALINSKI, RD



Q&A

"How can I curb afternoon cravings?"

At breakfast and lunch, eat more protein; it'll keep you full longer so that 3 p.m. snack jones doesn't drive you to the office vending machine, says nutritionist Susan Dopart, RD, coauthor of *A Recipe for Life by the Doctor's Dietitian*. A few ideas: Put peanut butter on whole-wheat toast for breakfast, and add chicken breast, chickpeas, sunflower seeds, or goat cheese to your lunch salad.



FAST FACT

Even when a label claims a food is a "good source" of a nutrient, it may not be. By law, a serving has to supply only 10 percent of your daily allowance of that nutrient.

SOURCE: MOLLY KIMBALL, RD, OCHSNER CLINIC FOUNDATION, NEW ORLEANS

FOOD FIGHT

Turkey Club on Whole Wheat

VS.

Turkey and Swiss on Whole Wheat



CALORIES: 600 FAT: 35 grams

It has complex carbs, lean protein, and vitamins A and C from the tomato slices. But it's also topped with bacon and mayo, both loaded with saturated fat, plus an extra slice of bread you don't need.



CALORIES: 390 FAT: 8.5 grams

A slice or two of Swiss jacks this sandwich's fat count, but it's worth it because it also supplies a serving or two of calcium. To further lower the fat and calories, hold the mayo and get it with mustard instead.

SOURCE: HEATHER MANGIERI, RD, SPOKESPERSON FOR THE AMERICAN DIETETIC ASSOCIATION