

seventeen

AMAZING

Twilight Exclusive

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sneaky stuff in your food

That quickie snack you grab at the mall may have lots of hidden sugar, fat, or salt. But don't worry—it's easy to balance it out with better choices!

sneaky SALT...



A Smoked Turkey Breast Sandwich on Country Bread from Panera

HAS AS MUCH SODIUM AS:



15 small orders of fast-food fries

the lesson:

A turkey sandwich is usually good for lunch on the go. But deli meats, especially the smoked kind, can have lots of sodium added to them, which can make you bloated and cause high blood pressure down the road. Oven-roasted turkey or grilled-chix sammies are better!



Hungry Girl's Better Pick:
Applegate Farms Natural Roasted Turkey Breast
For your daily brown-bag lunch, choose a turkey that is labeled "low-sodium" or has 400 mg of sodium per serving or less, like this one!