**ROTC**

**Nutrition Guide**

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**10 Tips to Stay in Shape**

1. Be a gym rat
2. Sometimes it can feel nearly impossible to get yourself in shape.
3. Try to find out exactly how you can improve your fitness routine by talking to SASI or ASI.
4. Set realistic goals
5. Make a list of short and long term goals. This will keep you motivated to accomplish them and to stay focus.
6. Be specific
7. Do you want to lose weight?
8. Build muscle?
9. Or just stay in shape?
10. Have fun
11. Working out should be enjoyable.
12. To have fun do a variation of exercises with a friend.
13. Watch your form.
14. To achieve the best results and stay injury free keep a good form.
15. Example: when doing pushups keep your butt down so you can get good results and stay injury free.
16. Be patient
17. About 90 days you should start seeing results.
18. Example: jeans a little loser. Quality of sleep. And you feel good all around ☺
19. Bad days happen
20. You are going to have some off-days but just get right back on track.
21. Going solo.
22. Be consistent.
23. Exercise on the same days every week you will be more likely not to miss a day.
24. Eat right.
25. Follow your diet and/or nutrition guide.
26. Keep a good journal, this way you will become more aware of your food choices.
27. Make sure to sleep
28. Good sleeping habits are mentally and physically great for you.
29. If you do not rest your muscles properly before and after a good workout you will risk an injury.

\*for number 9 Google search “online interactive menu planner” and keep track that way. <http://hp2010.nhlbihin.net/menuplanner/menu.cgi>

**Fast Food Calories List**

\*it’s best to stay away from fast food but here is a calories list so you can keep track of your calories.

|  |  |  |
| --- | --- | --- |
| **Subway Calorie Chart** | **Cal.** | **Total Fat** |
| Original Recipe Chicken-Whole Wing  Original Recipe Chicken Breast  Original Recipe Chicken Breast w/o Skin or Breading  Original Recipe Drumstick  Original Recipe Thigh  Extra Crispy Chicken-Whole Wing  Extra Crispy Chicken Breast  Extra Crispy Drumstick  Extra Crispy Thigh  Hot and Spicy Chicken-Whole Wing  Hot and Spicy Chicken Breast  Hot and Spicy Drumstick  Hot and Spicy Thigh  Crispy Strips (3 pc.)  HBBQ Sauced Boneless Wings  Popcorn Chicken - Kids  Popcorn Chicken - Individual  Popcorn Chicken - Large  Chicken Pot Pie  HBBQ Wings Sauced (6 pc.)  Hot Wings  Biscuit  Green Beans  Mashed Potatoes w/o Gravy  Mashed Potatoes with Gravy  Maccaroni and Cheese  Potato Wedges (small)  Corn on the Cob (3")  Corn on the Cob (5.5")  BBQ Beans  Potato Salad  Cole Slaw  Original Recipe Sandwich with Sauce  Original Recipe w/o Sauce  TC Sandwich with Sauce  TC Sandwich w/o Sauce  Zinger Sandwich with Sauce  Zinger Sandwich w/o Sauce  TR Sandwich with Sauce  TR Sandwich w/o Sauce  HBBQ Sandwich  Twister  Double Chocolate Chip Cake  Lil' Bucket Fudge Brownie  Lil' Bicket Lemon Creme  Lil' Bucket Chocolate Cream  Strawberry Creme Pie Slice  Lil' Bucket Strawberry Shortcake  Pecan Pie Slice  Apple Pie Slice  Lemon Meringue Pie  Cherry Cheesecake Parafait  Pepsi (small)  Pepsi (medium)  Pepsi (large)  Diet Pepsi (small)  Diet (medium)  Diet (large)  Mt. Dew (small)  Mt. Dew (medium)  Mt. Dew (large) | 150  380  140  140  360  190  460  160  370  180  460  150  400  400  600  270  450  660  770  540  450  190  50  110  120  130  240  70  150  230  180  190  450  320  670  540  680  540  390  260  300  670  400  270  400  270  270  200  370  270  310  300  140  180  280  0  0  0  150  190  300 | 9  19  39  8  25  12  28  19  26  11  27  9  28  24  28  18  30  44  40  33  29  10  1.5  4  4.5  6  12  1.5  3  1  9  11  27  13  40  26  41  26  19  5  6  38  29  9  14  13  12  6  15  9  11  11  0  0  0  0  0  0  0  0  0 |



|  |  |  |
| --- | --- | --- |
| **McDonald's** | **Calories** | **Total Fat** |
| Hamburger Cheeseburger Quarter Pounder Quarter Pounder w/ Cheese Big Mac Big N' Tasty Big N' Tasty w/ Cheese Crispy Chicken Sandwich Filet-O-Fish Chicken McGrill Chicken McGrill Plain w/ No Mayonnaise Small French Fries Medium French Fries Large French Fries Super Size French Fries 4 Piece Chicken Nuggets 6 Piece Chicken Nuggets 9 Piece Chicken Nuggets Hot Mustard (1 pkg.) Barbecue Sauce (1 pkg.) Sweet N' Sour Sauce (1 pkg.) Honey (1 pkg.) Honey Mustard (1 pkg.) Light Mayonnaise Chef Salad Garden Salad Grilled Chicken Cesar Salad Croutons (1 pkg.) McSalad Dressings-Caesar McSalad Dressings-Fat Free Vinaigrette McSalad Dressings-Honey Mustard McSalad Dressings-Ranch McSalad Dressings-Reduced Cal. Red French McSalad Dressings-1000 Island Egg McMuffin Sausage McMuffin Sausage McMuffin w/ Egg English Muffin Sausage Biscuit Sausage Biscuit w/ Egg Bacon, Egg & Cheese Biscuit Biscuit Ham, Egg & Cheese Bagel Spanish Omelet Bagel Steak, Egg & Cheese Bagel Sausage Scrambled Eggs Hash Browns Hotcakes (plain) Hotcakes (Margarine 2 pats & Syrup) Sausage Breakfast Burrito Lowfat Apple Bran Muffin Apple Danish Cheese Danish Cinnamon Roll Fruit 'n Yogurt Parfait Fruit 'n Yogurt Parfait (w/o granola) Vanilla Reduced Fat Ice Cream Cone Strawberry Sundae Hot Caramel Sundae Hot Fudge Sundae Buts (Sundaes) Butterfinger McFlurry M&M McFlurry Nestle Crunch McFlurry Oreo McFlurry Baked Apple Pie Chocolate Chip Cookies (1 bag) McDonaldland Cookies Vanilla Shake- small Chocolate Shake- small Strawberry Shake- small 1% Low fat Milk Orange Juice  Coca-Cola Classic Child (12 oz.) Coca-Cola Classic Small (16 oz.) Coca-Cola Classic Medium (12 oz.) Coca-Cola Classic Large (32 oz.) Coca-Cola Classic Super Size (42 oz.)  Diet Coke Child (12 oz.) Diet Coke Small (16 oz.) Diet Coke Medium (12 oz.) Diet Coke Large (32 oz.) Diet Coke Super Size (42 oz.)  Sprite Child (12 oz.) Sprite Small (16 oz.) Sprite Medium (12 oz.) Sprite Large (32 oz.) Sprite Super Size (42 oz.)  Hi-C Orange Drink Child (12 oz.) Hi-C Orange Drink Small (16 oz.) Hi-C Orange Drink Medium (12 oz.) Hi-C Orange Drink Large (32 oz.) Hi-C Orange Drink Super Size (42 oz.) | 280 330 430 530 590 540 590 550 470 450 340 210 450 540 610 190 290 430 60 45 50 45 50 45 150 100 100 50 150 35 160 170 130 130 290 360 440 140 410 490 480 240 550 690 700 170 160 130 337 600 290 300 340 400 390 380 280 150 290 360 340 40 620 630 630 570 260 280 230 360 360 360 100 80  110 150 210 310 410  0 0 0 0 5  110 150 210 310 410  120 160 240 350 460 | 10 14 21 30 34 32 37 27 26 18 7 10 22 26 29 11 17 25 3.5 0 0 0 4.5 4.5 8 6 2.5 1 13 0 11 18 6 9 12 23 28 2 28 33 31 11 23 38 35 16 11 8 8 17 16 3 15 21 18 5 4 4.5 7 10 12 3.5 22 23 24 20 13 14 8 9 9 9 2.5 0  0 0 0 0 0  0 0 0 0 0  0 0 0 0 0  0 0 0 0 0 |

|  |  |  |
| --- | --- | --- |
| **Burger King** | **Calories** | **Total Fat** |
| Biscuit Biscuit w/ Whipped Butter Biscuit w/ Grape Jam Biscuit w/ Strawberry Jelly Biscuit w/ Egg Biscuit w/ Sausage Biscuit w/ Sausage, Egg and Cheese Croissan'wich w/Sausage & Cheese Croissan'wich w/Sausage, Egg and Cheese French Toast Sticks (5 Sticks) Cini-Minis (without Vanilla Icing) 4 rolls Small Hash Browns Large hash Browns Dr. Pepper- 16 oz. Dr. Pepper 22 oz. Dr. Pepper 32 oz. Strawberry Shake- Small Syrup Strawberry Shake- Medium Syrup Vanilla Shake- Small Vanilla Shake- Medium Chocolate Shake- Small Chocolate Shake- Small Syrup Added Chocolate Shake- Medium Chocolate Shake- Medium Syrup Added Frozen Minute Made Cherry- Large Frozen Minute Made Cherry- Medium Dutch Apple Pie Large French Fries, no salt Large French Fries, salt Medium French Fries, no salt Medium French Fries, salt French Fries, no salt French Fries, salt Hershey's Sundae Pie Jalapeno Poppers- 4 piece Mozzarella Sticks- 4 piece Child's Size Onion Rings King's Size Onion Rings Medium Size Onion Rings Bacon Cheeseburger Bacon Double Cheeseburger BK Big Fish Sandwich BK Broiler Chicken Sandwich Bull's Eye BBQ Deluxe Sandwich Cheeseburger Chicken Club Sandwich Chicken Sandwich Chicken Tenders- 4 piece Chicken Tenders- 5 piece Chicken Tenders- 6 piece Chicken Tenders- 8 piece Double Cheeseburger Double Hamburger Double Whopper Sandwich Double Whopper w/Cheese Sandwich Hamburger Whopper Jr. Sandwich Whopper Jr. w/Cheese Whopper Whopper w/Cheese Chicken Tenders Sandwich | 300 325 330 330 390 510 645 415 505 390 440 240 390 180 250 370 390 500 330 440 340 400 440 500 460 370 340 540 540 370 370 230 230 310 230 290 190 530 330 425 650 700 550 415 385 710 660 170 220 250 340 610 510 910 1010 340 410 455 670 770 450 | 15 19 15 15 22 35 46 29 36 20 23 15 25 0 0 0 6 8 6 8 6 6 8 8 0 0 14 25 25 17 17 11 11 18 13 16 9 26 16 23 40 38 25 24 20 43 39 9 12 14 19 37 29 57 65 16 24 28 39 47 27 |

|  |  |  |
| --- | --- | --- |
| **Subway** | **Calories** | **Fat g** |
| BMT (6") Cold Cut Trio (6") Meatball (6") Seafood & Crab (6") Steak & Cheese (6") Subway Melt (6") Tuna (6") Asia go Caesar Chicken (6") Horseradish Roast Beef (6") Southwest Steak & Cheese (6") Horseradish Steak & Cheese (6") Honey Mustard Turkey w/Cucumber (6") Southwest Chicken (6") Caesar Italian BMT (6") Ham (6") Roast Beef (6") Roasted Chicken Breast (6") Subway Club (6") Turkey Breast (6") Turkey Breast & Ham (6") Veggie Delight (6")  Deli Sandwiches Ham Sandwich Roast Beef Sandwich Tuna Sandwich Turkey Breast Sandwich  Wraps Asia go Caesar Chicken Wrap Turkey Breast & Bacon Wrap Steak and Cheese Wrap  Breakfast Sandwiches Cheese & Egg Sandwich Bacon & Egg Sandwich Ham & Egg Sandwich Western Egg Sandwich  Salads BMT Salad Cold Cut Trio Salad Meatball Salad Seafood & Crab Salad Steak & Cheese Salad Subway Melt Salad Tuna Salad Ham Salad Roast Beef Salad Subway Club Salad Turkey Breast & Ham Salad Turkey Breast Salad Veggie Delight Salad Roasted Chicken Breast Salad  Cookies Chocolate Chip Cookie Oatmeal Raisin Cookie Peanut Butter Cookie M & M White Macadamia Nut Cookie Sugar Cookie Chocolate Chunk Cookie Double Chocolate Cookie  Soups (1 cup) Soup - Roasted Chicken Noodle Soup - Vegetable Beef Soup - Golden Broccoli Cheese Soup - Cream of Potato with Bacon Soup - Cheese with Ham and Bacon Soup - Minestrone Soup - New England Style Clam Chowder Soup - Chicken and Dumpling Soup - Potato Cheese Chowder Soup - Tomato Bisque Soup - Brown and Wild Rice with Chicken Soup - Black Bean Soup - Hearty Chili Beef Soup - Cream of Broccoli Berry Lishus Fruizle Sunrise Refresher Fruizle Pineapple Delight Fruizle Peach Pizazz Fruizle | 456 415 501 378 362 384 419 391 404 412 468 275 362 533 261 267 291 296 254 267 200   210 223 325 215   413 321 353   317 321 338 300   275 234 320 197 181 203 238 112 117 146 117 105 50 137   215 201 221 215 221 227 217 209   90 90 180 210 230 70 140 130 210 90 190 180 250 130 113 119 133 103 | 24 20 25 16 13 15 21 15 17 18 22 3.5 13 31 4.5 4.5 5 5 3.5 4.5 2.5   4 4.5 16 3.5   15 7 9   15 16 14 12   19 15 20 11 8 10 16 3 3 3.5 3 2 1 3   10 8 12 10 11 12 10 10   4 1.5 12 12 16 1 4.5 4.5 10 2.5 11 4.5 7 7 0 0 0 0 |

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| --- | --- | --- |
| **Taco Bell****Calorie Chart** Crunchy Taco Fresco Style  Beef Soft Taco Fresco Style  Ranchero Chicken Soft Taco Fresco Style  Grilled Steak Soft Taco Fresco Style  Beef Baja Gordita Fresco Style  Chicken Baja Gordita Fresco Style  Steak Baja Gordita Fresco Style  Bean Burrito Fresco Style Fresco Style  Chicken Burrito Supreme Fresco Style  Steak Burrito Supreme Fresco Style  Chicken Fiesta Burrito Fresco Style  Tostada  Beef Enchirito  Chicken Enchirito  Steak Enchirito  Grande Soft Taco  Double Decker Taco  1/2 Pound Bean Burrito Especial  1/2 Pound Beef Combo Burrito  1/2 Pound Beef & Potato Burrito  Cheesy Fiesta Potatoes  Caramel Apple Empanada  Crunchy Taco  Taco Supreme  Beef Soft Taco  Ranchero Chicken Soft Taco  Beef Soft Taco Supreme  Chicken Soft Taco Supreme  Grilled Steak Soft Taco  Double Decker Taco Supreme  Beef Chalupa Supreme  Chicken Chalupa Supreme  Steak Chalupa Supreme  Beef Chalupa Baja  Chicken Chalupa Baja  Steak Chalupa Baja  Beef Chalupa Nacho Cheese  Chicken Chalupa Nacho Cheese  Steak Chalupa Nacho Cheese  Beef Gordita Supreme  Chicken Gordita Supreme  Steak Gordita Supreme  Beef Gordita Supreme  Chicken Gordita Baja  Steak Gordita Baja  Beef Gordita Nacho Cheese  Chicken Gordita Nacho Cheese  Steak Gordita Nacho Cheese  Bean Burrito  7-Layer Burrito  Chili Cheese Burrito  Beef Burrito Supreme  Chicken Burrito Supreme  Steak Burrito Supreme  Beef Fiesta Burrito  Chicken Fiesta Burrito  Steak Fiesta Burrito  Beef Grilled Stuff Burrito  Chicken Grilled Stuff Burrito  Steak Grilled Stuff Burrito  Beef Enchirito  Chicken Enchirito  Steak Enchirito  Nachos  Nachos Supreme  Nachos Bell Grande  Pintos n Cheese  Mexican Rice  Cinnamon Twists  Zesty Chicken Border Bowl w/ Dressing  Zesty Chicken Border Bowl w/o Dressing  Southwest Steak Bowl  Tostada  Mexican Pizza  MexiMelt  Fiesta Taco Salad  Taco Salad with Salsa w/o Shell  Express Taco Salad with Chips  Cheese Quesadilla  Chicken Quesadilla  Steak Quesadilla | **Cal.**  150   190   170   170   250   230   230   350   350   350   350   200  270  250  250  450  340  600   470   530   280  290  170  220  210  270  260   230  280   380  390   370  370   430  400  400  380  350   350   310   290   290  350  320  320  300  270   270   370   530  390  440  410  420   390  370  370  730  680  680  380   350   360  320  450   780  180  210  160  730  500  700  250  550  290  870  500  620  490   540   540  540  540  540 | **Total Fat**   7   8   4.5   5   9   5   7   8   8   9   9   6  9  5  7  21  14  21   19   24   18  15  10  14  10  15  14   10  17   18  24   20  22   27  24  25  22  18   19   16   12   13  19  15  16  13  10   11   10   21  18  18  14  16   15  12  13  33  26  28  18   14   16  19  26   43  7  10  5  42  19  32  10  31  16  48  26  31  28   30   31  31  31  31 |

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| --- | --- | --- |
| **Wendy's** | **Calories** | **Total Fat** |
| Classic Single W/ Everything Big Bacon Classic Jr. Hamburger Jr. Cheeseburger Jr. Bacon Cheeseburger Jr. Cheeseburger Deluxe Hamburger, Kids Meal Cheeseburger, Kids Meal Grilled Chicken Sandwich Chicken Breast Fillet Sandwich Chicken Club Sandwich Spicy Chicken Sandwich Junior Frosty, 6 oz. Small Frosty, 8 oz. Medium Frosty, 8 oz. Cola Soft Drink Diet Cola Soft Drink Lemon Lime Soft Drink Kids Meal French Fries Medium French Fries Biggie French Fries Great Biggie French Fries 10 oz. Plain Potato Bacon and Cheese Potato Broccoli and Cheese Potato Sour Cream and Chives Potato Whipped Margarine on Potato Small Chili, 8 oz. Large Chili, 12 oz. Chili w/ Cheddar Cheese 5 Piece Chicken Nuggets 4 Piece Kids Meal Barbecue Sauce Honey Mustard Sauce Sweet and Sour Sauce Saltine Crackers (2 pk for Chili) | **Calories** 410 580 270 310 380 350 270 310 300 430 470 410 170 330 440 312 312 312 270 420 470 570 310 530 470 370 70 210 310 70 230 190 45 130 50 | 19 30 9 12 19 16 9 12 7 16 20 14 4 8 11 0 0 0 13 20 23 27 0 17 14 5 7 7 10 6 16 13 0 12 0 0.5 |

**Food Guide Pyramid**

\*go to <http://www.mypyramid.gov/mypyramid/index.aspx> you put in your weight and height and it will give you your own food plan to go by. This is mine that I try to go by but you should go this website and see what your will say.

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| --- |
| Daily Food Plans |

|  |  |
| --- | --- |
| Eat these amounts from each food group daily. This plan is a **2200** calorie food pattern. It is based on average needs for someone like you. (A **17** year old **female**, **5** feet **4** inches tall, **134** pounds, physically active **30 to 60 minutes** a day.) Your food needs also depend on your rate of growth and other factors. See a health care provider who can track your height and weight over time to identify your specific needs. | |
| |  |  |  | | --- | --- | --- | | [Grains](http://www.mypyramid.gov/pyramid/home_grains.html) | 7 ounces | [tips](http://www.mypyramid.gov/pyramid/grains_tips.html) | | [Vegetables](http://www.mypyramid.gov/pyramid/home_vegetables.html) | 3 cups | [tips](http://www.mypyramid.gov/pyramid/vegetables_tips.html) | | [Fruits](http://www.mypyramid.gov/pyramid/home_fruits.html) | 2 cups | [tips](http://www.mypyramid.gov/pyramid/fruits_tips.html) | | [Milk](http://www.mypyramid.gov/pyramid/home_milk.html) | 3 cups | [tips](http://www.mypyramid.gov/pyramid/milk_tips.html) | | [Meat & Beans](http://www.mypyramid.gov/pyramid/home_meat.html) | 6 ounces | [tips](http://www.mypyramid.gov/pyramid/meat_tips.html) |   Click the food groups above to learn more.   |  | | --- | | **1 Make Half Your Grains Whole** | | Aim for at least 3.5 ounces of [whole grains](http://www.mypyramid.gov/pyramid/grains.html) a day. |      |  | | --- | | **2 Vary Your Veggies** | | Aim for this much every week:  [Dark Green Vegetables](http://www.mypyramid.gov/pyramid/vegetables.html) = 3 cups weekly [Orange Vegetables](http://www.mypyramid.gov/pyramid/vegetables.html) = 2 cups weekly [Dry Beans & Peas](http://www.mypyramid.gov/pyramid/vegetables.html) = 3 cups weekly [Starchy Vegetables](http://www.mypyramid.gov/pyramid/vegetables.html) = 6 cups weekly [Other Vegetables](http://www.mypyramid.gov/pyramid/vegetables.html) = 7 cups weekly |      |  | | --- | | [**Oils**](http://www.mypyramid.gov/pyramid/oils.html) **&** [**Discretionary Calories**](http://www.mypyramid.gov/pyramid/discretionary_calories.html) | | Aim for 6 teaspoon of oil a day.  Limit your extras (extra fats & sugars) to 290 Calories. |      |  | | --- | | **Physical Activity** | | Physical activity is also important for health. You should get at least 60 minutes of physical activity most or all days. | | MyPyramid graphic   |  |  | | --- | --- | | View, Print & Learn More | | |  |  | |

|  |  |
| --- | --- |
| The Food Pyramid, developed by the US Department of Agriculture (USDA), is an excellent tool to help you make healthy food choices. The food pyramid can help you choose from a variety of foods so you get the nutrients you need, and the suggested serving sizes can help you control the amount of calories, fat, saturated fat, cholesterol, sugar or sodium in your diet. |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| [**Fats**](http://www.lifeclinic.com/focus/nutrition/food-pyramid.asp#fat)**and**[**sweets**](http://www.lifeclinic.com/focus/nutrition/food-pyramid.asp#tooth)**:** Eat Sparingly  [**Dairy**](http://www.lifeclinic.com/focus/nutrition/food-pyramid.asp#dairy)**:** Get your calcium    [**Veggie & fruits**](http://www.lifeclinic.com/focus/nutrition/food-pyramid.asp#veg)**:** Good source of vitamins       What is [serving](http://www.lifeclinic.com/focus/nutrition/food-pyramid.asp#serving) and [portion](http://www.lifeclinic.com/focus/nutrition/food-pyramid.asp#portion)? | http://www.lifeclinic.com/IMAGES/food_pyramid2.gif | USDA Food Pyramid | http://www.lifeclinic.com/IMAGES/food_pyramid4.gif | [**Protein**](http://www.lifeclinic.com/focus/nutrition/food-pyramid.asp#protein)**:**Meat with less fat      [**Grains, pasta, & cereals**](http://www.lifeclinic.com/focus/nutrition/food-pyramid.asp#grains)**:**Good source of energy |

**Bread, Grain, Cereal and Pasta Form the Base**  
At the base of the food pyramid, you’ll see the group that contains breads, grains, cereals and pastas. These foods provide complex carbohydrates, which are an important source of energy, especially for a low-fat meal plan. You can make many low-fat choices from foods in this group. You’ll need 6 to 11 servings of these foods in a day. One serving of this group can be:

* 1 slice of bread
* 1/2 cup of rice, cooked cereal or pasta
* 1 cup of ready-to-eat cereal
* 1 flat tortilla

Try to eat whole-grain breads, cereal and pasta for most of your servings from this group. Whole-grain foods (which are made with whole wheat flour) are less processed and retain more valuable vitamins, minerals and fiber than foods made with white flour. When you purchase whole-grain foods, look for breads and pastas with "stone-ground whole wheat flour" as the first ingredient, because some "wheat" breads may be white breads with only caramel coloring added.

**Fruits and Vegetables**  
Fruits and vegetables are rich in nutrients. Many are excellent sources of vitamin A, vitamin C, folate or potassium. They are low in fat and sodium and high in fiber. The Food Pyramid suggests 3 to 5 servings of vegetables each day. One serving of vegetables can be:

* 1 cup of raw leafy vegetables
* 1/2 cup of other vegetables, cooked or raw
* 3/4 cup of vegetable juice

The Food Pyramid suggests 2 to 4 servings of fruit each day. One serving of fruit can be:

* One medium apple, orange or banana
* 1/2 cup of chopped, cooked or canned fruit
* 3/4 cup of fruit juice

Count only 100% fruit juice as a fruit, and limit juice consumption. Many commercial bottled juices come in containers that hold more than 2 servings which can add lots of sugar and calories to your daily diet. Punches and most fruit "drinks" have only a bit of juice and lots of sugar. Fruit sodas are sugary drinks, and they don’t count as fruit, either.

**Beans, Eggs, Lean Meat and Fish**  
Meat, poultry and fish supply protein, iron and zinc. Non-meat foods such as dried peas and beans also provide many of these nutrients. The Food Pyramid suggests 2 to 3 servings of cooked meat, fish or poultry. Each serving should be between 2 and 3 ounces. The following foods count as one ounce of meat:

* One egg
* 2 tablespoons of peanut butter
* 1/2 cup cooked dry beans
* 1/3 cup of nuts

Choose lean meat, fish and dry beans and peas often because these are the lowest in fat. Remove skin from poultry and trim away visible fat on meat. Avoid frying these foods. Moderation is the watchword when it comes to nuts because they are high in fat.

**Dairy Products**  
Products made with milk provide protein and vitamins and minerals, especially calcium. The Food Pyramid suggests 2 to 3 servings each day. If you are breastfeeding, pregnant, a teenager or a young adult age 24 or under, try to have 3 servings. Most other people should have 2 servings daily. Interestingly, cottage cheese is lower in calcium that most other cheeses - one cup counts as only 1/2 serving of milk. Go easy on high-fat cheese and ice cream. Choose non-fat milk and yogurt and cheeses made from skim milk because they are lowest in fat.

**Fats and Sweets**  
A food pyramid's tip is the smallest part, so the fats and sweets in the top of the Food Pyramid should comprise the smallest percentage of your daily diet. The foods at the top of the food pyramid should be eaten sparingly because they provide calories but not much in the way of nutrition. These foods include salad dressings, oils, cream, butter, margarine, sugars, soft drinks, candies and sweet desserts.

**How Much Can You Feed Your Sweet Tooth?**  
Sugars found naturally in fruits and milk are not a problem. It’s the added sugars that need to be limited because they provide calories but few vitamins and minerals. You’ll find sugar-laden food at the top of the Food Pyramid. Added sugars can be found in soft drinks, candy, jams, jellies, syrups and table sugar we add to coffee and cereal. Added sugar can also appear in sweetened yogurt, soups, spaghetti sauces, applesauce and other items where you wouldn’t suspect it unless you check the list of ingredients.

Here are some guidelines for added sugar based on calories in the daily food choices:

1,600 calories - Limit sugar to 6 teaspoons per day or 22 grams per day  
2,200 calories - Limit sugar to 12 teaspoons per day or 44 grams per day  
2,800 calories - Limit sugar to 18 teaspoons per day or 66 grams per day

So if the food label on your sweetened yogurt says a one-cup serving contains 22 grams of sugar, and your meal plan has 1,600 calories a day, you’ve eaten your days allotment of sugar.

**What’s the Skinny on Fat? Base It on Your Caloric Needs**  
how much fat you can eat is based on your caloric needs. Medical experts from the American Heart Association recommend that Americans limit dietary fat to 30 percent of daily calories. Here are the fat grams allowed based on daily calories:

1,600 calories - Limit fat to 53 grams  
2,200 calories - Limit fat to 73 grams  
2,800 calories - Limit fat to 93 grams

You don’t need to count fat grams every day, but it’s a good idea to do a "fat checkup" occasionally to be sure you’re on the right track. Here’s how to figure the number of grams of fat that provide 30% of calories in your diet:

1. Multiply your total day’s calories by 0.30 to get your calories from fat per day. If you eat 2,200 calories, multiply 2,200 by 0.30. The result is 660 calories from fat.
2. Divide calories from fat per day by 9 (each fat gram has 9 calories) to get your grams of fat per day. So in our example, divide 660 calories by 9 and get 73 fat grams.

#### Here’s how the Food Pyramid Can Guide You:

**So what’s Your Caloric Limit?**  
You need to have enough calories every day in order for your body to have the nutrients it needs. How many calories that actually amounts to depends on a variety of factors including you’re:

* Age
* Sex
* Size
* Activity level
* Whether or not you are a pregnant or breastfeeding woman
* Whether you have a chronic illness

The National Academy of Sciences recommends the following calorie categories:

1,600 calories - Many sedentary women and some older adults  
  
2,200 calories - Children, teenage girls, active women and many sedentary men.  
  
Women who are pregnant may need around 500 calories more per day and an additional 300 calories for breast-feeding.  
  
2,800 calories - Teenage boys, active men and very active women

It’s possible that you may be between calorie categories on the chart. If you are then you will need to estimate servings. For example, some less active women may need only 2,000 calories to maintain a healthy weight. If you are at this calorie level, 8 servings from the grain group would be about right.

**How Many Servings Are Right For You?**  
Now that you know how many calories are suggested, you can address the question of how many servings of each food group you need. Here is a chart that can help:

|  |  |  |  |
| --- | --- | --- | --- |
|  | Lower About 1,600 | Moderate About 2,200 | Higher About 2,800 |
| Grain Group servings | 6 | 9 | 11 |
| Vegetable Group Servings | 3 | 4 | 5 |
| Fruit Group servings | 2 | 3 | 4 |
| Milk Group Servings | 2-3 | 2-3 | 2-3 |
| Meat Group | 5 | 6 | 7 |

**So what’s a Portion Anyway?**  
This is where the food label can come in handy. For portion size on items like canned soup, yogurt, snack foods, sauces, etc., you can discover what is considered one serving by checking the top of the food label.

Here are some samples of what makes up one serving size:

**About That Nice Big Bowl of Pasta...**  
What’s a Serving of Bread, Cereal, Rice or Pasta?

* One slice of bread
* 1 ounce of ready-to-eat cereal
* 1/2 cup of cooked cereal, rice or pasta

**Does One Carrot Cut It?**  
What’s a Vegetable Serving?

* 1 cup of raw, leafy vegetables
* 1/2 cup of other vegetables cooked, or chopped raw
* 3/4 cup of vegetable juice

**It’s the Berries...**  
What’s a Fruit Serving?

* 1 medium apple, orange or banana
* 1/2 cup of chopped, cooked or canned fruit
* 3/4 cup of fruit juice

**Remember Your Dairy**  
What’s a Serving of Milk, Yogurt and Cheese?

* 1 cup of milk or yogurt
* 1 1/2 ounce of natural cheese
* 1 ounce of process cheese (remember that processed cheese usually contains a lot of sodium)

**Do You Need to Measure Servings**  
No. Just use servings as a general guide. Sometimes you’ll have to estimate the food group servings. For example a generous serving of pizza counts in the grain group (crust), milk group (cheese), and vegetable group (tomato, mushrooms, peppers and onions). Beef stew would count for both meat and vegetable groups.

Remember that both pizza and beef stew can have lots of fat. It’s in the pizza cheese, sausage and pepperoni and in the meat drippings that may be used to make gravy.

**What Should You Do to Gain or Lose Weight?**  
You have probably heard it before, but it’s true. The best way to lose weight is to increase the amount of physical activity you get and reduce the fat and sugar in your food choices. Remember to eat at least the minimum number of servings from the five food groups shown in the Food Pyramid. If you choose fat and sugar rich foods and eliminate healthy foods, you won’t be getting the nutrition you need. Try to choose from the lowest fat choices in the food groups.

If you need to gain weight, increase the amount of food you eat from all of the food groups. If you have lost weight unexpectedly, see your doctor.

The Food Guide Pyramid can be extremely useful - whether you want to gain weight, lose weight or maintain your weight. Eating a healthy diet is a little easier if you base your choices on the Food Pyramid.

**Understanding Food Labels**

|  |
| --- |
| Food Labels |

|  |  |  |  |
| --- | --- | --- | --- |
| Since 1994 food manufacturers have been required by the Food and Drug Administration (FDA) to include food labels (or Nutrition Facts labels) on product packaging so that consumers have accurate nutritional information about the food they purchase. But food labels are more than just a federal requirement once you understand the information they provide, you can use food labels as a guide to planning healthier meals and snacks.  Food labels are required on almost all foods, except those that don't provide many nutrients such as coffee, alcohol and spices. Although some restaurants provide information about the food they serve, they aren't required to have labels. The FDA recommends that sellers provide nutritional information on produce, meat, poultry and seafood, but it's strictly voluntary. | Â | http://www.lifeclinic.com/IMAGES/nutri_label.gif | http://www.lifeclinic.com/IMAGES/food_arrow.gif[What is a serving?](http://www.lifeclinic.com/focus/nutrition/food-label.asp#serving)  http://www.lifeclinic.com/IMAGES/food_arrow.gif[Calorie Information](http://www.lifeclinic.com/focus/nutrition/food-label.asp#calorie)  http://www.lifeclinic.com/IMAGES/food_arrow.gif[Nutrients](http://www.lifeclinic.com/focus/nutrition/food-label.asp#nutrients)    http://www.lifeclinic.com/IMAGES/food_arrow.gif[Vitamins, minerals](http://www.lifeclinic.com/focus/nutrition/food-label.asp#vitamins)  http://www.lifeclinic.com/IMAGES/food_arrow.gif[Footnote](http://www.lifeclinic.com/focus/nutrition/food-label.asp#footnote) |

**Understanding Serving Sizes**

To understand more about food labels and serving sizes, look to the sample food label on the right. At the top of the label under Nutrition Facts, you'll see the serving size and the number of servings in the package. The rest of the nutrition information in the label is based on one serving. In this example, one cup is designated as one serving, and the package contains two servings.

That means that if you eat the whole box of macaroni and cheese, you’re eating two servings, not one, so you’ll have to multiply the number of calories, fat grams and other nutrients by two to get accurate nutrition information.

**Calories, Calories From Fat and Percent Daily Values**  
This part of the label provides the calories per serving and the calories that come from fat. If you need to know the total number of calories you eat every day or the number of calories that come from fat, this section provides that information. In this example there are 250 calories in a one-cup serving of macaroni and cheese. But almost half the calories, 110, come from fat. Remember that this part of the label doesn't tell you whether you are eating saturated or unsaturated fat.

On the right side of the label, you'll see a column that lists percentages that are highlighted in purple. These percentages refer to the percent daily values (%DV). Percent daily values tell you how much of something, whether it's fat, sugar or vitamin A, one serving will give you compared to how much you need for the entire day. It will help you gauge the percentage of a nutrient requirement met by one serving of the product. One way to use this section of the label is when you comparison shop. For example, if you're concerned with sodium, you can look at two foods and choose the food with the lower % DV. Are you trying to eat a low-fat diet? Look for foods that have a lower percent daily value of fat.

Let's take the example of macaroni and cheese. Let's say one brand provides 18% DV of fat and another brand provides 25% DV of fat. A better nutritional choice may be the brand that provides 18% because you're using less of your "fat budget" for the day. But be careful to read the list of ingredients to make sure there isn't increased sodium or sugar in the macaroni and cheese with 18% DV.

The % DV is based on how much or how little of the key nutrients you should eat whether you eat 2,000 or 2,500 calories a day. So if you eat a 2,000-calorie diet, you should eat less than 65 grams of fat in all the foods you eat for the day. If you're eating 12 grams of fat in your one serving of macaroni and cheese (remember that's one cup), you can calculate how much fat you have left for the day. You can use the bottom part of the food label in white to compare what you are eating to the % DV you're allowed for that nutrient, whether it's fat, sodium or fiber. If you need more or less than 2,000 or 2,500 calories, you'll need to adjust this accordingly.

**Fat, Sugar, Sodium and Carbohydrate**  
The sections on the label highlighted in yellow show the name of a nutrient and the amount of that nutrient provided by one serving of food. In our example, one serving of macaroni and cheese contains 12 grams of fat, 30 milligrams of cholesterol, 470 milligrams of sodium and 31 grams of carbohydrate. You may need to know this information, especially if you have high blood pressure, diabetes or are eating a diet that restricts certain nutrients such as sodium or carbohydrates.

Food labels also include information about how much sugar and protein is in the food. If you are following a low-sugar diet or you're monitoring your protein intake, it's easy to spot how much of those nutrients are contained in one serving.

**Vitamins, Minerals and Other Information**  
The light purple part of the label lists nutrients, vitamins and minerals in the food and their percent daily values. Try to average 100% DV every day for vitamins A and C, calcium, iron and fiber. Do the opposite with fat, saturated fat, sodium and cholesterol. Try to eat less than 100% DV of these.

**What's In The Footnote?**  
Below the asterisk sign (\*) at the bottom of the label, you’ll see the key nutrients listed and how much you should eat, depending on your calorie intake.

The %DV is based on how much, or how little of the key nutrients you should eat whether you eat 2,000 or 2,500 calories a day. So if you eat a 2,000 calorie diet, you should eat less than 65 g of fat in all the foods you eat for the day. If you’re eating 12g of fat in your one serving of macaroni and cheese (remember that’s 1 cup), you can calculate how much fat you have left for the day. You can use the bottom part of the food label to compare what you are eating to the %DV you’re allowed for that nutrient, whether it’s fat, sodium, fiber, etc.

**Common Mistakes to Avoid When Reading a Food Label**  
Until you become accustomed to reading food labels, it's easy to become confused. Avoid these common mistakes when reading labels:

* A label may say that the food is reduced fat or reduced sodium. That means that the amount of fat or sodium has been reduced by 25% from the original product. It doesn't mean, however, that the food is low in fat or sodium. For example, if a can of soup originally had 1,000 milligrams of sodium, the reduced sodium product would still be a high-sodium food.
* Don't confuse the % DV for fat with the percentage of calories from fat. If the % DV is 15% that doesn't mean that 15% of the calories comes from fat. Rather, it means that you're using up 15% of all the fat you need for a day with one serving (based on a meal plan of 2,000 calories per day).
* Don't make the mistake of assuming that the amount of sugar on a label means that the sugar has been added. For example, milk naturally has sugar, which is called lactose. But that doesn't mean you should stop drinking milk because milk is full of other important nutrients including calcium. What you can do is look at the list of ingredients. If you see the words high-fructose corn syrup or sugar high on the list of ingredients, it probably means refined sugar has been added to the product.
* A common mistake people make, especially with packages dispensed from vending machines, is to assume that a small item contains one serving just because the package is small. If you eat a bag of pretzels from a vending machine, for example, you may find that it contains 2.5 servings. So you need to multiply the numbers by 2.5 to figure out how many calories and the amount of sodium and other nutrients you are eating.

**Reading Label Lingo**  
In addition to requiring that packaged foods contain a Nutrition Facts label, the FDA also regulates the use of phrases and terms used on the product packaging. Here's a list of common phrases you may see on your food packaging - and what they actually mean.

* No fat or fat free: Contains less than 1/2 gram of fat per serving
* Lower or reduced fat: Contains at least 25 percent less per serving than the reference food. (An example might be reduced fat cream cheese, which would have at least 25 percent less fat than original cream cheese.)
* Low fat: Contains less than 3 grams of fat per serving
* Lite: Contains 1/3 the calories or 1/2 the fat per serving of the original version or a similar product
* No calories or calorie free: Contains less than 5 calories per serving
* Low calories: Contains 1/3 the calories of the original version or a similar product
* Sugar free: Contains less than 1/2 gram of sugar per serving
* Reduced sugar: at least 25% less sugar per serving than the reference food
* No preservatives: Contains no preservatives (chemical or natural)
* No preservatives added: Contains no added chemicals to preserve the product. Some of these products may contain natural preservatives
* Low sodium: contains less than 140 mgs of sodium per serving
* No salt or salt free: Contains less than 5 mgs of sodium per serving
* High fiber: 5 g or more per serving (Foods making high-fiber claims must meet the definition for low fat, or the level of total fat must appear next to the high-fiber claim)
* Good source of fiber: 2.5 g to 4.9 g. per serving
* More or added fiber: Contains at least 2.5 g more per serving than the reference food

With some Nutrition-Facts practice, you'll be able to quickly scan a food label and learn how the food fits into your nutrition and diet for the day.

**10 Worst and Best Foods**

# Worst Foods

## 1. Artery Crust



Judging by the label, **Marie Callender’s (16.5 oz) Chicken Pot Pie** has 520 calories, 11 grams of saturated fat, and 800 mg of sodium. But look again. Those numbers are for only half a pie. Eat the entire pie, as most people probably do, and you’re talking 1,040 calories, 22 grams of saturated fat (more than a day’s worth), and 1,600 mg of sodium (an entire day’s worth).

## 2. Triple Bypass



Can’t decide what to pick from a restaurant menu? No worries. Now you can order not just one entrée, but two … or three … all at once.**Olive Garden’s Tour of Italy** – Homemade Lasagna, Lightly Breaded Chicken Parmigiana, and Creamy Fettuccine Alfredo – comes with 1,450 calories, 33 grams of saturated fat, and 3,830 milligrams of sodium. Add a breadstick (150 calories and 400 mg of sodium) and a plate of Garden-Fresh Salad with dressing (350 calories and 1,930 mg of sodium) and you’ll consume 2,000 calories (an entire day’s worth) and 6,160 mg

## 3. Salt's On!



On average, a cup of**Campbell’s Condensed soup** has 850 mg of sodium. That’s half a day’s worth … assuming you eat only one of the 2½ servings that the label says the can makes. Campbell’s Healthy Request and Select Harvest, Progresso Reduced Sodium, and Healthy Choice slash the sodium to the 400s. Look for lower sodium lines in the 100s to 300s by Amy’s, Imagine Foods, Pacific Natural Foods, and Tabatchnick.

## 4. Tortilla Terror



Interested in a **Chipotle Chicken Burrito** (tortilla, rice, pinto beans, cheese, chicken, sour cream, and salsa)? Think of its 970 calories, 18 grams of saturated fat, and 2,200 mg of sodium as three 6-inch Subway BLT Classic Subs! Getting the burrito with no cheese or sour cream cuts the saturated fat to 5½ grams, but you still end up with 750 calories and more than a day’s worth of sodium. Yikes!

## 5. Factory Reject



People don’t expect light desserts at **The Cheesecake Factory**. But the **Chocolate Tower Truffle Cake** kicks things up a notch. If it weren’t served on its side, this one would stand over six inches tall. And upright or not, the slab of cake still weighs in at three-quarters of a pound. What do you get for all that heft? Just 1,670 calories and 2½ days’ worth of saturated fat (48 grams), nearly all of it from chocolate, sugar, cream, white flour, and butter.

## 6. Burial Grands



No one thinks of cinnamon rolls as health food. But each **Pillsbury Grands! Cinnabon Cinnamon Roll with Icing** has 310 calories and 2 grams of saturated fat plus 2½ grams of trans fat (more than a day’s worth) and 6 teaspoons of sugar. Companies are dumping their partially hydrogenated oils left and right, yet Pillsbury still makes most of its rolls and biscuits with the stuff.

## 7. Transgression



“Excellent source of ALA Omega 3,” declares the **Land O’Lakes Margarine** box. Who knew that Land O’Lakes stick margarine was so heart healthy? It isn’t. Each tablespoon of the spread has 2½ grams of trans fat (more than an entire day’s limit) and 2 grams of saturated fat. And beware of other trans-filled sticks by Blue Bonnet, Parkay, Country Crock, Fleischmann’s, and Imperial. At least those brands don’t imply that a bit of ALA outweighs the harm caused by the margarine’s trans and saturated fat. Shopping tip: Look for tub margarines – most have little or no trans fat.

## 8. Starbucks on Steroids



The **Starbucks Venti (20 oz) White Chocolate Mocha** with 2% milk and whipped cream is more than a mere cup of coffee. It’s worse than a McDonald’s Quarter Pounder with Cheese. Few people have room in their diets for the 580 calories and 15 grams of saturated fat that this hefty beverage supplies. But you can lose 130 calories and two-thirds of the bad fat if you order it with nonfat milk and no whipped cream.

## 9. Extreme Ice Cream



An average halfcup serving of**Häagen-Dazs ice cream**squeezes half-a-day’s saturated fat and a third-of-a-day’s cholesterol into your artery walls and makes a 300-calorie down-payment on your next set of fat cells – if you can stop at a petite half-cup!

## 10. Stone Cold



**Cold Stone Creamery’s Oh Fudge! shake**(chocolate ice cream, milk, and fudge syrup) starts at 1,250 calories for the “Like It” (16 oz) size. That’s more than a large (32 oz) McDonald’s Triple Thick Chocolate Shake. The “Love It” (20 oz) has 1,660 calories and the “Gotta Have It” (24 oz) reaches 1,920 calories (an entire days’ worth) and 69 grams of saturated fat (3½ days’ worth). It’s two 16 oz T-bone steaks plus a buttered baked potato, all blended into a handy 24 oz cup.

# Best Foods

## 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. Bake and then mix in some unsweetened applesauce or crushed pineapple for extra moisture and sweetness.

## 2. Mangoes



Just one cup of mango supplies three-quarters of a day’s vitamin C, onequarter of a day’s vitamin A, a decent dose of blood-pressure-lowering potassium, and 3 grams of fiber. Bonus: mango is one of the fruits least likely to have harmful pesticide residue.

## 3. Unsweetened Yogurt



Plain yogurt has a pleasant tartness that’s a perfect foil for the natural sweetness of berries, bananas, or for your favorite breakfast cereal. It has more protein, potassium, calcium, zinc, and vitamins B-6 and B-12 than sweetened yogurt. That’s because it doesn’t have to share the container with the sugary preserves or the sugar that’s in many flavored yogurts.

## 4. Broccoli



It has lots of vitamin C, carotenoids, and folic acid. Steam it just enough so that it's still firm and add a sprinkle of red pepper flakes and a spritz of lemon juice.

## 5. Wild Salmon



The omega-3 fats in fatty fish like salmon can help reduce the risk of sudden-death heart attacks. And wild-caught salmon has less PCB contaminants 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. Garbanzo Beans



All beans are good beans. They’re rich in protein, fiber, iron, magnesium, potassium, and zinc. But garbanzos stand out because they’re so versatile. Just drain, rinse, and toss a handful on your green salad; throw them into vegetable stews, curries, and soups; mix them with brown rice, whole wheat couscous, bulgur, or other whole grains.

## 8. Watermelon



Watermelon is a heavyweight in the nutrient department. A standard serving (about 2 cups) has one-third of a day’s vitamins A and C and a nice shot of potassium for only 85 fat-free, salt-free calories. And when they’re in season, watermelons are often locally grown, which means they may have a smaller carbon footprint than some other fruits.

## 9. Butternut Squash



Steam a sliced squash or buy peeled, diced butternut squash at the supermarket that’s ready to go into the oven, a stir-fry, or a soup. It’s an easy way to get payloads of vitamins A and C and fiber.

## 10. Leafy Greens



Don’t miss out on powerhouse greens like kale, collards, spinach, turnip greens, mustard greens, and Swiss chard. These standout leafy greens are jam-packed with vitamins A, C, and K, folate, potassium, magnesium, calcium, iron, lutein, and fiber. Serve with a splash of lemon juice or red wine vinegar.

**Healthy foods to make**

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**easy fruit recipes**

**Try these simple recipes to get the nutrients you need — in minutes!**



Eating a variety of fruits gives your body tons of essential vitamins, minerals, and fiber, boosting your energy level — and your body's defenses against cancer, heart disease, and skin damage. Try these easy breakfast and snack ideas to up the amount of fruit in your diet.  
  
**breakfast**  
  
1. Cut a cantaloupe in half, and scoop out the seeds. Stuff the center with 1/2 cup blueberries and 1/2 cup strawberries. Top with a dollop of light vanilla yogurt.  
  
2. Mix 1/2 cup of chunky applesauce with 1/4 cup low-fat ricotta cheese, and sprinkle with slivered almonds.  
  
3. Layer a parfait glass with sliced peaches, strawberries, light vanilla yogurt, bananas, and raisins, and top with slivered almonds.  
  
4. Instead of having a bowl of cereal with fruit on top, have a bowl of *fruit* with cereal on top!  
  
5. Have a bowl of sliced strawberries and bananas topped with light yogurt.  
  
**afternoon snack**  
  
1. Snack on a box of raisins or a bunch of grapes.  
  
2. Opt for a glass of 100 percent fruit juice instead of soda.   
  
3. Make fruit kebabs with slices of pineapple, banana, and strawberry.  
  
4. Dip cubed fruit such as watermelon, cantaloupe, or honeydew melon in light yogurt or low-fat cottage cheese.  
  
5. Top strawberries and raspberries with an equal mixture of light vanilla yogurt and low-fat sour cream  
  
6. Cut an apple or pear into halves, and remove the core and stem. Fill with dates and chopped walnuts. Sprinkle with cinnamon. Place in a microwave-safe dish and add 1 to 2 tablespoons orange juice. Microwave on HIGH 5 to 6 minutes.[College Life](http://www.seventeen.com/college/)

## Have a sweet tooth? We've got you covered with tasty brownie, cookie, and cupcake recipes! Share them with your family and friends. Yum!



### Sweet Brownies

Makes 20 brownies

**Ingredients**

* 1 1/2 cups Dutch cocoa powder
* 3/4 cups all-purpose flour
* 1 teaspoon Kosher salt
* 3/4 teaspoon baking powder
* 4 eggs, large
* 2 cups sugar
* 2 sticks, melted (8 ounces) butter
* 1 teaspoon pure vanilla extract
* 8-ounce jar caramel sauce

**Instructions**  
Have all ingredients at room temperature.

1. Preheat oven to 350 degrees F. Grease a 9-inch square baking pan.  
2. In a bowl, stir together cocoa powder, flour, salt, and baking powder. Set aside.  
3. In the bowl of an electric mixer fitted with the paddle beater, beat the eggs and sugar on high speed until very thick and more than double in volume, about 5 to 7 minutes.   
4. Reduce mixer speed to low, add the dry ingredients, butter, and vanilla. Beat until just blended. Pour the batter into the prepared pan and spread evenly.  
5. Bake until the brownies are set and a toothpick inserted into the center comes out with a few moist crumbs attached, about 25 minutes. Transfer the pan to a wire rack and let cool completely, about 1 hour. Cut into 20 pieces.   
6. Spoon or pour a generous serving of caramel over each brownie.

For the ultimate indulgence, you can stir in 1 to 1 1/2 cups of your favorite add-in cravings. Some of our favorites are bittersweet and/or white chocolate chips; bits of dried apricots, cherries, and cranberries; and chopped toasted nuts, especially walnuts, almonds, and cashews.



**Sorbet Lemonade Cooler**

**Ingredients:**

* 8oz. of bottled lemonade (preferably organic)
* 4 scoops of lemon sorbet
* Thin lemon & lime slices
* Mint sprigs
* (Optional) crushed ice

For each glass of Sorbet Lemonade Cooler, place four scoops sorbet in a tall glass and add lemon/lime slices. Top with lemonade, using the mint sprig as a garnish.

# bake cupcakes!



**Magnolia's Vanilla Cupcakes**

Makes about 2 dozen cupcakes (Depending on the size of your cupcake papers and muffin tins.)

**Cupcakes**1 1/2 cups self-rising flour  
1 1/4 cups all-purpose flour  
1 cup (2 sticks) unsalted butter, softened  
2 cups sugar  
4 large eggs, at room temperature  
1 cup milk  
1 teaspoon vanilla extract

Preheat oven to 350 degrees. Line two 12-cup muffin tins with cupcake papers. In a small bowl, combine the flours. Set aside.

In a large bowl, on the medium speed of an electric mixer, cream the butter until smooth. Add the sugar gradually and beat until fluffy, about 3 minutes. Add the eggs, one at a time, beating well after each addition. Add the dry ingredients in three parts, alternating with milk and vanilla. With each addition, beat until the ingredients are incorporated, but do not overbeat. Using a rubber spatula, scrape down the batter in the bowl to make sure the ingredients are well blended. Carefully spoon the batter into the cupcake liners, filling them about three-quarters full. Bake for 20-25 minutes, or until a cake tester inserted into the center of the cupcake comes out clean.

Cool the cupcakes in the tins for 15 minutes. Remove from the tins and cool completely on a wire rack before icing. Top with either Vanilla Butter cream or Chocolate Butter cream icing.

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# frosting recipes

## Now that you've made your cupcakes, frost them with these delicious buttercream icings!



**Vanilla Butter cream Icing**

(Makes enough for one 2-layer 9-inch cake or 2 dozen cupcakes.)

1 cup (2 sticks) unsalted butter, softened  
6 to 8 cups confectioners' sugar   
1/2 cup milk  
2 teaspoons vanilla extract

Place the butter in a large mixing bowl. Add 4 cups of the sugar and then the milk and vanilla. Using the medium speed of an electric mixer, beat until smooth and creamy, about 3-5 minutes. Gradually add the remaining sugar, 1 cup at a time, beating well after each addition (about 2 minutes), until the icing is thick enough to be of good spreading consistency. You may not need to add all of the sugar. If desired, add a few drops of food coloring and mix thoroughly. (Use and store the icing at room temperature because icing will set if chilled.) Icing can be stored in an airtight container up to 3 days.

**Chocolate Butter cream Icing**

(Makes enough for one 2-layer 9-inch cake or 2 dozen cupcakes.)

1 1/2 cups (3 sticks) unsalted butter, softened  
2 tablespoons milk  
9 ounces semisweet chocolate, melted and cooled to lukewarm (see Note)  
1 teaspoon vanilla extract  
2 1/4 cups sifted confectioners’ sugar

Note: To melt the chocolate, place in a double boiler over simmering water on low heat for about 5-10 minutes. Stir occasionally until completely smooth and no pieces of chocolate remain. Remove from the heat and let cool 5-15 minutes, or until lukewarm.

In a large bowl, using the medium speed of an electric mixer, beat the butter until creamy, about 3 minutes. Add the milk carefully and beat until smooth. Add the melted chocolate and beat well, about 2 minutes. Add the vanilla and beat for 3 minutes. Gradually add the sugar and beat on a low speed until creamy and of desired consistency.  
  
**spicy chinese five-spice rubbed chicken wings with creamy cilantro dipping sauce**  
  
**Dave says:**  
"As much as I love the classic, tangy wings, I have to say these are right up there with them. These couldn't get much easier either. All I do is rub the wings all over with a hot Chinese five spice rub and bake them in a really hot oven."

**What you'll need:**  
*This makes 40 wings.*

40 chicken wing pieces or 20 whole chicken wings  
2 tbsp. Chinese five-spice powder (available at grocery or Asian specialty food stores)  
3 tsp. cayenne pepper  
Kosher salt and freshly ground black pepper  
Creamy Cilantro Dipping Sauce

What you'll need for Creamy Cilantro Dipping Sauce:  
1/3 cup chopped fresh cilantro leaves  
1/4 cup light sour cream  
1/4 cup mayonnaise  
1/4 cup yogurt  
1/2 lemon, juiced  
Kosher or regular salt and freshly ground black pepper

**Directions for Creamy Cilantro Dipping Sauce:**  
1. Combine ingredients in mixing bowl, and whisk.  
2. Season with salt and pepper, to taste.

**Directions for Wings:**  
1. Preheat your oven to 500°.   
2. If you have whole chicken wings, cut off wingtips and cut the wings in half at the joint. Discard wingtips or freeze to make stock at a later time.   
3. Place the wings in a large bowl. Sprinkle five-spice powder and cayenne on the wings, add a few pinches of salt and about 15 grinds of black pepper.   
4. Rub the mixture into all the wings until no extra loose rub remains. Wash your hands.   
5. Line the wing pieces up on a baking sheet so the side of the wing that has the most skin is facing up. Roast until cooked through, browned and crispy, about 25 minutes. Serve hot with Creamy Cilantro Dipping Sauce. 

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**Apple Glow**  
(P.S.: This drink is great for your skin!)

Ingredients:

* 4oz. chilled apple juice
* 4oz. white grape juice
* 1/2 honey dew melon
* Apple slices (garnish)

In a blender, combine apple juice, grape juice and the honey dew. Blend 1 minute or until honey dew and juices are smooth. Pour into chilled martini glasses with apple slices for garnish.

Asian style slaw  
"Coleslaw is a classic--and I love it--but I like to make it my own by mixing in a few Asian flavors. I use the pre-shredded coleslaw mix that comes in bags at the supermarket or for red and green shredded cabbage packaged separately. And then I dress it up with some other fresh ingredients to make an outstanding and different kind of slaw."

**What you'll need:**  
*This makes 12 servings.*

1 bunch (6 large) scallions, trimmed and thinly sliced  
2 (16-ounce) bags coleslaw mix or 1 (16-ounce) bag each of shredded green and shredded red cabbage   
1 small red onion, thinly sliced  
1/4 cup soy sauce  
1/4 cup lemon juice  
1/4 cup vegetable oil  
2 tbsp. grated fresh ginger (from about a 1-inch piece)   
2 tbsp. white vinegar  
2 tbsp. dark brown sugar  
2 tbsp. Asian sesame oil (available at grocery stores or Asian specialty food stores)   
1 tsp. salt  
20 grinds black pepper  
2 tbsp. sesame seeds, optional

**Directions:**  
1. Gently separate the scallion slices with your fingers, so all the little layers separate.   
2. Toss the coleslaw mix or both kinds of cabbage, the red onion and scallions together in a large bowl until everything is thoroughly mixed. (You can make the slaw up to this point up to a day in advance as long as you keep it refrigerated. Before serving, simply bring the slaw back to room temperature, make the dressing and toss.)   
3. Stir the remaining ingredients together in a small bowl until blended, then pour over the vegetables.   
4. Serve within 1 hour of dressing or the cabbage will get wilty and sad. 

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Garlic bread

**What you'll need:**  
*This makes 6 servings.*

1 package refrigerated prepared pizza dough  
4 cloves garlic, pressed  
1/3 cup olive oil  
Few pinches of salt  
Flour, for the preparation surface

**Directions:**  
1. Preheat oven to 350Â°.   
2. Dust a counter surface with a bit of flour. Roll pizza dough into a ball and cut ball into quarters.   
3. Roll each quarter into a 1-inch thick snake shape.   
4. Cut snakes into 5-inch pieces.   
5. Place on a cookie sheet, well spaced apart.   
6. Whisk together the garlic, oil and salt in a bowl. Brush the mixture onto the dough.   
7. Bake for 20 to 25 minutes or until slightly risen and golden brown.

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Spicy cocoa cream and strawberries

**What you'll need:**  
*This makes 6 servings.*

1 cup heavy cream  
2 tbs. superfine sugar  
2 tbsp. unsweetened cocoa powder  
Small pinch cayenne pepper  
2 pints strawberries, rinsed

**Directions:**  
1.Using a hand-held electric mixer, whip the cream until frothy. While whipping at low speed, gently sprinkle in the sugar, cocoa powder, and cayenne until well combined.   
2. Transfer to a bowl and serve with strawberries for dipping.



If you want to be healthy, you have to eat right! Check out these delicious, easy recipes that'll help you stay fit for life.  
  
**whole grain pancakes**

**Ingredients:**

2 cups whole-grain pancake mix (like Aunt Jemima's Whole Wheat Pancake and Waffle Mix)   
2 cups fat-free (skim) milk   
1/2 cup blueberries, blackberries, or chopped strawberries (fresh or frozen)  
1/2 tsp cinnamon  
1/2 cup Egg Beaters  
Canola oil cooking spray (like canola oil)  
1 tbsp maple syrup or 2 tbsp light syrup

**directions:**  
(makes 8 to 10 pancakes)  
(2 pancakes = 1 serving)

1. Mix all of the ingredients in a large bowl using a spatula; stir until smooth.

2. Let the batter sit for a few minutes to thicken.

3. Coat a large skillet with vegetable spray and heat the skillet.

4. Pour batter to make a 4-inch diameter pancake.

5. Flip pancakes when edges become hardened and center is bubbly.

6. Cook until done on both sides.

7. Top with syrup.

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**spinach salad**  
  
**Salad Ingredients**  
4 cups rinsed and dried spinach leaves  
1 cup peeled and sectioned blood oranges or 1 cup canned pineapple or jarred mango

**Salad dressing**  
2 tbsp rice wine vinegar  
1 tsp olive oil  
Sprinkling of Jane's Krazy Mixed-Up Salt  
Pinch of black pepper  
(Serves 1)

**directions**

1. Toss salad ingredients in a large bowl; set aside.

2. In a small bowl, mix dressing ingredients with a fork.

3. Dribble over salad and toss until leaves are well-coated.  
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**Pineapple and Lime Refresca**

Ingredients:

* 8oz. chilled organic pineapple juice
* Lemon-lime soda
* Pineapple wedges (garnish)
* Mint leaves

Fill a medium-sized glass with ice and pour in pineapple juice. Top with lemon-lime soda and garnish each glass with a mint leaf and pineapple wedge.

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**apple-jack quesadillas**



**Ingredients:**

4 teaspoons EVOO (extra-virgin olive oil)  
4 tablespoons pepper jelly  
4 (10- to 12-inch) whole-wheat flour tortillas  
2 cups shredded Monterey Jack or pepper Jack cheese  
1 McIntosh apple, quartered, cored, and thinly sliced

**Directions:**

Preheat a teaspoon of the EVOO in a nonstick skillet over medium heat. Spread 1 tablespoon of pepper jelly on a tortilla and place it in the pan, jelly side up. Cover half the tortilla with about 1/2 cup cheese and 1/4 of the apple slices. Fold the naked half of the tortilla over and cook for a couple of minutes on each side until the quesadilla is brown and crispy and the cheese is melted. Keep in the oven while you make 3 additional quesadillas. Cut each quesadilla in 4 wedges and serve.

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**burrito**  
  
**ingredients:** Canola oil cooking spray  
7 oz (about 1/2 of a 15-oz can) can black beans, drained   
7 oz (about 1/2 of a 15-oz can) Mexican-style stewed tomatoes  
1 tbsp red wine vinegar  
1/2 cup chopped onion  
1 tsp Mrs. Dash Southwest Chipotle Seasoning Blend  
2 whole-wheat flour tortillas  
**directions:**  
Serves 1 (2 burritos = 1 serving)

1. Coat a medium-sized sauté pan with cooking spray.

2. Heat to medium.

3. Toss in beans, tomatoes, vinegar and onion; sprinkle with Mrs. Dash.

4. Blend and simmer for 10 minutes, stirring every 2 or 3 minutes.

5. Spread tortillas flat on plate, divide filling between the two, and roll up.

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Top of Form

**salmon salad**  
  
**salad Ingredients:**  
3 oz can water-packed salmon  
4 cups bib (Boston) lettuce, rinsed and dried  
5 fresh basil leaves, rinsed, dried and chopped  
1/2 pint of cherry tomatoes

**dressing Ingredients:**  
1/2 tsp olive oil  
2 tbsp balsamic vinegar  
Squeeze of lemon or lime  
  
**directions:**  
(Serves 1)

Optional: 1 tbsp low fat ranch dressing

1. Toss salad ingredients together in a large bowl; set aside.

2. In small bowl, combine dressing ingredients and mix with a fork.

3. Pour over salad and toss.

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**Fruitini**

Ingredients:

* 3oz. apple juice
* 3oz. orange-pineapple juice (pre-mixed)
* 1oz. cranberry nectar
* Handful of crushed ice

Combine all ingredients in a blender until smooth (1-2 minutes). Pour into glasses and serve.

[Parties & Prom](http://www.seventeen.com/parties/)

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**ingredients:**  
1/2 tsp sesame oil  
1/2 tsp olive oil  
1/2 cup chopped asparagus (about 6 spears)  
1/2 bell pepper (red or orange), sliced  
1/2 cup broccoli florets, chopped   
1/2 cup carrots, chopped   
4 oz firm tofu (let drain for 5 to 10 minutes before stir-frying), cut into 1/2 inch cubes   
1 tbsp low sodium soy sauce  
pinch of salt and pepper  
  
**directions:**  
1. Pour sesame and olive oil into a wok or large frying pan.

2. Heat to medium-high.

3. Add broccoli and carrots and sauté (stirring regularly) about 4 minutes, or until tender.

4. Remove broccoli and carrots, place in bowl, and set aside.

5. Add asparagus and bell peppers to wok and sauté (stirring regularly) about 3 minutes, or until tender.

6. Add broccoli and carrots back to work.

7. Add tofu, soy sauce, and salt and pepper and sauté for an additional 2 to 3 minutes. 

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**fast-track granola bars**

**Ingredients:**

1/2 cup (1 stick) butter  
3/4 cup oats  
1 tablespoon semolina flour or cornmeal  
1/3 cup packed soft brown sugar

**Directions:**

1. Preheat oven to 375 degrees F.   
2. Melt butter in pan. Slap oats, semolina or corn flour, and sugar into a big bowl.   
3. Pour butter into oat mix. Mix well.   
4. Tip mix into a well-greased shallow baking pan (11 x 7 inches).   
5. Press to cover tin. Bake for 15 minutes. When slightly cooled, cut into 12 bars with a sharp knife. Leave in pan to cool completely.

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**shrimp and rice**  
  
**ingredients:**  
1/2 tsp light butter or trans-fat-free margarine  
1/2 tsp minced (finely chopped) fresh garlic  
1 tbsp chopped green onions  
1/2 tsp ground or fresh ginger, grated or pressed with a garlic press  
1/2 tsp lime juice  
6 oz raw, fresh or frozen shrimp (if buying fresh shrimp, ask fishmonger at the fish counter for "cleaned" shrimp, meaning the shrimp's head and veins have been removed)  
1/2 cup brown rice  
  
**directions:**  
(Serves 1)

1. Cook rice according to package instructions while preparing shrimp.

2. Melt butter in skillet on medium high.

3. Add garlic and stir for about 1 minute, until garlic is slightly softened.

4. Add green onions, ginger and limejuice.

5. Increase heat to medium-high and continue to cook for 3 minutes (stirring occasionally) until liquid is reduce by half; take pan off heat.

6. In a separate saucepan, boil water and add shrimp, boiling for about 3 minutes, or until shrimp turn pink and are no longer translucent. Drain well.

7. Toss shrimp into pan with onion mixture and stir well.

8. Serve over a bed of rice.

9. Eat with 1/2 cup cooked carrots or spinach and 1 medium pear to round out meal.  
  
**Safety note:** Whenever handling raw meat, poultry or seafood, always keep cooking instruments (knives, chopping boards, etc.) that have touched them separate from other ingredients. Wash any kitchen tool (including bowls) that has touched raw animal products thoroughly with soap and hot water. And always wash your hands in very warm water and soap after handling raw meat, poultry or seafood to avoid contamination. Raw animal products (including eggs) harbor bacteria that can make you very sick if you ingest it.

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**Mint Choco Mocktail**

Ingredients:

* 2oz. of your favorite mint chocolate ice cream
* 1oz coconut cream
* Large handful of crushed ice
* 2oz. Half & Half
* Chocolate syrup

**Prep:**  
Rim a martini glass with your favorite chocolate syrup. On a small flat plate, pour about 1-2oz of the syrup. Holding the glass parallel to the table, dab the rim of your glass into the liquid while slowly turning the glass so that only the outer edge is covered.

**Next:**  
Combine the rest of the ingredients and stir until smooth. Pour into your already-rimmed glass and serve!http://tags.bluekai.com/site/2991

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**all access recipes**

**Mexican Chicken Salad with Spicy Salsa Dressing**   
Servings: 2

**Ingredients**

* 1 teaspoon fajita seasoning mix
* 1 pinch cumin
* Salt and cracked black pepper, to taste
* 6 ounces skinless, boneless chicken breast
* 1 cup nonfat sour cream
* 1 cup salsa
* 1 small head iceberg lettuce, coarsely chopped
* 1 1/2 cups canned corn, drained

**Instructions**

1. Combine the fajita seasoning mix, cumin, salt, pepper. Coat the chicken breast with the seasoning mixture. Microwave the chicken for 6 minutes. Remove from the microwave and set aside to cool slightly.  
2. In a blender, combine the sour cream and salsa. Pulse until smooth. If the dressing is too thick, add a little water.

**To serve:** Cut the chicken breast into 1 1/2-inch pieces and toss it with the lettuce, corn, and salsa dressing. Serve immediately.http://tags.bluekai.com/site/2991

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**VMA PARTY: Summer Teen-i**   
Served in any short glass with a wide rim.

**Ingredients**

* Red Bull
* Strawberry Puree
* Banana Puree

**Instructions**  
Layer equal parts banana puree, strawberry puree, and Red Bull (in that order) into the glass. Enjoy!

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**pb&j extreme**

**Ingredients:**

2 tablespoons chunky peanut butter  
2 slices whole-wheat bread, toasted  
1⁄2 banana, thinly sliced  
Drizzle of honey  
Sprinkle of ground cinnamon  
2 slices crispy cooked turkey bacon, crumbled

**Directions:**

Spread the peanut butter on 1 slice of the toast. Arrange the banana slices on top of the peanut butter, drizzle with honey, then sprinkle with cinnamon. Top with bacon crumbles and the second slice of toast.

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**Cream side Float**   
Served in a mug

**Ingredients**

* 1 scoop Vanilla Ice Cream
* 8 oz. Orange soda

**Instructions**  
Combine all ingredients in a pint glass or mug. Then, garnish with Whipped Cream and a cherry with a football pick through it.



**Scrambled Eggs with Toast and Grapefruit**   
Servings: 2

**Ingredients**

* Cooking oil spray
* 1/4 pound smoked chicken breast, cut into cubes
* 1/4 cup egg whites
* Salt and pepper, to taste
* 1/2 cup shredded nonfat cheddar cheese
* 4 slices whole-grain bread, toasted
* 2 grapefruit, cut in half and seeded

**Instructions**

Coat a nonstick skillet with cooking spray and heat the skillet. Add the cubed chicken and egg whites. Season with salt and pepper and cook for 2 minutes. Add the cheese and cook until the cheese is melted.

**To serve:** Spoon the scrambled eggs onto plates and serve with toast and grapefruit.

# healthy chicken wraps!

**Chipotle Chicken Wraps**  
  
Serves 6  
  
Smoky chicken saved from Mexican Chicken and Vegetables with Chipotle Peppers is rolled in flour tortillas with sour cream, cilantro, red onion, black olives, and freshly squeezed lime juice.   
  
•    4 cooked chicken breast halves with bone and 1 cup tomato mixture reserved from Mexican Chicken and Vegetables with Chipotle Peppers (refer to Mexican Chicken and Vegetables with Chipotle Pepper recipe, below)  
•    6 8-inch fat-free or low-fat flour tortillas, warmed  
•    1/2 cup fat-free or light sour cream   
•    1/2 cup finely chopped red onion  
•    1/4 cup chopped cilantro leaves (optional)  
•    12 medium black olives, quartered   
•    Pepper to taste  
•    Lime juice to taste  
  
1. In a small saucepan, warm the reserved chicken and tomato mixture over medium heat for 10 minutes, or until heated through, stirring occasionally.  
  
2. To assemble, layer as follows down the center of a tortilla: 1/4 cup chicken mixture (use a slotted spoon), 1 tablespoon sour cream, 1 tablespoon red onion, 1/2 tablespoon cilantro, 8 olive quarters, pepper, and lime juice. Fold the right third of the tortilla to the center. Fold the bottom half up to the top. Roll from the bottom edge up to the top. Repeat with the remaining ingredients.  
  
Nutrition Analysis (per serving)  
Calories    236  
Protein    20 g  
Carbohydrates    33 g  
        Fiber 3 g  
        Sugars 4 grams  
Cholesterol    38 mg  
Total fat    2.0 g  
        Saturated 0.5 g  
        Polyunsaturated 0.5  
        Monounsaturated 0.5 g  
Sodium 457 mg  
  
Dietary Exchange  
2 Starch  
2 Very lean meat

**Mexican Chicken and Vegetables with Chipotle Peppers**  
  
Serves 4 (plus 4 chicken breast halves and 1 cup tomato mixture reserved)  
  
Chicken simmered with bell peppers and tomatoes, richly seasoned with chipotle peppers (smoked jalapeño peppers), and served over yellow rice will satisfy the most demanding Mexican-food enthusiast. The extra chicken and sauce are ready for use in Chipotle Chicken Wraps.  
  
1 1/2 cups water   
4 dried chipotle peppers  
8 skinless chicken breast halves with bone (about 6 ounces each), all visible fat discarded  
Vegetable oil spray (olive oil spray preferred)  
2 large onions, chopped   
4 medium garlic cloves, minced   
14.5-ounce can no-salt-added diced tomatoes, undrained  
1 medium green bell pepper, chopped  
1/2 tablespoon dried oregano, crumbled  
1 cup uncooked rice  
1/2 teaspoon ground turmeric  
1/2 teaspoon salt   
1/2 tablespoon olive oil (extra-virgin preferred)  
  
1. Pour the water into a small saucepan and bring to a boil over high heat. Remove from heat. Wearing gloves, add the chipotle peppers. Let stand 30 minutes.  
  
2. Meanwhile, lightly spray a Dutch oven with vegetable oil spray. Heat over medium-high heat for 1 minute. Add half the chicken with the meaty side down. Brown for 5 minutes. Turn the chicken. Cook for 3 minutes. Transfer to a plate. Set aside. Repeat with the remaining chicken.  
  
3. Put the onions and garlic in the Dutch oven, scraping to dislodge any browned bits. Cook for 5 to 7 minutes, or until golden brown, stirring occasionally. Remove from heat.  
  
 4. Drain the chipotle peppers, reserving the water. Wearing gloves, remove and discard the stems, seeds, and membranes from the peppers. Put the peppers and reserved water in a food processor or blender and process until smooth.  
  
5. Add the pepper mixture, chicken and its juices, undrained tomatoes, bell pepper, and oregano to the onion mixture. Bring to a boil over medium heat. Reduce the heat and simmer, covered, for 20 minutes. Remove from the heat. Put the chicken on a plate. Let cool slightly.  
  
6. Meanwhile, prepare the rice using the package directions, omitting the salt and margarine but adding turmeric.   
  
7. When the chicken is cool enough to handle, debone it. Chop or shred the chicken.   
  
8. Put 4 chicken breast halves and 1 cup tomato mixture in an airtight container. Refrigerate and reserve for Chipotle Chicken Wraps.  
  
9. Return the remaining chicken to the Dutch oven. Stir in the salt. If necessary, reheat the chicken, covered, over medium heat until heated through, stirring frequently. Remove from the heat. Stir in the oil. Serve over rice.  
  
**Cook’s Tip**  
The stew is even better if refrigerated overnight. It’s a good dish to make on the weekend for a quick dinner (or two if you also make the Chipotle Chicken Wraps) during the week. Just reheat the stew, add the oil, and serve over rice.  
  
**Cook’s Tip**  
Hot chile peppers contain oils that can burn your skin, lips, and eyes. Wear rubber or plastic disposable gloves or wash your hands thoroughly with warm, soapy water immediately after handling peppers. Rinsing the peppers under water makes removing the seeds and ribs (the hottest part) easier. Examples of hot peppers are Anaheim, ancho, cascabel, cayenne, cherry, chipotle, habanero, Hungarian wax, jalapeño, poblano, Scotch bonnet, serrano, and Thai. A rule of thumb is that the smaller the pepper, the hotter it is.  
  
Nutrition Analysis (per serving)  
Calories    344  
Protein    27 g  
Carbohydrates    51 g  
        Fiber 4 g  
        Sugars 7 grams  
Cholesterol    53 mg  
Total fat    3.5 g  
        Saturated 0.5 g  
        Polyunsaturated 0.5  
        Monounsaturated 1.5 g  
Sodium 365 mg  
  
Dietary Exchange  
2 1/2 Starch  
3 Vegetable  
3 Very lean meat  


**Coco-Moco**

Ingredients:

* 2oz. of chocolate or vanilla ice cream
* 1 can cream of coconut milk
* 8oz. Grenadine
* Hershey's Dulce de Leche syrup

**Prep:**  
First rim a chilled martini glass with Dulce de Leche Syrup (Follow Mint Choco Mocktail prep directions).

**Next:**  
Blend ice cream, cream of coconut and crushed ice 1-2 minutes in a blender until smooth. Serve in the martini glasses you've already prepped!

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**H2 Tea-ni**   
Served in a tall cylindrical glass

**Ingredients**

* 1 fresh lime wedge
* 1/2 cup fresh watermelon juice
* 1/4 cup sparkling apple cider
* 1/4 cup cold green tea
* 4 sprigs mint
* 1/3 cup crushed ice

**Instructions**  
Squeeze lime into cocktail shaker and add peel. Add remaining ingredients and shake. Pour into glass. Garnish with a slice of lime and sprig of mint.