

NUTRITION



TOP LISTS

FITNESS:

- Recover Faster from Your Workout
- Workout Motivation

SEX & RELATIONSHIPS:

- The Better-Sex Diet
- 6 Ways to Enjoy Your Breasts

NUTRITION:

- 125 Best Packaged Foods for Women
- 6 Naturally Yummy Smoothies

WEIGHT LOSS:

- 4 Weight-Loss Rules to Bend
- 13 Easy Strategies to Keep the Weight Off

HEALTH:

- The Age-Erasing Diet
- 50 Ways to Fight Fat

BEAUTY & STYLE:

- Extend Your Cut and Color
- Easy At-Home Pedicure

LIFE:

- 8 Hints on Humor
- 20 Reasons to Be Happy Right Now

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BEST PACKAGED FOODS

Karen Ansel, R. D., Maureen Callahan, R. D., Lisa Drayer, R. D., and Kerry Neville, R. D.

- Sweets
- Cereals & Bread
- Condiments
- Rice & Pasta
- Snacks
- Fruit & Veggies
- Soups
- Frozen Meals
- Drinks
- Dairy
- Meats

RICE & PASTA

- instant rice
- pilaf
- mixed grains
- quinoa
- whole-wheat pasta
- risotto
- fiber pasta
- protein pasta
- cheese pasta
- asian noodles
- sushi wraps
- print the list

Risotto

Lundberg Creamy Parmesan Risotto

A luscious risotto with Parmesan and cheddar. Promotes weight loss.
Per 1 1/2 cups: 140 cal, 1.5 g fat (0.5 g sat), 27 g carbs, 490 mg sodium, 1 g fiber, 5 g protein



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Last updated: September 22, 2009 Issue date:

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