

Medical Minute



NOW THE BAD NEWS

So, in a previous Medical Minute I shared the happy news that some foods are not as bad for you as we thought. Well, buckle up, buttercup—now it's time for the bad news about a few foods that have been walking around thinking they deserve to be in a health food store when they would be stopped at the door by any good nutritionist.

1. Philadelphia Reduced Fat cream cheese has 3 ½ gm. of saturated fat in 2 Tbs. vs. 4 ½ gm. in the Original cream cheese spread. Not exactly a nutritional miracle in a tub. So honestly, you might as well eat the good stuff in my opinion—at least then your bagel knows you meant business.
2. Talk about fattening... Banana Chips!! Yep, these innocent-looking little slices are fried in coconut oil, which explains why a 1/3 c. serving has a whopping 7–9 gm. of saturated fat—up to half a day's limit. Many also add sugar. See why I don't eat fruit? It keeps betraying me. But if you're determined to eat these crunchy little imposters, look for ones that are freeze-dried or baked.
3. Bread is one of my downfalls. I LOVE fresh bakery bread, which I can consume almost an entire loaf of in one sitting—strictly for research purposes, of course. But I did not know that bread can be really salty. Two slices of Sara Lee Artesano Smooth Multigrain Bread have 440 mg of sodium. And here the word "Multigrain" is trying to stroll in wearing yoga pants and being all proud!
4. Pita chips may seem better than potato chips, but Stacy's Simply Naked Pita Chips have more sodium than Classic Lay's. Stacy's have 200 mg sodium in 1 oz., and Lay's has only 140 mg. The one problem that I see is limiting yourself to only 1 oz.—because who eats five pita chips and says, "Well, that was a satisfying snack"
5. Instant oatmeal packets don't just add sugar, spices, and maybe dried fruit—they also add salt. A packet of Quaker Maple & Brown Sugar (my fav) has 260 mg of sodium, which is more than 10% of the day's limit. But it's soooo good!! Apparently, breakfast looked at dessert and said, "Move over, I've got this."