



**body**

By Christine Haas

**FOOD COURT**

# The Salt Challenge

In the Case of Sodium, is Lean Better?

If **weight loss is a goal for you this year**, it is important to consume sensibly portioned, well-balanced meals. If you would rather order takeout than cook your own meals, check out the dinner entrees in the frozen section of your local grocer instead. You will find your favorite foods already prepared. Pizza is one of the many options available that will save you hundreds of calories. Lean Cuisine Deep Dish Pizza and Weight Watchers Smart Ones Bistro Selection Pizza are two examples of low-calorie options to your favorite fast food pizza joint. But don't let the labels fool you. Frozen entrees can be quite different in taste and nutritional value. Can you guess which of these pizzas is leaner and tastes better?



LEAN CUISINE  
DEEP DISH MARGHERITA PIZZA

**VS.**



WEIGHT WATCHERS  
SMART ONES BISTRO SELECTION PIZZA

## The Verdict is In

We thought the Lean Cuisine Deep Dish Pizza would have a thicker crust and more calories than the Weight Watchers Smart Ones Bistro Selection Pizza. We were shocked to find that the two taste similar and have crusts that are equal in thickness. With 390 calories, 10 grams of fat and a whopping 830 milligrams of sodium, Smart Ones certainly did not win this case. We would rather save 90 calories and consume the just as tasty Lean Cuisine Deep Dish Pizza with 310 calories and half the sodium of Smart Ones at 430 milligrams. So how can you tell which frozen meal is healthy? For the new year, get into the habit of reading the nutrition labels on all of your favorite foods.

**FITNESS**

# Stretch your regime's flexibility range

**This year, don't let your motivation**, lack of fitness equipment or travel plans get in the way of your exercise regimen. Exercise equipment that is fun, portable and affordable may be just what you need. Exercise bands, also known as resistance bands, can help you increase your strength while adding variety to your workout. Exercise bands are not only less expensive and easy to carry, but are as effective as weights and machines. This is the perfect equipment for your home gym or to take on trips! Like weights, exercise bands create resistance on your muscles. Since strength gain depends on how much and how long resistance is placed on the muscle, it is important to choose the appropriate band for your fitness level. The exercise must also be performed long enough so the last few seconds or repetitions of the set are challenging.

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COURTESY BY NESTLE USA (LEAN CUISINE PIZZA); GRACA VICTORIA/SHUTTERSTOCK (EXERCISE BAND)