



Quick Byte

[FOOD COURT]

No Free Lunch

But you can stand to do better than the sub par



Quizno's Primo Meatball sub



Subway Meatball Marinara sub

With lower-fat sandwich options and nutrition information now available to the public, fast-food sub shops have become the lunchtime restaurant of choice for the busy and the health-conscious. A variety of deli meats and grilled poultry on wheat piled high with vegetables make healthy lunch decisions easy, but not all submarine sandwiches are created equal.

After studying the large meatball sandwich nutrition information at Subway and Quizno's, we determined it is ultimately

best for the weight-conscious to satisfy a beef craving elsewhere over a leaner cut of meat—or to at least order a smaller version of these sandwiches, sans cheese. The Quizno's and Subway meatball sandwiches have at least 1,000 calories each and contain more sodium and saturated fat than the recommended daily allowance. But, in a cravings pinch, one of these meatball sandwiches will save you more calories, fat, saturated fat and sodium than the other. Which do you think would be the most heart-healthy option?

Verdict

With 1000 calories and 45 grams of fat, 15.5 grams of saturated fat and 2,950 milligrams of sodium, the Quizno's large meatball submarine is a healthier choice when compared to the Subway 12-inch meatball sandwich with cheese, which contains 1122 calories,

48 grams of fat, 22 grams of saturated fat and 3,186 milligrams of sodium.

The Quizno's sandwich also holds more meatballs and zesty marinara sauce in a toasted bun with melted cheese, than the Subway 12-inch meatball sub.

Christine H. Haas is a certified NASM personal trainer and a licensed nutritionist. She can be reached at www.nuweights.com.

One of my favorite TV shows about chefs started last night. I can't seem to escape being hungry when I watch—even if I've eaten dinner immediately before. Why is this? What can I do to avoid it?

-McLean

Are you physically hungry, or does the show just make you want to eat? If you are physically hungry, make sure you have a healthy dinner with lean protein, such as lean fish, white meat, lean red meat or a vegetable protein-type meat substitute.

If you just feel like munching, choose lower-calorie snacks that take a long time to eat, such as low-fat popcorn, sugar-free Jell-O or sugar-free hot chocolate.

Quick Byte is an excerpt from *Well Bent*, fitness pro Christine Haas's weekly live wellness chat, online the second Tuesday of every month at 11 a.m. Get answers to your wellness queries at www.northernvirginiamag.com/fitness-chat.

COURTESY OF DOCTOR'S ASSOCIATES, INC. (SUB, RIGHT); COURTESY OF QUIZNO'S (SUB, LEFT); JONATHAN TIMMES (HAAS)

[TOOLS]

A Step Ahead

Stop spending hours at the gym. Take your everyday walk to a whole new level with Fit Flops. Fit Flops are sandals new to the United States that provide a full-body workout throughout your everyday routine without the help of a gym or treadmill.

With each step while wearing Fit Flops, the midsole shifts to a softer, less stable area of the shoe that activates the



calves, thighs and gluteus muscles. This action works to strengthen all of the leg muscles and requires that more steps be taken to cover the same distance, resulting in greater toning and calorie burn. This shift of balance also activates the torso and strengthens the lower back, which is essential for core health.

Fit Flops come in a variety of men's and women's styles, from typical-looking summer sandals to slippers. For more information about the brand, or to find a pair near you, visit FitFlopSandal.com.

COURTESY OF FITFLOP (SHOES)



Gulick
The Difference is in the **INSPIRATION**



"In time, a seed of **inspiration** transforms into a fully-developed community of homes. And just like a blossom, each delicate detail has its own mystique. It is my personal passion to instill that magic in every detail of your new home." — Peter Gulick, Founder and CEO

Brambleton

Conveniently located in Ashburn, VA, with easy access to the Greenway, and featuring two outstanding Gulick home series.

New American Series – The new look of Gulick, the Ashcroft Model, now open. A limited number of Water View sites and Optional 4-Car Garages available. From the \$600s. 703.327.4123

Garden Terrace Series – A brick courtyard standard on every house, simplifies indoor/outdoor living in a suburban setting. From the mid \$700s. 703.327.4123

Grovemont

Sought-after Great Falls, VA community with two-acre homesites backing to parkland. 703.795.1333



Gulick Group

www.gulickgroup.com



Registered Trademark of Gulick Group, Inc.

Designing Hair is like Creating a Sculpture...
We Don't JUST Cut it!

Wear Hair For You

By Laura Waites

Never Have a Bad Hair Day!

www.WearHairForYou.com or 571-225-3334

Michel Rene

FOR HAIR INC.

703.938.6444 | 165 MAPLE AVE, VIENNA

WWW.MICHELRENEFORHAIR.COM

TYSONS CORNER LOCATION NOW OPEN