

Lisa R. Young, PhD, RD
Nutritionist's Picks...



Best Frozen Entrées

Frozen entrées have always been known more for convenience than for nutrition. But if you shop wisely, you can find frozen entrées that are not only nutritious but also portion controlled for the calorie conscious. For a full meal, add a tossed salad and enjoy! *When choosing a frozen entrée...*

- **Watch calories.** Do not exceed 400 calories per serving.
- **Limit sodium** to 600 mg per serving.
- **Keep fat to a minimum.** Limit saturated fat to 3 g or less and look for 0 g of trans fat.
- **Check for fiber.** Frozen vegetarian entrées can be a good source of fiber. Aim for an entrée with at least 5 g of fiber per serving.

My top picks (based on a single-serving entrée)...

Amy's

BROWN RICE & VEGETABLES BOWL

Serving size: 283 g (about 10 ounces)...9 g total fat...0 g trans fat...1 g saturated fat...5 g fiber...550 mg sodium...9 g protein...260 calories.

Kashi

BLACK BEAN MANGO

(Seven-grain pilaf with black beans and vegetables)

Serving size: 283 g (about 10 ounces)...8 g total fat...0 g trans fat...1 g saturated fat...7 g fiber...380 mg sodium...8 g protein...340 calories.

Celentano

VEGETARIAN LASAGNE PRIMAVERA

Serving size: 284 g (about 10 ounces)...8 g total fat...0 g trans fat...1 g saturated fat...7 g fiber...590 mg sodium...15 g protein...290 calories.

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