



One ounce of seeds provides 42% of your daily fiber needs.

# New Superfood: Chia Seeds

Jam-packed with protein and antioxidants, chia seeds are the perfect post-workout snack. They also contain five times the calcium of milk and eight times more omega-3s than salmon! Plus they hold up to 12 times their weight in water, says dietitian Amy Shapiro, R.D., which aids weight loss by making you feel fuller quicker and for longer, in addition to helping you stay hydrated during exercise. Grab a bag today and sprinkle them on salads, oatmeal, yogurt, and soups. You can even eat them on their own! —Kayla Hutzler

<p><b>DIP OR DITCH?</b> Condiments may seem innocent enough, but they can stack up to 90 calories onto a hamburger or hotdog. Check this out before you dunk or spread. (All numbers are for 1 tbsp)</p>	<p><b>DITCH IT</b></p>	<p><b>Heinz Ketchup</b> Calories: 20 Carbs: 4g</p>	<p><b>French's Spicy Brown Mustard</b> Calories: 5 Carbs: 1g</p>	<p><b>Hellmann's Real Mayonnaise</b> <i>Worst</i> Calories: 90 Carbs: 0g</p>	<p><b>Kraft Honey Barbecue Sauce</b> Calories: 30 Carbs: 8g</p>	<p><b>A1 Thick &amp; Hearty</b> Calories: 25 Carbs: 6g</p>
		<p><b>DIP IT</b></p>	<p><b>Heinz Reduced Sugar Ketchup</b> Calories: 5 Carbs: 1g</p>	<p><b>French's Classic Yellow Mustard</b> <i>Best</i> Calories: 0 Carbs: 1g</p>	<p><b>Hellmann's Light Mayonnaise</b> Calories: 35 Carbs: 1g</p>	<p><b>Kraft Original Barbecue Sauce</b> Calories: 10 Carbs: 3g</p>

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