

Hey, pumpkin!
Add these to your
fit-food arsenal.

Fall Power Food: Pumpkin Seeds

Jam-packed with amino acids, monounsaturated fats, minerals, and fiber, pumpkin seeds can help with everything from lessening the symptoms of depression and your risk of diabetes and breast cancer to improving sleep quality, cholesterol, digestive tract health, and blood sugar levels, says Amy Shapiro, M.S., R.D., of Real Nutrition NYC. They're great for building muscle, too. "Pumpkin seeds are an easy protein-filled snack that helps muscles repair and rebuild after a workout" she says. "They also contain magnesium, a nutrient that helps to maintain healthy muscle function."

LEAN vs. MEAN

While all beef is a powerful source of protein, iron, zinc, and B vitamins, not every cut is created equal. Here, the leanest to the meanest:



FLANK STEAK

Calories: 186
Fat: 9g
Protein: 24g
Sodium: 61mg

RIBEYE

Calories: 203
Fat: 12g
Protein: 22g
Sodium: 99mg

SIRLOIN

Calories: 228
Fat: 14g
Protein: 23g
Sodium: 59mg

NY STRIP

Calories: 258
Fat: 18g
Protein: 23g
Sodium: 59mg

FILET MIGNON

Calories: 280
Fat: 21g
Protein: 22g
Sodium: 57mg

*Nutrition data per 4 oz

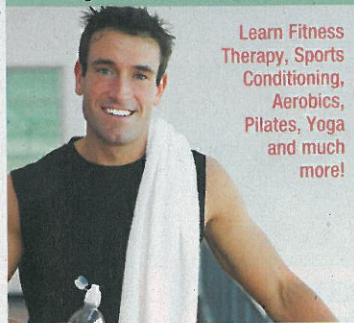
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more!

*with experience, based on figures from U.S. Dept. of Labor's BLS website

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