

Mission Meltaway Weekly Newsletter

Some Fun Ideas to Help You Stay on Track October 5, 2009

How healthy is your salad?

Sometimes we top our salads with items that increase our calorie intake without us knowing! Here is a list of common toppings and their nutrition values:

Topping	Calories	Fat
15 Croutons	50	2g
1/4 cup shredded cheese	50	2g
2 Tbsp bacon bits	50	2.5g
1/4 medium tomato	5	0g
1/4 " slice of red onion	15	0g
1/4 cup diced chicken	50	1g
2 Tbsp hardboiled egg	25	2g
2 Tbsp sunflower seeds	100	9g
2 Tbsp sliced almonds	100	9g

What do *Spinach, Shredded Wheat, Almonds, and 100% Bran Cereal* have in common?
High levels of **Magnesium!**



Magnesium helps lower the risk of developing Type 2 Diabetes

Apple and Spinach Salad

The Dressing:

- 1 tbs fresh orange juice
- 1 tbs fresh lime juice
- 1 tsp Dijon mustard
- 1 tsp honey
- 1/8 tsp salt
- Dash black pepper

Combine all ingredients and whisk well

The salad:

- 1/4 cup thinly vertically sliced red onion
- 4 cups bagged prewashed baby spinach
- 1/2 large, firm, sweet tart apple cored and thinly sliced
- 1/2 oz crumbled blue cheese

Combine onion, spinach, and apple in a large bowl. Drizzle with dressing, toss gently to coat. Sprinkle with cheese