

Hydration Challenge

Points to Ponder: Soda, sweet tea, fruit juices...

Sugar and fructose can raise triglycerides. The extra calories in sugary drinks can also cause weight gain, which puts added strain on your heart and contributes to cholesterol and triglyceride levels.

Switch to water—the most convenient and inexpensive thirst quencher around. To add some zing, squeeze lemon or lime in sparkling water.



Italian Garbanzo Salad (Cooking Light)

Ingredients:

- 3 cups finely chopped fennel bulb
- 2 cups chopped tomato
- 1 3/4 cups finely chopped red onion
- 1 cup chopped fresh basil
- 1/3 cup balsamic vinegar
- 1 tablespoon olive oil
- 1 teaspoon freshly ground black pepper
- 1/4 teaspoon salt
- 4 garlic cloves, minced
- 2 (15 1/2-ounce) cans chickpeas (garbanzo beans), rinsed and drained
- 1/2 cup (2 ounces) crumbled feta cheese



Combine all ingredients except the cheese in a bowl; toss well. Let stand 30 minutes; sprinkle with cheese.

Nutritional Information per serving size of 1 cup: Calories: 159, Fat: 5.2g, Carbs: 23.9g, Protein: 5.9g, Fiber: 5.9g