

2010 Men's Health Nutrition Awards

The 125 Best Foods for Men





BEST TORTILLA

La Tortilla Factory Smart & Delicious Extra Virgin Olive Oil Multi Grain Soft Wrap

Wrap slices of avocado, lettuce, tomato, and cooked bacon (#115) in this tortilla for an awesome riff on a BLT.

Per tortilla: 100 calories, 9 g protein, 18 g carbs (12 g fiber), 3.5 g fat



FOOD BENEFITS - KEY

-  Muscle Builder
-  Heart Helper
-  Stomach Filler
-  Gut Shrinker
-  Cancer Fighter

