

Amy's Daily Health Pearl Newsletter

Happy Post Thanksgiving!!

What am I going to do with all the leftover food from my Thanksgiving feast or holiday party? Well the good news is, by picking up just one or two of the newest products from [La Tortilla Factory](#), you can solve both of these dilemmas at once!

While not often associated with holiday fare, tortillas offer versatility and creativity and can help with portion control. However, buyer beware.... not all tortillas are created equal-some can pack up to 200 calories or more, so read your labels! Brands such as La Tortilla Factory are low in calories and emphasize whole grains and fiber and don't have even a trace of trans fats, which is a far cry from some of the nutritional found the labels of some of their competitors.

La Tortilla Factory's new 100% Whole Wheat 100 Calorie Tortillas provide a great base with 20 grams of whole grains and 8 grams of fiber. For more variety, try the line of Extra Virgin Olive Oil SoftWraps, which comes in flavors such as Tomato Basil, Rosemary and Multi Grain. If you want to cut even more calories, the Low Carb/High Fiber tortillas pack just 50 calories and 9 grams of fiber (or 80 calories and 14 grams of fiber for the large size).

To watch the calories of what you put IN the wrap or tortilla follow the rule of thumb: If it you can't properly fold it, you've probably got too much on your plate. Put some of the filling back and save it for another time. Additionally, try adding most of your flavor from vegetables, dry spices and herbs rather than from fatty condiments such as mayo. Now use that leftover turkey to create healthy wraps and add grilled vegetables for some additional phytonutrient punch!!

