



# body + soul

WHOLE LIVING

A MARTHA STEWART PUBLICATION

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**FOOD**

## THE HEALTHIEST CHIP\*

Just in time for the Super Bowl, there's a chip that's better for you without being too, well, crunchy (and by that we mean hippie, not crisp). Laurel Hill's ([laurelhillfoods.com](http://laurelhillfoods.com)) burgeoning line of tortilla chips has no unpronounceable ingredients and sneaks in nutrients—yet is so tasty it won't deter hard-core chip eaters. Here, the anatomy of the Multigrain variety. —H.G.

- Chia seeds provide fiber and omega-3s.*
- Flax seeds bring omega-3s.*
- Quinoa packs in protein.*
- Sesame seeds act as cholesterol-fighters.*
- Corn bran also adds fiber.*
- Yellow corn offers a host of B vitamins.*

\*THAT EVEN A GUY WILL EAT

