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Bites



Not all carbohydrates are evil!

In fact, scientific evidence shows that diets rich in complex carbs, especially whole grains, can help prevent obesity and diabetes. For some of the best and healthiest finds in town, hit the Blue Duck Bakery on Hampton Road in Southampton. They specialize in hand-crafted artisan breads, which are more easily metabolized than the plastic-wrapped, processed loaves we purchase from grocery stores. Blue Duck's breads are prepared with good-for-you ingredients, such as stone ground whole-wheat flour, sunflower seeds and walnuts. Wonderbread be-gone!