

Eat This Not That!

SKINNY RECIPES!

35 Quick Meals

48 BELLY MELTING SECRETS!

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Gluten-Free

*Flatbreads

*Apple Tart

*Tasty Noodles

and more!

INSTANT METABOLISM BOOSTERS

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175 FOOD SECRETS TO SAVE TIME, STRESS & MONEY



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Gluten-Free Apple-Almond Tart



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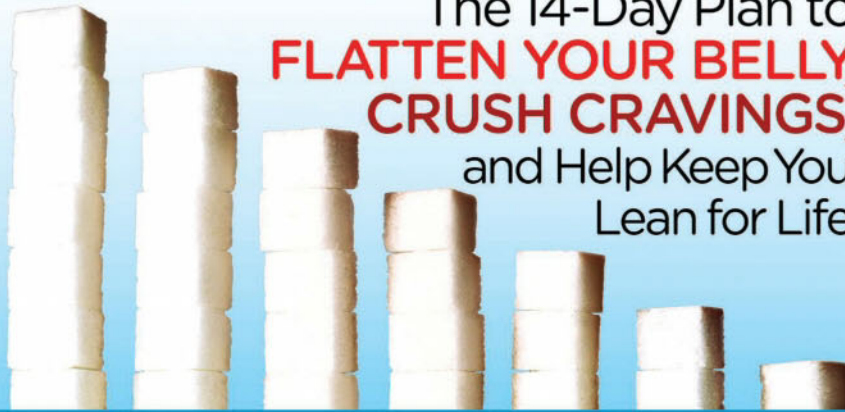
13 FOODS THAT SWITCH OFF YOUR HUNGER HORMONES

#1 *New York Times* bestselling author
DAVID ZINCZENKO
with Stephen Perrine

ZERO SUGAR DIET

Lose Up to
A POUND
A DAY!

The 14-Day Plan to
**FLATTEN YOUR BELLY,
CRUSH CRAVINGS,**
and Help Keep You
Lean for Life



**AVAILABLE
NOW
WHEREVER
BOOKS
ARE SOLD**

LOSE UP TO 14 POUNDS IN 14 DAYS!

Eliminate added sugars to crush cravings, switch on fat-burning hormones, and lose weight while enjoying the sweeter things in life.

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these
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world's top experts

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Eat This, Not That!

THE NO-DIET WEIGHT LOSS SOLUTION

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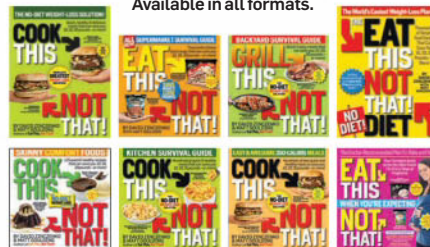
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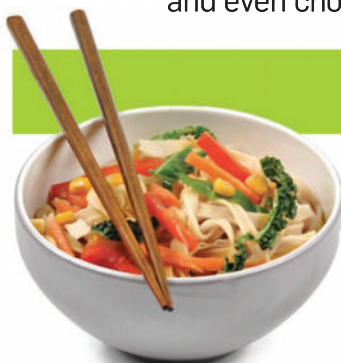
Rather than cook two separate dinners—one for her gluten-free husband, another for her kids—Erin Bloys found yummy and healthy ways to make everyone smile.

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If you love chocolate, rejoice. We're serving up pudding, cookies, frozen treats, and even chocolate crepes.



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Clean and healthy eating solutions for every part of your life, including new reasons to eat more fish, how your friends influence your diet, and tasty ways to get more fiber.

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Delicious bites of knowledge for you and your family: Master cooking with wine, learn the foods that turn off hunger hormones, sample six new cravings-crushing snacks, try our smoothie of the month made with avocado, and change your weekend habits to lose more weight faster!

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Read This!

LETTER FROM THE EDITOR

Choose to Lose

We live in what is for many, many reasons the greatest country in the world. One of the most important to me is our freedom to make choices to improve our own lives and our families’.

Eat This, Not That! was founded on the notion that in this land of abundant choices you have the opportunity to choose healthier food to enrich your body. Or you can ignore the tools and nutrition knowledge available to you and allow sneaky marketing and flavor manipulation to lure you toward Frankenfoods that are designed to keep you eating and eating.

The other day at Sonic (yes, I go there occasionally for the chicken strip sandwich), I saw a woman order a large blackberry green iced tea. I didn’t ask her, but if it was her first time ordering it, I can guarantee to you that the promise of healthy green tea influenced her decision. She probably knew about the amazing health benefits of green tea and figured she was making a smart choice. Add blackberry—another superfood—to the drink and how can you go wrong?

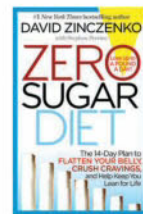
Well, here’s how: That drink is sweetened with 52 grams of added sugars, the equivalent of 16 Chips Ahoy Chocolate Chip Cookies. No one concerned about her health would drink something made with 16 chocolate cookies, so why did she choose so unwisely?

Most likely, she didn’t know what was inside that cup. In a recent survey of fast-food eaters, researchers from New York University found that two-thirds of the 700 people polled inside restaurants were not aware that calorie counts and other nutrition information were displayed for menu items.

What does that tell you? It tells me that you’ve made a right choice in picking up this magazine and being proactive about healthy eating. The best way to lose weight is by being mindful of food choices. That’s what our magazine can do for you—make it easy to swap the good for the not-so-good-for-you.

In this issue, you’ll discover new supermarket items that we’ve vetted for both flavor and nutritional value, 30 of our most effective grocery-shopping tips, dozens of calorie-saving swaps, and delicious recipes that minimize cooking time. You’ll learn easy stretches to banish back pain, tips for simplifying your life to soothe anxiety, and 48 ways to shrink your belly in 48 hours—even while enjoying one of our 12 no-guilt chocolate desserts. This magazine is packed with hundreds of secrets and strategies that will transform your body and life—if you choose to use them.

—David Zinczenko,
Founder and CEO of Eat This, Not That!
and author of *Zero Sugar Diet*



Learn the weight-loss secrets, kitchen hacks, and quick & healthy recipes that 5 million people discover every month at EatThis.com.

Breakthroughs

Useful Fitness, Food, and Nutrition Solutions for Every Part of Your Life



LADY and the TRAMPOLINE

If you don't like running for fitness, then try bouncing.

Shoo your kids off the backyard trampoline (or buy a fitness trampoline; about \$200) for a leg-strengthening aerobic workout that rivals running and might be better for your joints.

A study sponsored by the American Council on Exercise (ACE) set out to determine the effectiveness of mini-trampoline workouts. Researchers from the department of exercise and sport science at the University of Wisconsin-La Crosse recruited 12 female and 12 male college students and analyzed their aerobic performance and calorie expenditures during a 19-minute jumping workout on JumpSport fitness trampolines (jumpsport.com).

It turned out that the women and men burned an average of 9.4 and 12.4 calories per minute, respectively, an energy expenditure equivalent to running 6 miles per hour on flat ground.

Interestingly, the subjects' perceived exertion level was less intense than their actual exertion. "This may be because, while the muscles are working hard, the trampoline makes the activity less jarring," said lead researcher John Porcari, PhD. The fun factor may have made the workout seem easier, too. After all, it's pretty difficult to keep from smiling when you're catching air like you did on Mom's bed when you were 5.



Sea Change

Now there's more evidence that eating fish may offer protection from heart disease. A study in the *Mayo Clinic Proceedings* analyzed large-scale research on consumption of the omega-3 fatty acids EPA and DHA (in oily fish) and found that people with high triglycerides who consumed omega-3s in food or through supplements reduced their risk of heart disease by 16 percent.

The Weight-Gain Double Whammy

Moms and dads—listen up: It seems one of the best ways to help your children grow up healthy is to establish sensible nighttime and morning routines. Having a regular bedtime that allows sufficient sleep (7 to 9 hours) and eating breakfast daily can set kids up for a healthier weight in the future, say researchers from University College of London. The scientists moni-



tored the body mass index (BMI) of children born between September 2000–January 2002 at ages 2, 5, 7, and 11 and found that children who regularly skipped breakfast, did not

have an established bedtime, and often didn't get adequate sleep were more likely to become overweight or obese than children who woke rested and ate in the morning.

Eat Real Food

According to a 2016 study published in *JAMA*, many nutritional supplements show no benefit over placebo. So, unless you have a nutritional deficiency and have been instructed by your doctor to take a supplement, you should look to get your nutrients from whole foods. Doing so will mean you're getting more than just the vitamin you're looking for; you're also getting belly-filling fiber, muscle-building protein, and brain-powering healthy fats.



48 Percentage of meals that are purchased at work instead of brought from home.

Source: Health Facts Survey, Wakefield Research

Are You Going to the Snacker-market?

While waiting in the grocery store checkout line, do a quick scan of your shopping cart. How many snack foods are hiding behind the broccoli and that bag of apples? If you're like most Americans, they could make up a substantial part of your cart. According to the USDA, snacks provide on average, about one-fourth of our daily calories. On average women and men in their 40s consume 444 and 600 calories, respectively, from processed snack foods daily.

Snack Picks

WHAT DO YOU GRAB WHEN SNACKING?

Source:
Eat This, Not That!
Twitter Poll of
418 respondents



A packaged salty snack
48%



A whole food like fruit
25%



A baked good
20%

Homemade
7%



SUPERMARKET SWAP OF THE MONTH



V8 V-Fusion +Tea

(8 fl oz)
50 calories
0 g fat
10 g sugars



V8 V-Fusion Peach Mango

(8 fl oz)
120 calories
0 g fat
28 g sugars



Cash...ew! Gesundheit!

Go nuts to avoid the flu. Brazil nuts, cashews, and other nuts are good sources of dietary selenium, a trace mineral and antioxidant that supports good immune system function. A small British study found that adequate selenium increases immune cells' production of cytokines, proteins that fight the flu virus. Nuts are also heart helpers.

According to one study, people who ate an ounce of mixed nuts a day cut their heart disease risk by 29 percent.

Take Stock of Beans

Next time your supermarket offers a good sale on canned beans, stockpile a hill of them. Canned beans are an easy option for boosting

the fiber content of meals. And studies continue to illustrate the importance of increasing dietary fiber. Recently, a group of researchers analyzed data from the Nurses' Health Study II. Evaluating fiber intake during early adulthood, the scientists concluded that a higher consumption of soluble fiber was associated with reduced breast cancer risk.

Are Your Friends Making You FAT?



It's Hard to Burn Off a Burrito

A *Current Biology* journal study shows that as we exercise, our bodies adapt to higher activity levels, so regular exercise isn't enough to burn off the fat. Researcher Herman Pontzer of the City University of New York studied the Hadza hunter-gatherer tribe in northern Tanzania. His research shows that even though some tribal members had a higher physical challenge, their daily energy expenditure remained similar to more sedentary tribe members. Therefore, more physical activity doesn't always equal more calories burned.

Are you guilty of EUI? We're talking about eating under the influence. Researchers say people eat about 35 percent more food when dining with another person and consume up to 96 percent more food when eating with a large group. Why? One reason is that when you eat with others, you tend to spend more time at the table, where you mindlessly munch.

You Can't Count What You Don't See

In many cities, fast-food restaurants are required to display sodium, calorie, and fat content of their meals to customers. But a new survey suggests that many consumers don't notice the displayed nutrition numbers.

Researchers from New York University Wagner Graduate School of Public Service surveyed 1,400 people in Philadelphia, where fast-food restaurants are required to post nutrition information. Of the 700 people polled

by telephone, one-third didn't notice nutrition info; two-thirds of those surveyed inside the restaurants said they were unaware that calories, fat, and sodium content were displayed.

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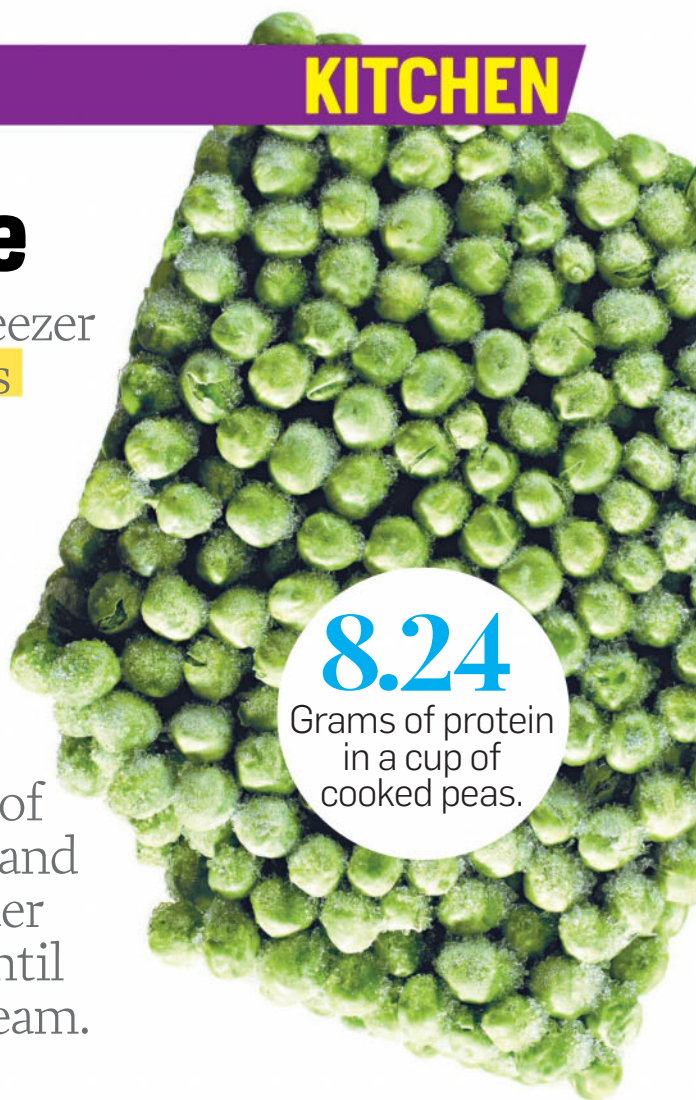


Percentage of surveyed restaurant professionals who say they plan to adopt a no-tipping policy.

Source: American Express Restaurant Trade Survey

Give Peas a Chance

Keep a few bags of peas in your freezer at all times. **One cup of green peas delivers 6 grams of fiber.** Try this easy appetizer: Microwave a cup of frozen peas in a bowl with 1 tablespoon of water for 1 to 3 minutes until hot. Stir in $\frac{1}{4}$ cup of whole-wheat flour and mash with a fork. Add 2 tablespoons of chopped scallions and a pinch of sea salt. Form into four pancakes and cook in a skillet greased with butter for $1\frac{1}{2}$ minutes on each side, or until golden brown. Serve with sour cream.



8.24

Grams of protein in a cup of cooked peas.



Dish Yourself Dessert

Have your cake and slice it, too. If you cut your own portion, you'll likely consume less, according to a study at the University of Southern California's Marshall School of

Business. In experiments where people were either served snacks or were asked to serve themselves, **they tended to consume greater portions when others served them.** The researchers believe that when people are served food they "outsource responsibility to someone else," but when they serve themselves they have to accept the responsibility, which may make them feel bad if they overindulge.

Cookies Crumble

Another reason to bake at home:

Consuming trans fats (our primary source is commercial baked

goods and fast foods) may damage your memory.

Researchers at the University of San Diego gave subjects a word-recall test and found that for every 1 gram

increase in daily trans fat intake, subjects remembered 1 less word on average.



EASY KITCHEN HACKS

Build a Better Meatball: For a tasty departure from the standard pork and beef balls, try combining bread crumbs and eggs with ground chicken, minced ginger, and scallion. Serve with mango chutney.

Use Chopsticks When You Sauté: They let you deftly turn over pieces of meat, shrimp, or vegetables in the pan much better than using a fork, spatula, or tongs.

Keep Food Fresh: Always keep foods with shorter shelf lives—milk, eggs, meat, and fish—in the back of the refrigerator, where it's coldest and the food will avoid the hit of warm air every time you open the door.

STARTERS

Delicious bites of food knowledge for you and your family



Cook This!

Winner Winner Chicken Dinner

Chicken is a dinnertime staple, but you can make it memorable with these quick and easy recipes

There's magic in a steaming bowl of chicken and dumplings—especially on a chilly, soggy spring day. It can make your whole body feel like it has just been wrapped in a cozy cashmere blanket.

This is real comfort food—the kind Mom made when your nose was running like a faucet. It has many of the same rejuvenating powers and earthy flavors as chicken soup: root vegetables, savory broth, and shredded chicken. But it's even more belly-satisfying thanks to the addition of a roux to thicken the soup base and, of course, mouth-watering dumplings swimming in the hearty liquid.

Best of all, this savory meal contains less than 400 calories. Ready to tuck in?



380 calories
12 g fat (5 g saturated)
810 mg sodium



CHICKEN and DUMPLINGS



You'll Need

- 2 Tbsp butter
- 4 medium carrots, diced
- 1 medium onion, diced
- 3 Tbsp plus $\frac{2}{3}$ cup flour
- $\frac{1}{2}$ tsp dried thyme
- 4 cups low-sodium chicken stock
- 1 lb boneless, skinless chicken thighs
- Salt and black pepper to taste
- $1\frac{1}{2}$ tsp baking powder
- 1 tsp chopped fresh rosemary
- $\frac{1}{2}$ cup 2% milk
- $\frac{1}{2}$ cup frozen peas

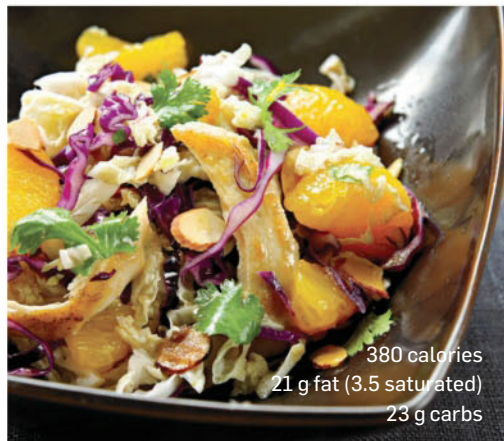
How to Make It

- Heat the butter in a pot or large saucepan over medium heat. Add the carrots and onions and cook for about 5 minutes, until softened. Add the 3 tablespoons flour and the thyme, stirring so that the vegetables are evenly coated. Slowly add the stock, whisking to prevent lumps from forming. Bring to a gentle simmer.
- Season the chicken thighs with salt and black pepper and add to the pot, submerging them in the stock. Poach the chicken for 8 minutes, then rest on a cutting board.
- Combine the remaining $\frac{2}{3}$ cup flour with the baking powder, rosemary, $\frac{1}{4}$ teaspoon salt, and lots of black pepper. Add the milk and gently stir until the dough just comes together. Form loosely into 8 dumplings and drop them directly into the soup. Cover the pot and cook over low heat for 10 minutes, until the dumplings have firmed up.
- Shred the reserved chicken. Add to the pot, along with the peas, stirring carefully so as not to break up the dumplings. Heat through for 1 minute before serving.

Makes 4 servings

Chinese Chicken Salad

This salad is one of the world's ultimate fusion foods. It's an Eastern-inspired dish popularized by an Austrian chef (Wolfgang Puck) in Beverly Hills (at his restaurant Spago back in the 1980s). It's undeniably one of the most popular salads in America, sharing space on menus in four-star restaurants and Wendy's alike. Too bad most versions are nutritional disasters, bogged down by too much dressing and too many fried noodles. Try this lighter version of Wolfgang's original creation.



380 calories
21 g fat (3.5 saturated)
23 g carbs

You'll Need

- 1 head napa cabbage
- ½ head red cabbage
- ½ Tbsp sugar
- 2 cups chopped or shredded cooked chicken (freshly grilled or from a store-bought rotisserie chicken)
- ⅓ cup Asian-style dressing, like Annie's Shiitake and Sesame Vinaigrette
- 1 cup fresh cilantro leaves
- 1 cup canned mandarin oranges, drained
- ¼ cup sliced almonds, toasted
- Salt and black pepper to taste

How to Make It

- Slice the cabbages in half lengthwise and remove the cores. Slice the cabbage into thin strips. Toss with the sugar in a large bowl.
- If the chicken is cold, toss with a few tablespoons of vinaigrette and heat in a microwave at 50% power. Add to the cabbage, along with the cilantro, mandarins, almonds, and the remaining vinaigrette. Toss to combine. Season with salt and pepper.

Makes 4 servings

Stuffed Chicken

You'll often find this dish in restaurants covered with cheese and maybe bacon and ranch dressing. Talk about ruining a good day of eating. Apply those same appealing flavors at home to crispy stuffed chicken, though, and you'll enjoy this satisfying meal without calorie overload.

You'll Need

- 2 Tbsp olive oil
- 2 oz prosciutto, thinly sliced
- 4 cups baby spinach
- ¼ cup roasted red peppers
- 2 Tbsp pine nuts
- Salt and black pepper to taste
- 4 boneless, skinless chicken breasts (6 oz each), pounded to ½" thickness (many markets sell chicken cutlets already pounded)
- ½ cup shredded fontina or mozzarella cheese
- 2 eggs, lightly beaten
- 2 cups bread crumbs, preferably panko



500 calories
19 g fat (4.5 g saturated)
790 mg sodium

How to Make It

- Heat ½ tablespoon olive oil in a sauté pan or cast-iron skillet over medium heat. When hot, add the prosciutto strips. Cook until lightly crisp, about 1 minute. Add the spinach, peppers, and pine nuts. Cook until the spinach is fully wilted, about 2 to 3 minutes. Season with salt and pepper. Reserve.
- Lay the chicken breasts flat on a cutting board. Season lightly with salt and pepper. Divide the spinach mixture and cheese among the breasts, cheating the components toward the top of the chicken. Wrap one end of the chicken around the mix and roll tightly, as if making a burrito. Secure the ends with toothpicks.
- Combine the eggs in a shallow bowl. Mix the bread crumbs on a plate with salt and pepper. Dredge the chicken first in the eggs, then in the crumbs, making sure they're fully coated.
- Wipe out the skillet. Heat the remaining oil in the pan over medium heat. Add the chicken and cook on all sides until the crust is golden brown and the chicken is cooked all the way through, about 10 minutes.

Makes 4 servings

How to Stuff Chicken Breast

Why waste cash on over-priced prestuffed chicken at the supermarket when you can do better in minutes at home? Here's how.



STEP 1: Cover with plastic wrap and pound until thin.



STEP 2: Place your filling toward the top of the meat.



STEP 3: Roll tightly like a burrito; secure with toothpick.



COOK THE GRAPE

Savvy strategies so you can finally have your wine...and eat it, too!

Whether you only drink on your birthday or enjoy a glass of red with dinner every night, imbibing isn't the only way to get your dose of the healthful natural phenol resveratrol found in grape skins. Cooking with wine not only lends your meal some complex flavors, it also imparts weight loss-aiding antioxidants into your dish.

Although only red wine contains resveratrol (an antiaging and muscle-maintaining antioxidant), both burgundies and whites have ample waist-whittling benefits. One Oregon State University study found that ellagic acid, a chemical in dark red grapes that is found in some red wines, helps decelerate the growth of fat cells and stops the growth of new ones—all while boosting metabolism. And a study from Germany's University of Hohenheim revealed that sipping on white wine in moderation can aid weight loss, too.

For those not versed in cooking with vino, turn the page for tips.

*VINE DINING:
Just don't get sauced.*

1

Choose Your Wine Carefully

Whether you should pour a bit of red or a splash of white into the pan depends on what you're cooking! If you're searing red meat or cooking up a red sauce for spaghetti, use a young, full-bodied red. Opt to add an earthier, full-bodied red wine to beefy or root vegetable-flavored soups. If you're concocting a cream sauce or cooking with seafood, poultry, veal, or pork, then go for the dry white.

2

Don't Cook with a Wine You Wouldn't Drink

You know that wine you've been considering gifting? Don't cook with it. If you

wouldn't enjoy sipping it, you won't enjoy the way it makes your food taste. Despite what you may have heard, wine's flavors don't improve when cooked. Always choose a wine that you know and love. After all, it's likely you won't just be using it to cook.

3

Use it as a Marinade for Meat

Wine contains tannins, which will help break down meat's toughness. Plus, its acidity helps balance out meat's oil and fat while adding moisture—thus preventing a dry, lackluster dinner. If you're planning to baste your protein or create a sauce with some of your wine, don't use the liquid left over from soaking the uncooked



meat. It may harbor harmful bacteria. Save some fresh wine for that purpose.

4

Know When to Pour...

Depending on the color of wine you choose, the amount of time it should spend simmering on the stove varies. If you choose to cook a light

dish with some white wine, don't leave it on the stove for as long as you would something cooked with a red. Cooking enhances the deep ruby hue of reds, so they are usually cooked longer to bring out their color. However, for optimal results, don't add the alcohol to the dish just before serving it. You'll have chicken that tastes like a chardonnay.

5

...and How Much

Just as it's important to know when to pour the wine, it's also vital to understand how much to splash. For soups, add 2 tablespoons of wine per cup of broth; for sauces, use 1 tablespoon per cup of sauce; for gravies, use two tablespoons per cup; and for meats and stews, use a quarter cup per pound. Easy enough!

Drink to Your Health!

If pinot noir were in grade school, the teacher would give it a gold star for "gets along well with others." This light-bodied red is a peacemaker at any dinner table, able to handle meat, poultry, and flavorful fish with ease. And it's probably the most healthful wine to drink. Multiple studies have demonstrated that pinot noir consistently contains the highest levels of the heart-healthy antioxidant resveratrol among wines—and resveratrol has been shown to blast fat, too. Here are among the best foods to pair with pinot:

BEST COOKOUT
Grilled salmon steaks

BEST TAKEOUT
Chinese

BEST SNACK
Chips with black bean dip

BEST DINNER PARTY
Roast duck

What's Behind Bars

Before you flip over the latest energy snack, flip it over and read the nutrition facts

You don't have to be a scientist to know that calories translate to energy. So when you are hungry and reach for a healthy-looking “energy bar,” keep this in mind: Some bars contain *a lot* of energy, probably way more than you need.

In fact, some energy bars are nothing more than candy bars in hippie clothing, while others taste like gerbil food coated in peanut butter. But if you look closely at the Nutrition Facts on the back of the packages, you can find some convenient on-the-go hunger busters that aren't so evil. Here are a few examples of new snack bars that do a good job of providing responsibly healthy energy without a ton of preservatives and added sugars. — *Lydia Hoyle*

Kind Healthy Grains Double Dark Chocolate

150 calories
5 g fat (1.5 g saturated)
70 mg sodium
8 g sugars
2.5 g fiber
2 g protein



Sahale Snacks Coconut Curry Cashew with Ginger and Turmeric Bar

190 calories
11 g fat (3.5 g saturated)
125 mg sodium
9 g sugars
2 g fiber
5 g protein



Pressed by Kind Strawberry, Apple, Chia Fruit Bar

130 calories
0.5 g fat
65 mg sodium
17 g sugars
3 g fiber
1 g protein



Soul Sprout by Two Moms in the Raw Cacao Almond Butter Truffles, Sprouted

140 calories
10 g fat (0.5 g saturated)
45 mg sodium
7 g sugars
2 g fiber
4 g protein



Thrive Ancient Seeds Superfood Nut Bar, Blueberry Lavender

190 calories
12 g fat (1 g saturated)
10 mg sodium
6 g sugars
3 g fiber
5 g protein



DIAL DOWN YOUR HUNGER HORMONES

These 12 foods contain powerful nutrients to help you control your appetite

There's a crybaby in your gut. It's called ghrelin, otherwise known as the "I'm hungry" hormone. When your stomach is empty—or thinks it is—it secretes ghrelin, which causes hunger by sending signals to the brain, urging it on to a search-and-destroy mission aimed at any nearby bag of Doritos.

Your belly's babysitter? Leptin, an appetite suppressor that signals to your brain when you're full and tells it to stop eating. But just as we can develop an insensitivity to another food-related hormone, insulin, so too can we become inured to the power of leptin, researchers say. The result: Your hunger doesn't shut off naturally, and you continue to eat even when you're full.

The same dietary factors that lead to insulin resistance—high-sugar, high-calorie foods lacking in protein and fiber—can cause our brain's appetite-suppression mechanisms to go awry, as well. Fortunately, some foods have the opposite effect, *improving* your hunger management, not just in the short-term, but over the long haul, as well. To whittle your middle, eat more of these 12 foods that turn off the appetite tap fast—and keep it off for hours.

1. APPLE CIDER VINEGAR

White vinegar's sassier cousin is composed mostly of acetic acid, which has been shown to delay gastric emptying and slow the release of sugar into the bloodstream, according to a study published in the journal *BMC Gastroenterology*. One study among pre-diabetics found the addition of 2 tablespoons of apple cider vinegar to a high-carb meal reduced the subsequent rise in blood sugar by 34 percent!

Apple cider vinegar is a key ingredient in the delicious Zero Belly Vinaigrette recipe below.



ZERO BELLY VINAIGRETTE

- 1/3 cup apple cider vinegar
- 2/3 cup extra virgin oil
- 1 1/2 tsp Dijon mustard
- 1 1/2 tsp honey
- 1/4 tsp salt
- 1/4 tsp fresh ground black pepper

Combine ingredients in a mason jar and shake vigorously until emulsified. Store in fridge and shake before serving.

Yield: 1 cup, about 16 servings

(From *Zero Belly Diet*, by David Zincenko.)



2. APPLES

Apples are an excellent source of hunger-busting fiber, so don't feel constrained by the whole "one-a-day" thing. A recent study at Wake Forest Baptist Medical Center found that for every additional 10 grams of soluble fiber eaten per day, belly fat was reduced by 3.7 percent over five years. And a study at the University of Western Australia found that the Pink Lady variety ranked among the highest of any apple in flavonoid content. This makes them tops in fighting inflammation and protecting heart health. Other stars: Red Delicious, Northern Spy, Cortland, Mutsu, and Macintosh.



3. ARTICHOKE

Ghrelin is suppressed when your stomach is full, so eating satiating high-fiber foods is a no-brainer. Leafy greens are an excellent choice, but don't overlook the humble artichoke, which contains almost twice as much fiber as kale (10.3 g per medium artichoke, or 40 percent of the daily fiber the average woman needs). Artichokes are also one of the foods highest in the prebiotic inulin, which feeds your good gut bacteria, a.k.a. probiotics. (When your gut health goes awry, so do your leptin and ghrelin levels.) Other foods high in inulin: garlic, onions, leeks, and bananas.

4. EGGS

Waking up to a protein-rich meal can set your fat-burning pace for your entire day. In a study of 21 men published in the journal *Nutrition Research*, half were fed a breakfast of bagels while half ate eggs. The egg group showed a lower response to ghrelin, were less hungry three hours later, and consumed fewer calories for the next 24 hours! Bonus: Egg yolks contain choline, a nutrient with powerful fat-burning properties.

5. LEGUMES

Legumes—beans, chickpeas, lentils and peas—are magic bullets when it comes to weight loss. A study found that people who consumed four servings of legumes a week lost more weight and lowered their LDL cholesterol levels more than people who ate a legume-free diet. Why? Genistein, the compound that turns off fat genes and prevents belly-fat storage.



6. BOILED POTATOES

White potatoes are the New Jersey of carbs: not nearly as bad as their reputation. The Snookification: frying or buttering the spuds. The Springsteenian response: boiling and chilling. In fact, plain boiled potatoes are the most filling food there is, according to the Satiety Index of Common Foods, an Australian study published in the *European Journal of Clinical Nutrition*. To maximize their Zero Belly benefits, throw 'em in the refrigerator and make a potato salad. The cooling process will crystallize the tubers into resistant starch, which takes longer to break down in your intestine, producing fat-burning butyrate and delaying hunger pangs.

7. QUINOA

When we think of amino acids—the building blocks of muscle—we usually think of beef or chicken. But one critical amino acid, called betaine, is found primarily in high-protein plants like quinoa, brown rice, and oats. This plant-based protein actually works on a genetic level to shut down the genes that increase diabetes risk and trigger belly fat storage.



8. ROOIBOS TEA

Made from the leaves of the “red bush” plant, rooibos tea is grown exclusively in the small Cederberg region of South Africa. What makes it a hunger crusher: a flavonoid called Aspalathin. According to research, the compound can reduce stress hormones that trigger hunger and fat storage and are linked to hypertension, metabolic syndrome, cardiovascular disease, insulin resistance, and type 2 diabetes.

9. PEANUT BUTTER

The key nutrient here is genistein. It’s a compound found in legumes like soy beans, lentils and peas. But it’s also plentiful in peanuts. A PB&J at lunch will give you all you need to turn off the genes that determine your risk of obesity.



10. HALIBUT

Fish is high in omega-3 acids, which reduce inflammation throughout the body and allow leptin to communicate efficiently with the brain—and halibut is especially great. The Satiety Index of Common Foods ranks halibut the #2 most filling food (bested only by those boiled potatoes). The study’s authors attribute that to halibut’s high protein content and levels of tryptophan; the latter produces serotonin, one of the hormones that curbs hunger. Halibut is also one of the best sources for methionine, a nutrient that reverses the genes for insulin resistance and obesity. It’s also found in other coldwater fish, freshwater fish like sunfish and pike, and in chicken and turkey.



11. OYSTERS

Resolve to do more prying. Oysters are one of the best food sources of zinc, a mineral that works with leptin to regulate appetite. Research shows that overweight people tend to have higher levels of leptin and lower levels of zinc than slimmer folk. A study published in the journal *Life Sciences* found that taking zinc supplements could increase leptin production in obese men by 142 percent! A half-dozen oysters only has 43 calories but provides 21 percent of your RDA of iron—deficiencies of which have been linked to a significant increase in fat gene expression.

12. OATS

According to research published in the *Journal of the American College of Nutrition*, eating oatmeal results in greater feelings of satiety than cold breakfast cereal. Why? The belly-filling power of insoluble fiber. By tucking into a bowl, you also trigger your gut to produce butyrate, a fatty acid that reduces inflammation throughout the body. In a Canadian study, researchers discovered that those whose diets were supplemented with insoluble fiber had lower levels of ghrelin. So make yourself a decadent breakfast: Cook up some quick oats, then toss in some dark chocolate shavings, some berries, some nuts, and a dash of cinnamon.



Keep Your Eyes On THE PIES

6 simple ways to deliver a healthier pizza

A pizza a day kept the doctor away for an overweight Italian chef named Pasquale Cozzolino, who turned his life around—*his* way. The author of the new Eat This, Not That! book *The Pizza Diet* developed a strategy for eating a small pizza every day while following a low-calorie Mediterranean-style diet based on fresh vegetables, fruits, and fish to drop 100 pounds and dramatically reboot his health.

“Pizza is a healthy, nutritious food,” says Cozzolino, a Naples-born chef and co-owner of Ribalta in Manhattan, “but you have to make it right.”

The right way, he says, begins with the dough. Cozzolino uses a stone-ground flour that’s coarser than most pizza doughs. After adding yeast, he allows

it to rise for far longer than most pizza makers do, a full 36 hours. This fermentation process breaks down the gluten and also lowers the crust’s glycemic index number, meaning the pizza will be less likely to raise your blood sugar rapidly the way regular pizza dough does.

“I use Le 5 Stagioni Tipo 1 imported from Italy,” says Cozzolino. You can find it on Amazon. A good alternative, also available online, is Molino Rossetto’s “Grano Duro Cappelli—Farina Macinata a Pietra or you can use a stone-milled whole-wheat flour, but the rising time will be less.”

Once you have your dough down, there are other simple ways to make pizza healthier, says Cozzolino. Turn the page to find out.



“If you overeat almost any food, you will get fat. But if you make a pizza that truly satisfies your appetite and love of pizza, you find it’s easier to practice healthy eating.”

—CHEF AND AUTHOR PASQUALE COZZOLINO



1 Never settle for the shredded mozzarella cheese that comes in a bag. It's loaded with preservatives. Go to a local cheese shop and buy a fresh ball of mozzarella.



2 Add fiber by topping your pizza with vegetables. You can lower any pizza's glycemic index (GI) by adding fiber-rich broccoli, cauliflower, bell peppers, and various greens like arugula and spinach.



3 Cut the cheese. You don't need a lot of cheese on a good Neapolitan pizza. "Pull one-inch chunks from your ball of mozzarella and space around the top," says Cozzolino. "You want the flavor of the sauce to come through, so don't overdo the cheese."



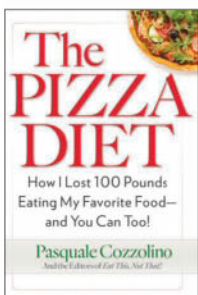
4 Experiment with new flavors. White button mushrooms are a common topping. Be bold: Try shiitake, maitake, reishi, or portobello mushrooms to add nuanced flavors plus their powerful cholesterol- and cancer-fighting properties.



5 Add protein to further lower the GI and make the meal more satisfying. Sausage, ham, and chicken are obvious choices, but also try canned tuna. It's a quick way to add protein and heart-healthy omega-3 fats to your meal. It's inexpensive and ready in seconds if it's in your pantry.



6 Eat slowly and savor the flavor. Studies have also shown that eating foods with our hands, such as pizza, helps us feel more satisfied because it helps us experience greater aroma and texture of our food.



Look for *The Pizza Diet* in May wherever books are sold.



STARTERS / *How To!*



BUTTER UP!

Keep homemade flavored butters in your fridge to speed up dinner prep

When you need sauce in a second, the only option is to reach for a bottle of sugary-syrupy or salty stuff in the refrigerator. Or if you plan ahead, you could have a potent flavor vehicle ready to go for adding sweet or savory notes to your meal—flavored butters.

Spiking softened butter with assertive flavors is a great way to create an “instant sauce.” And dropping coins of compound butters (which keep for weeks in the fridge) to high-carbohydrate foods like baked potatoes and pasta can actually work to lower the glycemic impact of the dish, making a gentler ride for your blood sugar.

TRY ANY OF THESE COMBINATIONS on meat, fish, or vegetables

- 1** Crumbled blue cheese, chives, and black pepper
- 2** Honey, maple syrup, or fruit preserves
- 3** Fresh herbs like tarragon and shallots, basil, ginger or scallions
- 4** Citrus juice and zest
- 5** Reduced balsamic vinegar and caramelized onions
- 6** Minced sundried tomatoes and olives

HERE'S THE STEP-BY-STEP



STEP 1: Mash and mix softened butter with your choice of flavor ingredients. Hand mix or use a food processor, until ingredients are evenly combined.



STEP 2: Place the mixture in the center of a piece of plastic wrap or waxed paper.



STEP 3: Fold the plastic over the butter and squeeze the butter into a uniform log. Twist the ends of the plastic like a sausage and tuck under. Place in the fridge.

NUTRITION NUGGETS

Drop weight and improve your health with these surprising tidbits



61

Number of calories you burn in 15 minutes of walking a dog.

Occupational Hazards

What's your biggest food temptation at work?

SWEETS FROM CO-WORKERS	42%
FAST-FOOD NEARBY	28%
ORDERING TAKEOUT	20%
THE VENDING MACHINE	10%

Source: ETNT Twitter poll of 340 respondents.

25%

How much you can **lower your type 2 diabetes risk** if you cut just one sugary drink from your day if you have a habit of drinking several sweetened beverages daily, says a study in the journal *Diabetologia*.

FOUR

Number of tablespoons of ketchup the average diner uses on his or her food.



89

percent of foods marketed to kids offer poor nutrition.

20

Percentage greater antioxidant concentrations you'll get from green tea if you squeeze lemon into the cup.

119

Number of more calories study participants burned per day when they reduced TV watching time from five hours to two and a half hours. That's enough to lose 12 pounds in a year.

Nine



Number of fistfuls of colorful fruits and vegetables you should eat each day to **reduce inflammation**, according to Mehmet Oz, MD.

TALE of the TAPE

Here's a quick way to assess your diet and overall health:

Wrap a soft tape measure around your midsection at the level of your belly button. Check the measurement. That number should be less than half your height. If it's more, examine your eating and drinking habits.

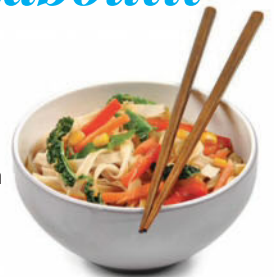


FISH OIL

Women who took fish oil during the last three months of pregnancy lowered the risk of their children developing asthma, according to a recent Danish study in *The New England Journal of Medicine*.

forkggedaboutit

Drop the fork and pick up chopsticks. These stick utensils make you work for your food, slowing down the eating process just enough for your brain to signal your stomach that it's full before you overeat.



239

Average number of calories in a blended coffee drink. Save 176 calories by getting coffee with cream and sugar instead.

CRISPY • AU GRATIN • STUFFED

Three restaurant menu code words that mean the food is high in bad fats and calories. Look for these words instead, which indicate healthier fare: STEAMED, BROILED, BAKED, GRILLED, POACHED, ROASTED

Sip Away Your Cravings

Add some avocado to your blender and whip hunger into submission


You love avocado chunks in your eggs, slices in your sandwich, and mashed in a spicy chip dip. Why not also try it in your smoothie? It's a fruit after all, just like blueberries! Well, maybe not like blueberries, but a fruit nonetheless. With a mild flavor and silky smooth texture, avocado blends well in almond milk, adding a satisfying creaminess to your shake. As you know avocado is rich in heart-healthy fats. What you may not realize is just how effective it is at subduing cravings. A study in *Nutrition Journal* found that participants who ate avocado for lunch reported a 40 percent decreased desire to eat for hours afterward. And a survey by the Centers for Disease Control and Prevention showed that people who ate half an avocado a day reported smaller waists. In the recipe below, we combine fiber-rich avocado with three other ingredients that contain digestion-slowing fiber: blueberries, black beans, and flaxseed. The result is a bluish health shake that won't have you feeling blue after drinking it. And you won't feel hungry, either.



BLEND THIS!

Take this delicious smoothie recipe for a spin. Avocado Blues is from the best-selling book *Zero Belly Smoothies* by David Zinczenko, available online and in bookstores nationwide.

Avocado Blues

- ¼ avocado, peeled, pitted, and quartered
 - ½ cup blueberries
 - ¼ cup black beans
 - 1 tsp ground flaxseed
 - ½ cup unsweetened almond milk
 - ¼ cup chocolate plant-based protein powder
 - 3 ice cubes
 - Water to blend (optional)
- 
- 297 calories
 - 10 g fat
 - 30 g carbohydrates
 - 15 g fiber
 - 9 g sugars
 - 25 g protein

Sweet Swap

Send your kids to school with a better fruit drink

Sweetened beverages

are the largest source of empty carbohydrates from added sugars in children's diets, according to the Centers for Disease Control and Prevention. And those extra liquid calories are contributing to the childhood obesity problem. So why do many moms and dads feel the need to pack sack lunches every day with what's little more than sugar water in a box or pouch?

"My kids demand it," says Lisa Bosworth, a working mom of three in the Boston suburb of Wakefield. "They won't eat their sandwich if I send a carton of milk."

If water or milk won't cut it with your kids, at least choose pure juice. While it is still high in sugar, it doesn't contain added sugars, and the natural juice offers more than empty calories. Here are some better choices to consider.

Drink This



Apple & Eve Fruitables Fruit and Vegetable Strawberry Kiwi

(6.75 fl oz box)
70 calories • 0 g fat • 15 g sugars
Made from nine fruits and vegetables; no added sugar.



Capri Sun Roarin' Waters Wild Cherry

(6 fl oz pouch)
30 calories • 0 g fat • 8 g sugars
It's not juice, but at least it's very low in calories compared to other Capri Sun products.



Apple & Eve Cookie Monster's Orange Tangerine

(4.23 fl oz box)
60 calories • 0 g fat • 14 g sugars
100% juice in a tangerine, passion fruit, and pear blend.

Not That!



Hi-C Orange Lavaburst

(6.75 fl oz box)
90 calories • 0 g fat • 25 g sugars
Less than 1 ounce of real juice and a lot of added sugar.



Kool-Aid Jammers Cherry

(6 fl oz pouch)
80 calories • 20 g sugars
The 5% juice here isn't even from cherries; it's pear juice.



Hi-C Torrential Tropical Punch

(6.75 fl oz box)
100 calories • 0 g fat • 25 g sugars
10% real juice mixed with 90% water and high-fructose corn syrup.



CHEERS AND JEERS: Drinking buddies grow big bellies.

WEEKEND HABITS That Can Make You Fat

Don't let two days derail your healthy ways

TGIF. It's time to let your hair down and party, or sit on the couch and binge-watch *Gilmore Girls*. However you choose to spend your days off, if you're like most Americans, your belly pays the price of freedom. Compared to a typical weekday, on a weekend day you consume an average of 400 extra calories, enough to add a pound of flab in nine weeks.

Sure, you deserve to enjoy your time off, but you also deserve to enjoy a lean, healthy, and active body. So beware of these common weekend bad habits that can derail your hard-earned weekday weight-loss wins.

WEEKEND BAD HABIT 1 DOING DINNER WITH FRIENDS

Spending time with your buds is good for the heart and brain. Dining with them every weekend may not be such a grand idea, especially in a large group

party setting, where researchers claim you are likely to swallow 96 percent more food than normal.

HEALTHIER HABIT: Avoid making food and drink the focus of getting together. Instead, plan something active, like a hike, bike ride, or museum tour.

WEEKEND BAD HABIT 2 TOO MUCH WINE

Being a weekend wine-o is better than sipping the grape daily, but if your habit is 2 or 3 glasses a day (easy to do if you're social), it's going to be tough to stay slim. That goes for

beer and other alcoholic beverages, from Absolut and tonic to Zombies. Most drinks are high in empty calories, and alcohol itself triggers fat storage. Plus, booze makes you hungry. According to a *Journal of the Academy of Nutrition* report, drinking alcohol causes people to eat an extra 384 calories daily, likely because it makes us more sensitive to food aromas and less likely to resist indulgent fare.

HEALTHIER HABIT: Limit yourself to a glass. Or if you have two, be sure to drink a tall glass of water in between alcoholic beverages to slow your consumption of alcohol and hydrate your body.



WEEKEND BAD HABIT 3 WATCHING HOURS OF TV

Not moving from the couch puts a lull in your calorie burn, and it stresses your lower back, tightens your hip flexors, and messes with your blood flow. Pry yourself away from the TV and do something active.

HEALTHIER HABIT: Take a walk, go bowling with friends, or stroll the mall and window-shop. You're likely sitting at a desk all week so lounging all weekend is the last thing you should do.

WEEKEND BAD HABIT 4 NOT EXERCISING

Maybe you don't have time to exercise during the week and you figure weekend-warrior workouts aren't enough. Well, that weekend-warrior myth isn't necessarily true, suggests a new study in *JAMA Internal Medicine*. Researchers at Loughborough University in England examined data on 64,000 middle-age adults who

responded to a survey about health history and fitness habits. The team then cross-referenced their list with health department death records. Interestingly, they found that people who exercised vigorously for 150 minutes total only on weekends had a 40 percent lower risk of cardiovascular death and 18 percent lower risk for cancer-related death than those who claimed to exercise more than two days a week, but for shorter durations.

HEALTHIER HABIT: Find a way to get in the 150 minutes of weekly vigorous exercise recommended for good health, ideally spread throughout the entire week. But if you can only cram it in on the weekend, this study suggests it's not so important when you do it but that you do it.



WEEKEND BAD HABIT 5 YOU STAY UP VERY LATE AND SLEEP IN

This is one of the most common mistakes people make on weekends: They stay up long past their normal bedtimes and stay in bed until

mid-morning. Making a habit of that will throw your body clock out of whack and could pile on the pounds. In study after study, shorter amounts of sleep are associated with higher BMI levels and larger waistlines. The primary reason? "Lack of sleep can lead to increased levels of the hunger hormone ghrelin, and decreased levels of leptin, the satiety hormone," explains Alissa Rumsey, Registered Dietitian and Spokesperson for the Academy of Nutrition and Dietetics. "Research also shows that when we're sleep-deprived, our brains respond more strongly to junk food and have less of an ability to practice portion control."

HEALTHIER HABIT: Stick to your weekday sleep-wake schedule as much as possible and aim for 7 hours of sleep per night.

WEEKEND BAD HABIT 6 YOU TREAT A CHEAT MEAL LIKE IT'S THANKSGIVING WEEKEND

A lot of folks who are dieting schedule a cheat day on weekends when they allow themselves to indulge in less-healthy fare. An occasional cheat day can aid weight loss efforts by warding off feelings of deprivation and bouts of overeating, explains dietitian Cassie Bjork, RD, LD of Healthy Simple Life. "It can make it easier to stick with your healthy eating regimen for the

long haul," she says. But if your cheat meals turn into cheat weekends, that's when things can head south.

HEALTHIER HABIT: Pick your cheat meal before the weekend begins and be sure to jump right back on the healthy eating bandwagon afterwards—no matter how good a second greasy meal may sound.



WEEKEND BAD HABIT 7 SWALLOWING 1,200 CALORIES WORTH OF POPCORN

Never happen? Don't be so sure. If you're a big-screen movie buff who likes to inhale popcorn during the show, keep in mind that some movie theater popcorn bags pack 60 percent of a day's worth of calories, according to an independent lab analysis by Center for Science in the Public.

HEALTHIER HABIT: Bring your own bag of air-popped corn (we won't tell). It only has 31 calories per cup so you could easily save 250 calories more.

WEEKEND BAD HABIT 8 SKIPPING MEALS

While most of us overeat on weekends, a fair number don't eat enough. When you pack your weekend with a to-do list that's too long, you may not have time to slow down enough to prepare a meal. If you take in too

FAT FACT The average restaurant meal contains 1,128 calories, which is nearly 60 percent of the day's recommended intake, according to a recent *JAMA Internal Medicine* study.



few calories, it can cause your body to lose muscle mass, which will decrease the rate of your metabolism. Plus, when you skimp on grub, your body further slows the rate at which it burns calories to conserve stored fuel. “Under-fueling is just as risky as over-fueling,” explains Carolyn Brown, MS, RD at Foodtrainers in Manhattan.

HEALTHIER HABIT: Plan your meals and make them a priority in your schedule. Also, keep portable bites like nuts and fruit on hand to fuel up when on the go.

WEEKEND BAD HABIT 9

YOU STRESS ABOUT MONDAY

Most people feel a little anxious when they think about the work-week ahead, especially during certain busy times of the year. A little stress is natural—except when it becomes obsessive. If you regularly get very stressed on Sunday thinking about Monday, you aren’t doing your belly any favors. The constant surges of the stress hormone cortisol can cause you to reach for sugary snacks. Cortisol also encourages your body to store fat.

HEALTHIER HABIT: Investigate the reasons your job is making you anxious and determine how real they are. Consider a new job or getting professional help with minimizing stress. Also, making a list of things you are grateful for each night can make life seem much brighter. As a quick fix for acute stress, drink a tea made with the herb valerian. It’s a mild sedative.

Instant Stress Cures

Simplify your life to help calm your mind



SOUND ADVICE: Music juices creativity.

Stress is what you feel when you’re mowing the lawn in your shorts and you disturb a nest of yellow jackets. More often, however, that fight-or-flight response gets triggered by something more insidious than angry, stinging ground wasps: your child throwing a temper tantrum, your boss throwing temper tantrum, unrealistic deadlines, mothers-in-law—fill in your favorite stressor.

No matter the source—bees or bosses—your body responds the same way, with muscle and jaw tension, rapid pulse, sweaty palms, and obsessive worry. “In any situation that feels like a threat, your brain instructs the adrenal glands to release cortisol, a hormone that provides a burst of energy to either fight or flee,” explains Florence Comite, MD, an endocrinologist in New York City and member of the *Eat This, Not That!* editorial board. But when this primal fear response is turned on indefinitely, this stress hormone can inflict harm. Chronic stress compromises our immune systems and has been linked to everything from the common cold to high blood pressure and even weight gain. “High cortisol in your system disrupts your sleep,” says Dr. Comite, author of the book, *Keep It Up*, which looks at fighting the diseases of aging. “Both cortisol and sleep deprivation reduce your ability to metabolize carbohydrates, leading to increased fat storage around your middle.”

High stress, of course, also factors into anxiety disorders, alcoholism, and depression. According to the Public Health Service, about 50 percent of mental problems reported in the United States are stress disorders, and most of those are related to the brain’s ancient fear system.

But stress and cortisol have an enemy, too: action by you. You can take the bite out of stress by asserting control. Here are some practical ways to beat the stress monster:

Eat a nutty sandwich.

Make a stress-busting snack of almond butter spread on whole grain bread. Almonds are rich in both zinc and vitamin B12, key mood-balancing nutrients that are typically depleted by cortisol, while whole grains contain tryptophan, an amino acid that turns into the calming neurotransmitter serotonin.

Borrow a dog from a friend.

If you don’t own one, that is. Do it whenever you’re feeling overwhelmed. Regardless of how down in the dumps you may feel, playing with a puppy will help you relax, smile, and look at the world a little differently, according to researchers from the State University of New York at Buffalo.

Turn on Spotify.

Researchers at the University of Windsor found that people who listened to their favorite

music felt more positive and did better on tasks that required creative input. Another study reported in the journal *Nature Neuroscience* showed that people who listened to a favorite song and anticipated a certain favorite part of the song experienced a pleasurable flood of dopamine, a neurotransmitter that controls the brain’s pleasure centers.

Beat stress with sweat.

Physical activity boosts production of feel-good brain chemicals called endorphins. Chopping wood, planting a garden, or taking a hike in the woods will do it just as well as playing tennis or running a 10K will. But regular exercise has even greater benefits: It can improve mood, increase feelings of self-confidence, and give you a sense of control over your life. It also helps you sleep better and, studies show, can ease symptoms of anxiety and mild depression as effectively as medication can.

5 Foods That Ease Stress



Chocolate

A study from Nestlé Research Center (of course) found that those who deemed themselves “highly stressed” had lower levels of the stress hormones cortisol and catecholamines in their system after eating chocolate every day for two weeks.



Black Tea

A 2007 study published in the journal *Psychopharmacology* found that drinkers of black tea are better able to manage stress than their herbal-sipping counterparts. They also were able to calm down quicker after a stressful encounter.



Strawberries

Strawberries are surprisingly high in vitamin C, which has been proven to have a significant effect on reducing stress levels.



Fish Oil

A study out of Ohio State University found that students who took regular omega-3 supplements had a 20 percent reduction in their anxiety levels, in comparison to students whose diets were fish-free and who didn’t take supplements.



Nuts

Nuts are crunchy, so chomping them could be a stress-relieving activity. More important, nuts are high in magnesium, a nutrient vital to our bodies’ stress-coping mechanism. Not nuts about nuts? Leafy greens are another source of magnesium.

Pop packing bubbles.

People who popped sheets of plastic bubbles—the ones used for packing valuables—reported feeling relaxed and less stressed. Doing anything with your hands—knitting, working with clay, painting, or woodworking, to name just a few possibilities—can help take your mind off your stressors.

Pray for calm.

University of Mississippi researchers report that religious rituals, such as attending church or meditating quietly for 10 minutes, can lower cortisol secretion by up to 25 percent. You can also develop your spiritual side and reap stress-reducing benefits by taking a walk in the woods or volunteering in ways that help others.

Tackle one room.

Feeling overwhelmed by the clutter in your house? Attack one disorganized room in your home at a time. Give yourself a week to overhaul it, throwing out stuff you don't need. Start small. Get a win under your belt. It'll give you the self-confidence and motivation to keep going.

Force a grin.

Even when you're not truly in the mood for a smile, make yourself crack one. University of Kansas researchers tested this theory on a group of people and measured reduced heart rates and blood pressure when subjects forced a smile.

Value the key areas of your life.

Many of us say family, friends, and community are valuable parts of our whole life, yet we spend most of our time focused on work. When work life becomes troublesome, the resulting stress can be



*SWEAT,
SPREAD, POP:
And send
stress packing.*



overwhelming. By building a healthier, more equitable balance in your life—your home, your work, your family—you create a buffer against stress. If one part of your life heads south, the strength of the others will prop you up.

Sit (or walk) and reflect.

Every evening, take a walk or sit quietly and reflect on two questions:

1. What is the most important thing I did today?
 2. What is the more important thing I have to do tomorrow?
- Instituting this mini meditation will help you plan, grow, and feel in greater control.

Simplify life.

Planning is the most important thing you can do to avoid stress, say many psychologists. In fact, a survey of 3,000 participants presented

at a meeting of psychologists several years ago determined that planning—your day, your week, your year—was the most effective stress-buster.

Stop comparing.

It's a losing proposition most the time. "People who have a problem with anxiety get lost in judging themselves," says Mel Schwartz, PhD, a psychotherapist in Westport, Connecticut. "The critical voice is enslaving." To escape, accept yourself for who you are and believe in what gifts you bring to the world.

Avoid e-mail addiction.

Sure, technology streamlines life, but it also adds to our stress as anyone who has spent an hour on hold for tech support knows. De-stress tip: Stop looking at your screens at least two hours before

bedtime. Computers, tablets and phones with luminous displays can make it harder to fall asleep. A recent study at the Lighting Research Center at Rensselaer Polytechnic Institute found that a two-hour exposure to a backlit display could cause 22 percent suppression in melatonin, the hormone that regulates sleep/wake cycles. Shut down the tech earlier. You'll sleep better and stress less.

Learn to say "no."

Anyone with too much on her plate will experience more stress if they don't develop the ability to say no to more without regret. That's where good planning and learning to delegate can help.

Stress is not a sign of weakness but a call to action. About 25 percent of our happiness hinges on how well we're able to manage stress. So manage it... with a smile.

Shield Your Back from Attack

5 simple moves to avoid debilitating pain

by Jeff Csatari

Who would have thought that fulfilling my wife's longtime wish for a fresh coat of paint on our kitchen ceiling would sentence me to sleeping in a chair for two weeks?

Craning my neck and arching my back to roll on two coats of ceiling paint caused a cervical herniated disc that impinged on a nerve in my neck. The pain radiating down my arm was excruciating, like someone twisting a red-hot corkscrew into my left deltoid. It lasted 10 days before physical therapy came

to my rescue.

If you've never experienced nerve pain in your neck or back, be prepared: In all likelihood, it's in your cards, too. "About 90 percent of us will experience back pain in such severity at some point in our lives that the person will have to miss work," says Jack Stern, MD, a spine surgeon at Weill Cornell Medical College in New York City and author of *Ending Back Pain*.

Back pain has reached epidemic proportions, Stern says, for several reasons:

A Snapshot of Bad Posture



If you sit at your job, Stern suggests you ask a friend to take a photograph of you sitting at your computer. Check your posture in the snapshot. Your posture will most likely appear similar to the slouched example above. Instead, your rear should be completely against the back of the chair. There should be a natural arch in your lower back, and your shoulders should be back, not hunched forward and rounded. Your hips should be at the same level or higher than your knees, and the computer screen should be at eye level. This means you may need to use a couple of books to elevate your screen.





The Back Savers

Do a set of these exercise twice a day—in the morning and evening. During the day, perform the neck retraction and corner stretch several times, especially whenever you feel tightness in your neck, shoulders, and back.

► **We are living longer,** and with increasing age we become more prone to osteoarthritis. The jellylike discs cushioning our vertebrae are the only tissues in our bodies without a blood supply, so they degenerate, become thinner, dehydrate and, as a result, lose their shock-absorbing characteristics.

► **We are an overweight nation.** Carrying extra pounds stresses our bodies' mechanical structures. If you are heavier than you should be, your risk for back pain increases.

► **We sit too much—** at our jobs, in our cars, and on our couches. All of this sitting alters the natural posture we had as kids.

Since you can't stop aging, the best you can do is protect your back by staying trim and active, in addition to strengthening your lower back and neck muscles with simple stretches and exercises like these described at right.

As I write this, I'm seated deep in my chair, my lumbar area supported well. When I hit the last period key, I'll stand up and do my neck exercises. And the next time Kathy asks me to paint a ceiling, I'll pick up a phone instead of a roller and call a professional painter.



Cobra

Lie facedown on the floor and raise yourself on your palms, keeping your hips on the floor and your forearms positioned directly under your shoulders. You should feel a nice stretch in your lower back. Hold for 10 seconds, and then lower your chest to the floor. Do 5 times.

Neck Retraction

Sit or stand straight and fix your eyes on an object so your head remains level, not tilted up or down. Tuck your chin in and pull your head straight back. Hold for three to five seconds, and then return to neutral; don't extend your chin forward. Complete 10 retractions three times every day or as needed.



Hip Raise

Lie on your back on the floor with your knees bent and your feet flat on the ground. Keep your arms at your sides at a 45-degree angle to your body. Squeeze your glutes and press your heels into the floor to raise your hips until your body creates a straight line from your shoulders to your knees. Pause for a few seconds in the up position, then lower. Repeat 10 times.

Corner Stretch

Stand facing a corner of a room with your feet together about 2 feet back from the corner. Place a forearm on each wall so that your elbows are slightly below shoulder height. Keep your head neutral, tucking your chin back slightly. Inhale and pull your ab muscles into your spine. Exhale and lean into the wall. You'll feel your shoulder blades squeeze together. Hold the stretch for 5 to 30 seconds and then return to the start position. Repeat 5 times.



Bird Dog

Get on your hands and knees with your hands flat on the floor directly under your shoulders. Your knees should be hip-width apart and bent 90 degrees. Tense your abs as if someone was about to punch you in the stomach, and then raise your right arm and left leg until they are in line with your back and head. Hold for 5 to 10 seconds, lower your limbs, and then raise your left arm and right leg. That's 1 repetition. Continue to alternate back and forth for a set of 10.

STARTERS / Answer This!

Why can't I stop eating bread from the bread basket at restaurants?

This magnetic force isn't really your fault. Since the bread baskets at most restaurants tends to be filled with white bread, there's barely any fiber in it.

"They're basically putting a huge amount of sugar in front of you, which is why it's so addictive," says Ilyse Schapiro, RD, author of *Should I Scoop Out My*

Bagel. "How many times have you said, 'I'll just have five jelly beans,'" which turns into 50, and suddenly you can't stop eating them? It's the same with the evil bread basket."

What to do: "Either tell them not to put the bread basket down on the table, or just take one piece and have them take the rest away," suggests Schapiro.

Or order an appetizer. House salads, vegetable soup, shrimp cocktail, and tuna tartar are great alternatives to that basket of blood sugar boosters.

I heard that coconut water is better to drink after exercise than plain water. True?

It depends on how much you're sweating during that workout. Unless you are doing an endurance workout where you sweat away a lot of liquid, plain H₂O is all you need. Coconut water would be great to have along during a long bicycle ride in warm weather because it contains



sodium and potassium, key electrolytes for replacing bodily fluids lost to sweating. Researchers reporting in the *Journal of the International Society of Sports Nutrition* found that coconut water was just as good as a sports drink for replacing electrolytes during a 60-minute treadmill workout. Coconut water also contains calories, about 60 per cup. That's makes it a wise choice for refueling during endurance exercise, but not if you're doing shorter, less strenuous activity—and watching your calories.

My middle is weak after having two kids. And I have lower back soreness. What's a good core exercise for me, and don't say "sit-ups."

One of the best ways to strengthen the girdle of muscles known as your core doesn't involve sit-ups



LOAF AFFAIR:
Break up
with bread.

5 Health Questions in Five Words or Less

1

Fish or omega-3 supplements?

Doesn't matter.
Get more

2

Soup or salad?
Vegetable soup

3

What's the most unhealthy food?

Highly processed
carbohydrate

4

Margarine, butter, or olive oil?

Olive oil.

5

What's the new quinoa?

Gluten-free,
high-protein teff.

(To ask ETNT your own weight-loss, nutrition and fitness questions, tweet us using #ASKETNT.)



...When You're Expecting



by Jennifer Ashton, MD, FACOG

ABC News Senior Medical Contributor

at all. In fact, it involves very little movement and no crunching. Try front and side planks. "Even if you start at 30 seconds per hold, and that is all you can do, that's okay because you can build on it each time you do them," says Mark Langowski, author of *Eat This, Not That! For Abs Here's* how to perform them:

Front plank: Strike a pushup position with your arms straight. Then bend your elbows and support yourself with your forearms flat on the floor and your elbows directly under your shoulders. Keep your back straight from your heels to head and brace your abs as if expecting a punch in the stomach.

Side plank: Lie on your right side and stack your legs and feet on one another. Support yourself on your right elbow. Tighten your core and lift your hips until your body forms a straight line from your heels to your head. Hold this up position for as long as you can and then release back to the floor. Repeat the exercise two or three times. Then turn over onto your left side and perform the side plank while stacking your right foot on your left.

These simple exercises should take care of your back pain, but before starting, visit your doctor for a checkup and the okay to begin this type of resistance exercise program.

I rarely eat potato chips, but now that I'm pregnant, it's like I'm addicted. Why do I particularly crave the salt and vinegar flavor? And does that mean I'm having a boy?

The old wives' tales—craving salt means you're having a boy; craving sweets, a girl—still seem to be making the rounds. There is, however, a real biology-based reason why women crave salty foods like chips, pretzels, and pickles when pregnant. During pregnancy, plasma blood volume expands. The salt tends to draw water with it into the bloodstream, helping regulate fluid levels. So, satisfy your cravings, but be careful to practice portion control. Even though you're pregnant, you should still try to limit your sodium intake to 2,300 mg, about a teaspoon of salt a day, according to recommendations from the Department of Health and Human Services. For a salty

snack that'll deliver good amounts of protein and fiber, while keeping sodium relatively low, try Chickpea Chips."

You'll Need

- 2 15-ounce cans chickpeas, drained
- 1 Tbsp extra-virgin olive oil
- 2 tsp Cajun spice mix
- 1 tsp granulated garlic
- ½ tsp dried oregano, crumbled

How to Make It

- Preheat oven to 450° F. Place chickpeas and olive oil in a resealable plastic bag. Close bag and shake until chickpeas are coated with oil. (Not all the oil will be absorbed.)
- Place oiled chickpeas on a rimmed cookie sheet, then roast, occasionally turning with a spatula until golden and crisp, about 45 minutes.
- Transfer roasted chickpeas to a serving bowl and toss with remaining ingredients. For best crunch, serve immediately.

Makes 4 servings

Per serving: 235 calories, 7 g fat (1 g saturated), 512 mg sodium, 10 g fiber, 10 g protein

A friend advised me to stop eating cheese during my pregnancy because bacteria may harm my baby. Should I avoid cheese?

Her concern is noble. You should not eat unpasteurized soft cheeses because they may contain *E. coli* or *Listeria*. Fortunately, most cheese you find in grocery stores in the United States is pasteurized. But to be safe, check the label on goat cheese, Brie, feta, Roquefort, or queso fresco before buying.

My OB/gyn said I should eat more during my third trimester. What foods?

Ask your OB/gyn! You should keep a constant dialog going now that you're in the home stretch. One thing your doctor will likely emphasize is getting adequate omega-3 fatty acids. The omega-3 DHA is especially important for your baby's brain and vision development in the third trimester, when the brain grows rapidly. Fatty fish like salmon and tuna are terrific sources. Don't like fish? You'll find omega-3s in flaxseeds, walnuts, and chia seeds in the form of ALA.



IT'S A CHIP!
Salt begets cravings, not boys.



Eat This, Not That! When You're Expecting by Jennifer Ashton, MD, is available online and in bookstores nationwide.



30

BEST TIPS

FOR FILLING YOUR CART

with

HEALTHIER GROCERIES

FASTER AND FOR LESS





LET'S GET SOMETHING STRAIGHT:

Supermarkets are for-profit businesses. Despite the neighborly phrases about healthy eating on their colorful signage, grocery stores are not looking out for your family's health. They are designed to make you spend as much money as possible, often on high-margin products loaded with cheap ingredients and non-nutritive calories. Major food conglomerates are far more concerned with their bottom lines than your bottom, and as a result, their foods are filled out with cheap, nutritionally sparse ingredients like refined white flour, hydrogenated oils and sweeteners derived from staple crops like corn and soy, and other additives.

Eat This! **TIP**

Pre-cooked and pre-spiced wild rice or ancient grain blends make for diet-friendly sides or substitutes for meat dishes. You can also sprinkle these blends over a bed of salad for more texture and substance at lunch or dinner, which will fill you up with healthy, energy-boosting carbohydrates.

That's business in a free market filled with choices. And it's your business to make yours the smartest of choices. The key to any good offense is a solid defense, which means planning a strategy before you grab a shopping cart otherwise an innocent weekly grocery run can turn into an all-out assault on your health and your finances. The Eat This, Not That! editorial team has spent hours in supermarkets and just as many with their noses in the nutrition research journals to compile this list of shopping tips that'll turn you into a master of the modern-day market.

FUEL UP YOUR SHOPPING BRAIN

It's a no-brainer that an empty belly leads to increased food cravings, but hunger may also affect your decision-making skills more generally. In a study, researchers at University College London discovered that hungry participants made riskier gambling decisions than those who were satiated, leading the investigators to argue that the hormones your body releases when you're hungry influence your ability to think rationally.

MAKE CASH KING

A 2010 study published in the *Journal of Consumer Research* tracked the grocery-shopping habits of 1,000 households over 6 months and found that shoppers who paid with cash bought fewer processed foods and more nutritious items than those who opted to use credit. The credit users not only bought more junk, they also spent an average of 59 to 78 percent more on their grocery bills. The explanation: Credit and debit cards are more abstract forms of payment, so you don't use them as carefully as you do cash.

PUSH, DON'T CARRY

Pushing a shopping cart instead of carrying a basket may help you make smarter supermarket choices. A study published in the *Journal of Marketing Research* found that, all other things being equal, the strain of carrying a basket made shoppers more likely to reach for quick-grab impulse items—like the crackers and chips concentrated at eye level in the aisle. If you're lugging around a heavy basket, you're not taking the time to read labels and reach for more nutritious foods.

COUNT INGREDIENTS

With the exception of alcohol, every packaged food and beverage in the supermarket has an ingredients list on its label. By law, the more of an ingredient a product contains according to weight, the higher it appears on that list, so effective shoppers learn to ignore front-of-label claims and read ingredients lists instead. Claims like “made with whole grain” and “reduced fat” can fool you into thinking you’re making healthy choices, but if your “reduced fat” food lists sugar as the first—or second or third—ingredient, then it’s not doing you any favors. A good general rule for label scanning: The fewer the ingredients, and the easier those ingredients are to pronounce, the better.

KEEP TO THE OUTERCIRCLE

For practical and economic reasons, most supermarkets in America live by the same organizational principles. Long-lasting boxed and bagged foods end up in the center aisles, while perishable, single-ingredient foods like fruits, vegetables, lean meats, and dairy live along the outer walls. And that’s where you should live, too. Every time you enter the supermarket, make a full lap around the outer wall before making strategic inner-aisle strikes for things like oatmeal and whole-grain crackers. The more time you spend working the perimeter, the healthier you’ll be.

STEER CLEAR OF THE PREPARED FOODS AND BUFFETS

If you’re watching your weight, don’t step near the supermarket buffet. Cornell University researchers found heavier diners



tend to overindulge in buffet settings. (Surprise!) And while premade, heat-and-serve meals are convenient, they are expensive and you may not know how they were prepared.

AVOID LINES

The longer you are exposed to snack and candies in the checkout the more likely you are to succumb to them say University of Arizona researchers. That’s an argument for using the self-checkout stations whenever possible. Impulse purchases drop by 32.1 percent for women—and 16.7 percent for men—when they use the self-checkout aisle, according to a study by IHL Consulting Group. The risk is very real: Eighty percent of candy and 61 percent of salty-snack purchases are impulse buys.

BEWARE OF THE VEGAS EFFECT

Supermarkets are designed like casinos: clockless and nearly windowless expanses flooded with artificial light and piped-in Muzak, places where time stands still. Casinos force guests to

navigate a maze of alluring gambling opportunities before they reach essential destinations: restaurants, bathrooms, exit doors. Same goes for the supermarket: The most essential staple foods—produce, bread, milk, and eggs—are placed in the back and along the perimeter of the supermarket to ensure that customers travel the length of the store—and thus are exposed to multiple junk-food temptations along the way.

LOOK HIGH AND LOW

The standard price of admission can run to up to \$25,000 per item to get new products stocked in a regional cluster of stores. Some have estimated the cost of rolling out a small product line in supermarkets nationwide at \$16.8 million. At those prices, only the biggest manufacturers—the Krafts and General Millses and Frito-Lays of the food world—can pay to play, further solidifying their places as brand leaders. Always start by scanning the top and bottom shelves. If you do, we guarantee that you’ll find crackers with more fiber,



fruit snacks with less sugar, and canned goods with less sodium than those on the costly middle shelves.

SCAN FOR UNKNOWN BRANDS

As with the music and movies, sometimes the best stuff is the most obscure. Not only can bigger manufacturers afford better real estate, but they often pay to keep smaller manufacturers off the shelf or in disadvantageous locations. In California, independent bakers filed a lawsuit accusing Sara Lee of paying supermarkets to relegate local bagelmakers to only the top and bottom shelves. Sadly, these lesser-known brands are often healthier and more affordable than their big-name counterparts.

KEEP THE KIDS AT HOME

The cereal industry spends more money each year—\$229 million—advertising to children than any other packaged food category, according to the Federal Trade Commission. That also means they can afford to place sweet cereals on the lower shelves to catch the eyes of sugar-starved kids, who can then pester their parents for that colorful box of refined carbs. To avoid cereal and snack temptations, save money and time shopping, leave the kids at home.

AVOID QUICKIES

A study supported by the Marketing Science Institute found that shoppers who made “quick trips” to the store purchased an average of 54 percent more merchandise than they had planned to. Instead, be thoughtful in your planning—keep a mag-

netic notepad on your fridge and make notes throughout the week, and make one big weekly shopping trip. (Avoiding extra trips will cut down on gasoline costs as well.)

WATCH YOUR WEIGHT

Okay, so one box of crackers costs \$4 and the other \$4.50. But before you assume the \$4 one is cheaper, look at the net weight. You’ll often find that the more expensive box contains more food—and therefore is really cheaper. Checking net weight is also a great way of making sure you’re not paying for a lot of packaging, only to discover that most of what’s inside the box is air.

BEWARE OF MIND-BENDING AROMAS

A study published in the *Journal of Consumer Research* found that people are more likely to spend more if their appetites are stimulated before making a purchase. The study tested the reactions of shoppers to a hidden chocolate chip cookie-scented candle. Nearly 70 percent who got a whiff of the cookie scent said they would buy a new sweater even though they were on a tight budget, compared with only 17 percent of those who weren’t exposed to the cookie smell. You just know the guys who run the bake shop at the supermarket have read this study too!

BEST FOODS TO BUY ROCK HARD

Frozen Fish

Some grocery stores sell their freshest wild or organic fish in the frozen section such as wild coho salmon, mahi and swordfish. And they are often sold vacuum packed in appropriate portions. Look for plain, frozen fish that doesn’t come with a sauce, breading or other additives.

Frozen Vegetables

They contain more nutrients than their fresh-sold counterparts because “the frozen ones are picked then immediately frozen,” according to Isabel Smith, MS, RD, CDN, registered dietitian and founder of Isabel Smith Nutrition. “Just read the labels on frozen packages to make sure there is no added sodium, sugar, or chemicals,” she advises. Plus, frozen veggies can be used on your own schedule—without fear of waste.

Frozen Grains

The frozen section contains some clean, semi-cooked grain options for you to grab, heat and eat. “Rice and grains are a quick and healthy frozen option as long as you watch out for extra salt and other preservatives,” Smith says. “Stay away from anything that cannot be pronounced,” she warns.

Frozen Bread

Healthy versions made from whole or sprouted grains are filled with fiber and protein to help round out your meals and delay hunger. But you won’t find the best ones in the bread aisle. Often, gluten-free and other specialty loaves of bread are frozen to keep them fresh, Smith explains. “Choose sprouted grains for more protein, and look for bread free of corn syrups,” says Smith. Also, aim for 3 to 4 grams of protein and fiber per serving.

HOW TO SHOP THE PRODUCE AISLE

LINGER LONGER

The produce section accounts for only 10 percent of a supermarket's sales, whereas the nutrient-depleted middle aisles make up 26 percent of sales. The most successful (i.e., healthiest) shoppers invert that ratio, spending the lion's share of their dollars in the produce and refrigerator sections and a small percentage in the murky middle aisles.

BUY YOUR LETTUCE LAST

Consumers tend to shop in a counterclockwise pattern, according to a study from the Wharton School, so grocers place the produce section at the front of the store. Why?

Because research shows that shoppers who peruse the produce aisle first spend more time and money in the store.

BEAUTIFUL DOESN'T MEAN DELICIOUS

Sub-par conventional produce is bred to look waxy, glistening, and perfectly symmetrical, while prime fruits and vegetables are often irregularly shaped, with slight visual imperfections outside but a world of flavor waiting inside.

USE YOUR HANDS

You can learn more about a fruit or vegetable from picking it up than you can from staring it down. Heavy, sturdy fruits and

vegetables with taut skin and peels are telltale signs of freshness. Also remember that the best tasting fruits and vegetables are often irregularly shaped and blemished.

SHOP WITH THE SEASONS

All the foods will be cheaper and tastier.

Ezekial, a brand of sprouted grain bread, is a favorite of ours. Sprouting grains breaks down enzyme inhibitors, which helps your body better digest and absorb healthy nutrients from the bread. For a balanced breakfast, pair a sprouted Ezekial English muffin with a fried egg and sliced avocado.





HOW TO SHOP THE MEAT AND FISH COUNTERS

PLAY 20 QUESTIONS

Nowhere does your ability to choose wisely matter more than at the fish and meat counters. End up with a chewy steak or a 3-day-old scrap of salmon and you've wasted a meal and a good chunk of change. Make friends with the butcher: Ask him about his favorite cuts of meat, the freshest protein in the case, his favorite Woody Allen films—whatever it takes for him to open up and share the goods on the mountains of meat he lords over day and night. Play your cards right and he'll save special steaks for you, dish out his favorite recipe for braised veal shanks, and generally help you

navigate your way through one of the most critical—and confusing—sections of the supermarket. And if your butcher isn't the talkative type, or, worse yet, your supermarket has replaced the butcher with a shrink-wrap machine, well, then it's time to shop somewhere else.

LOOK INTO THEIR EYES

When you purchase fish whole, that is with head and tail intact, you can get a glimpse into its freshness by looking at those unblinking eyes. They should have a little bulge in them and appear clear. Cloudiness is a sign they've been out of the water for quite some time. Also

check the gills, which should be wet and bright pink or red.

PRESS HERE

If the fish is headless, press the flesh. It should be firm and shiny and recoil back when pressed. Give the fillet a sniff. Does it smell like the ocean or the bay? It should smell fresh, not fishy. Also examine steaks and fillets to see if the meat has gaps and separations which indicate it's not fresh.

WHEN GOING FISHING, THINK SMALL

Fish build up stores of mercury and pesticides in their fat and

muscle tissue. Then larger fish eat them, adding all of those contaminants to those already in their bodies. Then even larger fish eat those fish, and so on. The higher a fish is on the food chain, the more pesticides and other nasty nibbles it has stored in its tissues. Sardines, anchovies, and Atlantic mackerel will generally be lower on the contamination scale than the big predators like swordfish, shark, and tilefish.

GET IN TOUCH WITH YOUR WILD SIDE

Researchers at the University of Wisconsin suggest that people who want to cut down on calories, saturated fat, and cholesterol—while still indulging their inner carnivores—might want to play games. No, wait, that's not it. They say people might want to prey on game. Meats like ostrich, bison, and elk, typically contain as much protein as beef or pork, but have less fat and fewer calories.

Eat This! TIP

Frozen vegetable medleys are an easy way to get more variety into your diet. Different colors of produce are natural indications that you're getting different vitamins and minerals; the more colors you eat, the better. Next time you're at the store, grab a bag of frozen tri-color bell peppers. Peppers are low-calorie and rich in vitamins A and C, which are important for healthy vision and vibrant, glowing skin.

HOW TO SHOP THE FREEZER SECTION

SAVE MONEY BY STOCKING UP

When frozen veggies and fruit go on sale, stock up to save:

1. You reap the sale price savings.
2. Frozen vegetables cut food waste (just think about how much wilted lettuce you toss).
3. Frozen purchases will help you save electricity. It takes more energy to keep air chilled than it does to keep solid food chilled. So, the more you pack in your freezer, the cheaper it is to keep it running.

ADD 8 PERCENT

To the food's caloric content, that is, when choosing frozen meals. When Tufts University researchers looked at 10 frozen supermarket meals, they found that the calorie counts reported by the food companies averaged 8 percent less than the researchers' nutritional analyses.

HOOK BETTER FISH

When you're looking at all the options in the frozen food aisles, choose wild fish when possible. Some farm-raised fish may have less nutritional value than wild due to the type of feed they're given, particularly salmon and tilapia.

BOOST NUTRITION

One study found that green beans and spinach lose up to 75 percent of their vitamin C after being



stored in the fridge for a week. And at Arizona State University, an analysis found that ready-to-drink orange juice has significantly lower amounts of vitamin C than frozen juice—and that it loses almost all of its vitamin C within 4 weeks of opening the package.

DON'T BURN YOURSELF

When meat is exposed to air, even in the freezer, it allows the water molecules to sneak out of the steak like a deadbeat sneaking out on a restaurant tab. To keep your steaks tasty until 2525, remove the fresh meat from its package, wrap it snugly in plastic wrap, and then slip it into a freezer bag, squeezing out as much air as possible.

FOCUS ON SODIUM

The frozen food section is the saltiest place in the supermarket. So when you are grabbing food from these cold cases, be sure to read labels carefully. The American Heart Association recommends adults get no more than 1,500 mg per day.



YOUR SPRING SHOPPING LIST 25



1 TaDah! Falafel Poppers, Harissa Hummus

(2 poppers)

Heat and toss into a salad or pop them into your mouth as a snack, these chickpea fritters are packed with flavorful Mediterranean herbs and spices.

110 calories
7 g fat (1 g saturated)
270 mg sodium,
2 g fiber
1 g sugars
3 g protein

2 SimplyGum, Fennel Licorice or Cinnamon

(1 piece)

Chew some gum to satisfy a snack craving. These new natural gums come in interesting natural flavors and contain no preservatives or synthetic anything. And they're biodegradable, so you can spit them into the woods when the flavor's gone.

3 calories
0 g fat
0 mg sodium
1 g sugars
0 g fiber
0 g protein



exciting new foods to try out on
your next trip to the grocery store

3

Ozery Bakery Snacking Rounds, Apple Cinnamon

(1 pita)

Slather on a little natural peanut butter and this airy pita makes a nice mid-morning snack.

70 calories
0 g fat
75 mg sodium
1 g fiber
3 g sugars
2 g protein

4

Mikey's Double Chocolate Muffin Tops

(1 muffin top)

Not as sweet as your favorite donut shop muffin, but this top made from almond flour and semi-sweet chocolate chips is a good gluten-free substitute.

127 calories
7 g fat (1 g saturated)
32 mg sodium
3 g fiber
5 g sugars
6 g protein

5

Edward & Sons Let's Do... Gluten Free Ice Cream Cones

(1 cone)

If gluten bothers your kids, give them ice cream in this innocent cone.

10 calories
0 g fat
0 mg sodium
0 g fiber
0 g sugars
0 g protein

6

World Peas Fava Crisps Vinegar and Sea Salt

(about 40 beans)

Here's a tasty way to eat more legumes. Try these crunchy, flavorful fava beans.

120 calories
4.5 g fat (1 g saturated)
260 mg sodium
1 g fiber
0 g sugars
6 g protein

7

Edward & Sons Miso-Cup Reduced Sodium Soup

(one envelope)

Most miso soup is almost as salty as the Dead Sea. Not this one, which boasts all the flavor (and living cultures) of traditional Japanese stock.

35 calories
0.5 g fat
270 mg sodium
1 g sugars
0 g fiber
2 g protein

Keep calories in check with these munchies



SNACKS

CHIPS

Because you deserve a little crunch in your life



1

Quinn Gluten-Free Classic Sea Salt Pretzels

(33 pretzels)

Tasty pretzels for the gluten-sensitive, with minimal additives and preservatives.

110 calories
4 g fat (2 g saturated)
280 mg sodium
2 g fiber
1 g sugars
1 g protein

4

Green Mustache Mustache Munchies, Cheddarish

(about 55 crackers)

Tiny mustache-shaped crackers are made with chickpea flour, kale, and no added sugars.

150 calories
7 g fat (3 g saturated)
280 mg sodium
2 g fiber
1 g sugars
4 g protein

2

Angie's Boom Chicka Pop Cheddar Cheese Popcorn

(2¼ cups)

For packaged popcorn at just 35 calories, Angie's Lightly Sweet is a perfect snack. But if you want bolder flavor, their slightly less "clean" cheddar cheese popcorn isn't bad at all.

150 calories
10 g fat (1.5 g saturated)
310 mg sodium
2 g fiber
3 g sugars
3 g protein

5

Hippeas Maple Haze Flavored Organic Chickpea Puffs

(1 pack)

Toss this in your kid's lunch box and then pat yourself on the back. It's made from fiber- and protein-rich garbanzo beans (chickpeas).

130 calories
5 g fat (0 g saturated)
70 mg sodium
3 g fiber
3 g sugars
3 g protein

3

Garden of Eatin' Organic Nacho Corn Tortilla Chips

(about 11 chips)

There are more items in the ingredients list than we normally like to see, but hey, it's tortilla chips. At least most of the stuff is organic.

130 calories
6 g fat (0.5 g saturated)
200 mg sodium
2 g fiber
Less than 1 g sugars
2 g protein

6

The Little Kernel Mini Popcorn Sweet & Salty

(1 oz)

Minimal added sugars sweeten this trendy mini popcorn.

150 calories
8 g fat (1.5 g saturated)
40 mg sodium
2 g fiber
2 g sugars
2 g protein



1
**Sami's Bakery
Millet & Flax
Sundried
Tomato Lavash**
(½ piece)

Who says you need all those carbs from thick-crust pizza? Top this flavorful lavash with a bit of pizza sauce and shredded mozzarella, heat in an oven until melted, and roll it up.

91 calories
3 g fat (0 g saturated)
100 mg sodium
10 g fiber
0 g sugars
2 g protein

2
**Victoria
Premium Pizza
Sauce**
(¼ cup serving)

Unlike a lot of pizza and spaghetti sauces, Victoria's sauces contain no added sugar, paste, or preservatives. The short ingredients list includes, basically, tomatoes, olive oil, and spices.

35 calories
2 g fat
210 mg sodium
1 g fiber
2 g sugars
1 g protein

3
**Enjoy Life
Pizza Crust Mix
with Ancient
Grains**
(½ pizza crust)

This gluten-free pizza crust mix boasts 5 grams of plant-based protein and konjac flour, a resistance starch, to stifle blood sugar spikes. It also contains allergy-friendly probiotics

150 calories
1 g fat (0 g saturated)
490 mg sodium
3 g fiber
2 g sugars
5 g protein

4
**Mikey's
Certified Paleo
Pizza Crust**
(½ pizza crust)

This low-calorie dairy- and gluten-free pizza base is made from non-GMO eggs, almond and coconut flours, baking soda, and little else. Bring on the sauce.

103 calories
7 g fat (1 g saturated)
290 mg sodium
3 g fiber
1 g sugars
5 g protein

5
**Against the
Grain Gourmet
Pizza, Three-
Cheese Pizza**
(½ pizza)

When you don't have time to build a pizza from scratch, toss this in the oven. The rich cheeses and flavorful tomato paste will make you forget it's gluten-free.

390 calories
22 g fat (7 g saturated)
420 mg sodium
1 g fiber
1 g sugars
18 g protein

Speedy ways to make it at home

PIZZA



QUICK MEALS





1

Gardein Seven Grain Crispy Tenders

(2 pieces)

A great meatless option for kids demanding chicken fingers for dinner. Or you can heat, a few, slice into strips and toss on a bed of greens to turn a salad into a meal.

100 calories
4.5 g fat (0 g saturated)
230 mg sodium
1 g fiber
0 g sugars
8 g protein

2

Mann's Nourish Bowls, Southwest Chipotle

(1 container)

We loved lunching on these fresh, hearty salads that you warm for three minutes in a microwave. This flavor is a mix of chopped cauliflower, ale, kohlrabi, sweet potatoes, black beans, cheddar cheese, and chipotle corn salsa.

220 calories
6 g fat (3 g saturated)
680 mg sodium
9 g fiber
9 g sugars
11 g protein

3

Primal Essence Chipotle Chili Coconut Oil

(1 Tbsp)

Add the heat of smoke-dried Latino peppers to your Southwestern recipes and reap body benefits in addition to earthy flavor. Studies show that medium chain triglycerides found in coconut oil can curb appetite and boost metabolism.

130 calories
14 g fat (13 g saturated)
0 mg sodium
0 g fiber
0 g sugars
0 g protein

Shortcuts for when there's no time to play chef

4

Pamela's Protein Pancake Mix

(4, 4-inch pancakes, prepared)

It's hard to get giddy about a high-carb breakfast of pancakes, but these gluten-free hotcakes are made from sprouted whole grain flours, which elevate fiber and protein content to more than respectable levels.

260 calories
14 g fat (2.5 g saturated)
410 mg sodium
3 g fiber
5 g sugars
10 g protein

5

Modern Table Meals Cheddar Broccoli Bean Pasta & Veggie Kit

(about 1 cup)

Rotini pasta made from green lentil flour? Yes, and it makes for a very satisfying quick meal. This comes together quickly, like boxed mac and cheese, but a serving delivers 7 grams of fiber. You can add your own chicken but with 20 grams of protein from the pasta, why complicate things?

370 calories
2 g fat (0.5 g saturated)
680 mg sodium
7 g fiber
4 g sugars
20 g protein

6

Lensi Black Bean Pasta

(2 oz serving)

Don't let the goth hue turn you off; this pasta made from black beans is packed with nutrition. One, two-ounce serving contains almost half a day's fiber and as much protein as two large eggs.

200 calories
1.5 g fat
0 mg sodium
10 g fiber
1 g sugars
12 g protein


7

Fawen Drinkable Soup Broccoli & Cauliflower

(8 oz serving)

It's a ready-to-consume soup in a "juice box" with a twist-off cap. Toss it in a purse or gym bag for a belly-filling low-calorie meal on the go to tied you over until dinner.

60 calories
2.5 g fat (2 g saturated fat)
360 mg sodium
3 g fiber
5 g sugars
2 g protein



48 WAYS TO SHRINK YOUR BELLY IN 48 HOURS

Seemingly insignificant eating and exercising tweaks that yield fast, noticeable results

Hey, Alexa, are we busy the next two days?

Silly question, we know. We're all feeling overwhelmed with looming deadlines, people to get back to, half-finished tasks, and growing to-do lists. It's why home voice assistants are so popular. You need help and don't need any more stuff on your plate.

So you might think we're just a little crazy to suggest 48 more things to add into your life. We get it. But here we are. Because what we are offering here are mostly no-brainer suggestions for losing weight and getting fit that you can fit into even the busiest of days. How's that possible? Well, easy, because they're easy and quick and most of them are simple tweaks to stuff you are already spending time on, like eating, drinking, shopping, watching TV, and spending time with your kids.

Take your belly, for example, a body part we all wish was smaller and tighter. When Michelangelo sculpted David, he worked on the marble from the outside—turning a block of stone into a masterpiece of art—and abs. But trimming your belly and sculpting real-life abs needs to be done in an entirely different manner: from the inside.

Exercising and eating right are at the core of getting a lean, flat belly. But when you want to shrink your middle as fast as possible (like, by Friday night's party), you need to rely on your body's own internal belly-flattening mechanisms that can be activated in 48 hours or less. It can sound a little like voodoo, but there really are simple tricks that work.

Bring your digestive system

into balance, and you'll rev up your metabolism, dramatically reduce bloating...and see results in 48 hours.

Now, fitness may take a little longer because you have to factor in soreness when first starting out and recovery time after any workout. But you can even jumpstart the exercise requirement for belly shrinking and fitness building in 48 hours by using tricks and techniques that infuse moving more into every day life. Give it a shot and see if you feel (and see) the difference. The clock starts now!

1 / Spit Out the Gum

Not only does chewing gum cause you to swallow tummy-bloating air, many gums also contain sugar alcohols and artificial sweeteners like sorbitol and xylitol that can cause bloating. If you have to chomp on something, go for an organic variety like Glee gum or Simply gum instead. They're still low-cal, but they don't use those sweeteners that'll make you puff up. Spitting gum takes one second! See how easy this is?

2 / Make a Metabolism-Boosting Tea

A sluggish digestive system equals a slower metabolic rate. Wake up your innards by starting the morning with a cup of ginger tea. This empty-belly friendly drink will help improve the digestion and elimination of your food and cut unhealthy cravings for salt or sugar. Test



3 Adjust your bath water. Relaxing in any tub is always nice; adding two cups of Epsom salt may help deflate your belly more effectively by pulling excess water out of your body. To avoid dehydration, only do this ritual once a week.

panelists for the *The 7-Day Flat-Belly Tea Cleanse* started each day this way and lost 10 pounds! Boil ½ tsp grated ginger with 1 cup of water and add your favorite tea bag.

4 / Avoid Certain Veggies

Even though they're filled with health-promoting nutrients, these also contain sneaky belly-bloaters that may be contributing to your ever-clinging food baby: White onions, artichokes, corn, broccoli, cauliflower, kale, raw spinach, and button mushrooms.

5 / Adjust Your Attitude

Recognize the power of your own thoughts on your success. For example, if you are looking to lose weight and you say to yourself "I have to eat this broccoli," or "I have to run 5 miles today," your choice of language

suggests you are required to do these things and you'll tend to avoid them, says Neil Fiore, PhD, author of *The Now Habit*. Instead, make a subtle change in word choice: "I choose to eat broccoli" and "I want to exercise today." Fiore says this shifts your attitude into one of control and authority.

6 / Eat a Banana

Bananas are packed with potassium, a nutrient that helps regulate fluid balance to flatten belly bloating.

7 / Skip the Protein Bar

You probably don't think "beans" when you unwrap a protein bar, but a lot of them include protein isolate derived from soybeans—something many people find just as gas-inducing as the musical fruit. Like other beans, soy contains oligosaccharides, sugar molecules that the body

can't break down entirely. With nowhere to go, these oligosaccharides hang out in the gut where they ferment, causing gas and stomach bloat.

9 / Exercise Early

Whether we want to bulk up or slim down in the gym, looking leaner is a nearly universal goal. According to holistic health coach Seth Santoro, the best strategy for lowering body-fat percentage is to work out soon after waking up. Glycogen levels are depleted during sleep, so your body will utilize body fat as an energy source. "Hit the gym and do some treadmill sprints on an empty stomach to burn fat," he says. "Your body is already in a calorie deficit, and it will ignite your body's fat-burning ability."

10 / Pile on the Cilantro

Research shows that cilantro's unique blend of oils (specifically, linalool and geranyl acetate) work like over-the-counter meds to relax digestive muscles and alleviate an "overactive" gut. A study published in the journal *Digestive Diseases and Science* found that patients with IBS benefited from supplementing with coriander (the seed form of cilantro) as opposed to placebo.

11 / Have Some Dark Chocolate

Care for some chocolate candy? You don't need to tell us twice! But the catch is that the chocolate has to have a cacao content of 70 percent or above, according to, researchers at the American Chemical Society. The scientists there found that when the cacao reaches your belly's digestive juices and



Brush Your Teeth Before Exercise

Peppermint-flavored toothpaste may help you get more from your exercise. Researchers say that the scent of mint alters your perception of how hard you're exercising, which can make workouts seem less strenuous so you don't mind exercising longer.

Eat Several Teeny-Tiny Meals

To keep your metabolism revving throughout the day, focus on small, protein- and fiber-packed snacks or small meals every 3 to 4 hours. You will not only burn more calories eating a series of smaller meals, but also avoid the afternoon crash and slump. (Make sure to eat that first protein-packed meal; skipped breakfasts leave many of us grabbing more food than we really need.) Use your smartphone or computer to remind you of these intervals. An apple with peanut butter, some nuts and berries, hummus and carrots all make great go-to snacks.



12

enzymes, it is feasted on by your belly's good gut microbes, which ferment it into anti-inflammatory compounds. Bingo: You lose belly bloat.

13 / Make Exercise Habitual

Add it to other activities. While watching TV, do something physical during commercials—pushups, squats, high-knee marching in place. You'll add more than 10 minutes of physical activity to your day per hour.

14 / Trick Your Mind

If you want to run a quarter mile farther than you did yesterday, try this mind trick. If you run an out-and-back loop, start your run a quarter mile before your normal starting

spot, turn around at the regular halfway mark, and finish where you usually do.

15 / Stay Away from Sports Drinks

Ever see someone consuming a Gatorade after a leisurely stroll or Vitaminwater after a short bike ride? They're doing it wrong. Many people feel they need these sugar-dense drinks after short workouts, say trainers. But the truth is, these drinks often have more calories in them than what's actually being burned off. Most trainers and nutritionists recommend avoiding such drinks unless you work out with an elevated heart rate for at least an hour. Often these drinks are needed by endurance athletes due to the risk of dehydration, but

if you're working out in mild temperatures or for less than an hour, they're largely unnecessary. To be safe, drink water to ensure you're well-hydrated but not consuming more calories than are being burned off.

16 / Get Regular

When trying to accomplish anything, research what works and what doesn't to save unproductive effort. Take for example weight loss, the number one New Years resolution. Eighty percent of people who try losing weight in January fail by March. Why? Crash diets almost always end in failure, says Laura Cipullo, RD, a nutritionist and author of *Women's Health Body Clock Diet*. "When you diet, your body senses less energy coming in, and goes into starvation mode. The

reduction in calories causes your basal metabolic rate to slow down, which makes it harder to lose weight. Then, when you get frustrated and normalize your eating again, the weight comes back, and you often add more.” Instead, focus on eating every 3 to 4 hours (see #12) to keep blood sugar stable and cravings at bay. Make a pattern of healthy eating your goal and you’ll reach a healthy weight.

17 / Strengthen Ankles While Watching TV

Every time a commercial comes on, take a cushion off the sofa, place it on the floor and stand on it with one leg, the other bent behind you. Try to balance through a commercial or two, then switch legs. This drill builds the stabilizing muscles

around your ankle joint. To make it harder, try balancing with your eyes closed, which is ideal during those commercials for toenail fungus cream.

18 / Eat Slowly So You Don't Gulp Air

When you finally get home after a long day, you’re totally famished. But that doesn’t mean you should scarf down your dinner in a hurry. Eating too quickly causes you to swallow excess air, which can lead to uncomfortable gas and bloating. Slowing down the chewing with your mouth closed, on the other hand, can have the opposite effect. Fight off the urge to vacuum your entire meal by snacking on something like a small piece of fruit or an ounce of nuts on your way home. Then, after you’ve settled in, sit down and have a leisurely supper.

19 / Seriously, Only Drink Water or Tea

We love coffee and its health benefits, but it can cause belly bloating just as much as soda’s bubbles can. Stick to water and unsweetened teas. “Fluids, specifically water, are absolutely key for optimal digestion and reduced bloating,” says Isabel Smith, MS, RD, CDN, founder of Isabel Smith Nutrition.

20 / Engage the Buddy System

We humans are social animals. So it’s not surprising that research has found that we are more likely to reach our goals, such as sticking to an exercise routine or completing a major project at work, if we tackle them with others.



Swap Your Happy Hour Drink for Lemon Water **21**

When people retain fluid, they tend to skimp on water because they think it will make their bloating worse. Since water retention is the body’s way of holding onto fluid so it doesn’t dehydrate, the opposite is true. Drinking lots of water (and skipping dehydrating booze) signals the body that it no longer needs to hold onto every last drop to stay hydrated. Lemons are a natural diuretic, so adding them to your glass will speed up the process.

THE METABOLISM BOOSTER

Do two to four rounds of this body-weight circuit every other day; rest 30 seconds between rounds



WARM-UP: JUMPING JACKS

Jump into the air, spreading your feet as wide as you can while swinging your arms over your head. Immediately jump back up and return your hands to your sides and feet together. Repeat at a comfortable pace 3 minutes.



1. HIGH-KNEE RUN IN PLACE

Run in place, bringing your knees up as high as you can and pumping your arms and legs as quickly as you can, for 20 seconds.



2. MOUNTAIN CLIMBERS

Get into a push-up position, with your hands directly under your shoulders. Bring one knee toward your chest, then straighten your leg to the start position as you bring the other knee forward. Repeat quickly; get a rhythm going akin to jogging, where both feet are off the floor for a brief moment.



3. SKATER JUMPS

From a crouched position with your feet close together, take a sideways leap to your right, landing on your right foot, with your left foot sweeping behind it, your left arm sweeping in front of your midsection, and your right arm sweeping out to the side. Now hop to your left, landing on your left foot and reversing the position of your other limbs. This should be a smooth, comfortable motion that mimics the movement of a speed skater in action.



4. PUSH-UPS

Place your hands on the floor just outside of and under your shoulders, and straighten your arms. Keep your elbows pointing back and in toward your body. Lower your chest until it almost touches the floor, then explosively push back up to the starting position.

22 / Skip the Straws

Just like sucking in air by inhaling your meals can cause you to feel puffy, sipping through a straw can cause you to take in extra air and experience bloating.

23 / Find Fiber, Lose White Flour

Foods made with white flour like white bread, white pasta, and white rice are relatively low in fiber and may cause you to get a little, uh, backed up. Choosing whole grains can help with this. A simple switch from white bread to whole wheat or from white rice to brown will keep things moving along smoothly.

24 / Curl That Milk Jug

Before you put that gallon of milk or jug of water in the fridge, do a set of 12 arm curls using the jug for resistance. Another quick strengthener: Hold the jug with two hands against your chest and do 12 squats. Bend your knees while pushing your hips back. Lower as far as you can comfortably, then rise up.

25 / Sip on Ginger Tea

Inflammation, often brought on by spicy foods, dairy and chemical additives, may be to blame for your puffy tummy. According to numerous studies, ginger, traditionally used to ease stomach pain, blocks several genes and enzymes in the body that promote bloat-causing inflammation. If you prefer the taste of chai tea, typically made from a blend of cinnamon, cardamom, cloves and ginger, that may also do the trick—but may be less potent.



Take a Stroll

Instead of lounging around after supper, head outside for a 15-minute nighttime stroll—it's a great way to get things moving again when you are feeling backed up and bloated. And if you regularly experience constipation, consider making walking part of your nightly routine.

27 / Cut Out Dairy

Dairy can be very bothersome to the belly because many adults naturally produce less of the necessary digestive enzyme lactase as they get older. If you consume dairy products pretty regularly, try cutting them out for a few days and see how your body reacts.

28 / Don't Eat Anything Greasy

Foods that are high in grease or are really fatty, can cause gastrointestinal upset. While some fats are great for your gut, like omega-3s found in fish or nuts, these fats don't interact with your body the same way. Stuff like fast food often contains high levels of unhealthy fats like saturated and trans fatty acids that cause an inflammatory response in the body, meaning your body wants it out!

29 / Raid Your Pantry

Once a day, eliminate one highly-processed food item from your pantry. Start with corn oil,

then go to soda, candy, chips, cookies, and anything in a box or can that contains high amounts of sugar and sodium. Now comes the real challenge: not restocking your pantry when you go grocery shopping.

30 / Hold Off on Any Alcohol

Alcohol can directly damage the digestive tract and research has also found it to mess with the good bacteria in your gut. If you really can't avoid it, always try to match one glass or serving of alcohol with one glass of water.

31 / Add Bacteria to Your Belly

Studies show that overweight people have a higher percentage of "bad" bacteria in their bellies. To keep the less-beneficial (and fat-causing) bugs at bay, you need to eat a variety of foods that support the healthy bacteria—the kind found in the bellies of slim people. Kefir, kombucha and bone broth

are examples of probiotic-rich foods that help you lose weight by aiding digestion. Add 2-3 servings of these probiotic-heavy foods to your weekly food plan.

32 / Rise Up

Research has shown that setting a treadmill at a 1 to 2 percent incline will better simulate the intensity of outdoor walking or running by making up for the lack of wind resistance indoors.

33 / Break Your Fast with Protein

Once you have awakened your digestion, start your day off eating with a burst of protein. We all get distracted or busy through the day, but a high-protein start will prevent surprise mid-morning or early afternoon energy crashes that leave us reaching for sugar, caffeine or a carbohydrate load for a quick boost. Add a morning protein shake or smoothie or a breakfast of eggs and nut-butter waffles. The goal: Don't leave the house without first loading up on at least 15 grams of protein.

34 / Eat Dandelion Greens

Dandelion greens are great for when you're feeling "flat belly-focused weeks." They're gentle diuretics that help combat excess water weight.

35 / Eat Dinner Early

Fasting: it's the slim-down secret of models and celebrities. But for those of us who'd like to actually enjoy our lives, it's not exactly an appealing prospect. But here's a secret: You actually fast every night, while you're asleep—that's why they call the first meal of the day "break fast."

The longer you can stretch out that period of fasting, the fewer calories you'll take in and the more time your body will have to heal itself. (Digestion takes a lot of work!). Cut off food intake by 7 pm or 8 pm, and delay breakfast a little further into the day. Make sure you have at least 12 hours between your last meal

tonight and your first meal tomorrow. You'll give your digestive system time to recover, and deflate your belly quickly.

37 / Lift a Little

Exercisers who combine cardio with high-intensity, total-body resistance training programs



36

Stand Up When You Get a Text

Every time you get a text or talk on the phone, stand up. You'll burn more calories than you would sitting and chatting. Other benefits: Your voice will sound richer and you'll feel more energized from breathing deeper.

lose more than twice as much fat as those who follow a moderate-intensity cardio plan, say Skidmore College researchers. Try the simple body-weight workout on page 53.

38 / Rest More

Got your attention? Believe it or not, recovery and rest are just as important as your workout. When you don't give yourself enough time to relax and rest between vigorous exercise

sessions, two things can happen. First, you increase your risk of injury. Secondly, the body starts pumping out cortisol, a stress hormone that boosts fat storage and appetite—a killer combination for anyone looking to lose weight and burn fat. This doesn't mean you have to lounge on the couch for three days for every day you hit the weights. A better solution is to vary your workouts so you aren't hitting the same muscles on consecutive days. That

means back-to-back full-body strength-training sessions are out; doing upper body lifts one day and lower body exercises the next is fair game, though, as is alternating lighter workouts—like yoga or a spin class—with full-body resistance training. This tactic helps your muscles recover without cutting into your workout schedule. It's a win-win.

40 / Sign A Contract

Many fitness trainers ask their clients to sign and date a document promising to stick to their workout routines. While not legally binding, the simple act of signing a document creates accountability, they say, making clients more likely to reach their goals. You can make the same promise to yourself to avoid high-calorie drinks or abstain from a nightly ice cream habit.

41 / Get a Whiff of This

Keep a fresh apple on your desk. Studies have shown that smelling fresh green apples, bananas, and pears can curb your appetite and also make you subconsciously want to eat healthier at lunchtime. Plus, you'll always have a healthy snack at hand.

42 / Save Money and Calories

Vow to brown bag it at least three times a week. Don't think packing a lunch can make a big difference? Consider this: A homemade turkey sandwich on Ezekiel Bread with hummus, tomato and lettuce will run you about 324 calories and has 6 grams of fat. The Sonoma Turkey 4-inch sub from Quizno's—complete with cheddar, lettuce, tomatoes, onions, and chipotle mayo—packs

39

Swing Your Partner

A study on the impact of exercise on diabetes reported in the journal *Diabetologia* suggests that people who tally 150 minutes a week of dance, cycling, or other mildly vigorous exercise can reduce their risk of developing type 2 diabetes by 26 percent.





46

Eat Dessert Before Dinner

You've heard this before but it's worth repeating because it works. Start every meal with a piece of fruit, a green salad, or broth and you'll consume fewer overall calories over the course of the meal. In one study, people who ate a large apple 15 minutes before dinner consumed 187 fewer calories at dinner than people who didn't start with a fiber-rich, high-water-content appetizer.

400 calories and 22 grams of fat. Making this switch just three times a week equates to a three-pound weight loss after a year.

43 / Retrain Your Tongue

If you don't like coffee or tea without teaspoons of sugar, you can retrain your taste buds in no time. For the next two days, reduce your sweetener by a quarter to half, then every 48 hours continue to cut by a quarter to a half. It's up to you. In short order, you'll love your morning beverage unsweetened. You can do the same with mixing low-sodium soups with saltier ones until you get used to the flavor of less sodium.

44 / Eat Honeydew, Pineapple, and Papayas

Honeydew melon has a diuretic property that fights water retention, and pineapples and papayas contain enzymes that aid digestion and break down proteins that usually cause bloat.

45 / Make Every Day Casual Friday

Wearing casual clothing instead of regular business attire can increase daily physical activity, according to a study by the American Council on Exercise, which found that participants

took an additional 491 steps, and burned 25 more calories on days when they wore denim instead of a suit.

47 / Walk This Way

Hitting the ground with your midfoot causes stress on your ankles and knees. Practice proper walking technique to keep the impact low. Be sure your heel touches the ground first, then roll your foot forward onto your toes.

48 / Go Bunless Today

Try eating that hamburger without the bun. While you're at it, forego the cheddar cheese. You'll cut about 300 calories and 25 grams of fat from your meal.

FAST FOOD FAILS

Before you tuck in to a drive-thru feast, consider how much exercise it might take to negate what you're about to swallow

"I totally earned this burger," my friend Kelly said to me as she bit into a huge, double-decker bacon-burger-and-cheese creation. "I went for a run this morning."

I managed to smile and chirp out, "Yeah, totally!" But I knew the truth: Few people realize just how long they'll need to exercise to burn off their favorite fast food burgers and fries. Unless she had run for a good two hours (she hadn't) there's absolutely no way she'd cancel out those calories. Since nothing kills a food buzz faster than the nutrition police, so I decided to keep quiet and let her enjoy her meal. I did, however, let my burger-loving buddy know afterward that her comment had sparked a story idea.

Her comment was one of the hundreds that I've heard as a journalist specializing in food and nutrition. Too many people assume that, if they hit the gym, they'll exercise off the food they consume—even when they're gobbling down thousands of calories at a time. However, unless you're Michael Phelps or you participate in extreme endurance races, there's a really slim chance you'll manage to work out long enough or hard enough for that to be true. Since most people need to see the numbers to believe it, I've gone ahead and calculated exactly how long a 150-pound person would need to exercise to burn off some of the most popular fast food dishes around. Read on to discover how much sweat you'll need to spill to work off your favorite dishes. It may change your next fast-food order.

BY DANA LEIGH SMITH

Fast Food Fail

WENDY'S Quarter-Pound Single

Your Punishment

You'd have to **JUMP ROPE FOR EXACTLY 61 MINUTES** to work off Dave Thomas' fat and calorie-laden burger. It's doubtful that even the champion of your elementary school's double Dutch team could go for that long. Opt for the Jr. Cheeseburger instead to slash 290 calories from your order—and shave a half-hour from your subsequent workout.

570 calories
34 g fat
(13 g saturated,
1.5 g trans)
1,230 mg sodium
39 g carbs
3 g fiber
9 g sugar
30 g protein



Fast Food Fail

**IN-N-OUT
Double Burger**

Your Punishment

If you ate this burger as is, you'd need to **HIT THE STAIR CLIMBER AT THE GYM FOR ONE HOUR AND 40 MINUTES** to get rid of the calories. However, if you ditch the mayo-based spread and extra cheese (a modification that nixes 170 calories and 6 grams of saturated fat) you could end your workout at the 75 minutes mark. We know which order we'd place!

670 calories
41 g fat
(18 g saturated fat,
1 g trans)
1,440 mg sodium
39 g carbs
3 g fiber
10 g sugar
37 g protein

**Fast Food Fail
POPEYES
Shrimp Po' Boy**

690 calories
42 g fat (13 g saturated, 1 g trans)
2,165 mg sodium
66 g carbs
5 g fiber
3 g sugar
42 g protein

Your Punishment

This nutritionally poor Po' Boy, contains not one, not two, but six different artificial dyes, a few of which have been linked to learning and concentration disorders (like ADD) in children and thyroid tumors in rats. Aside from the scary ingredients, it contains more calories than 160 M&Ms and requires **ONE HOUR AND 42 MINUTES OF PILATES** to work off. If you want to indulge in something fried and starchy, opt for the chain's loaded chicken wrap, which has half the calories and a fraction of the fat.



**Fast Food Fail
CHICK-FIL-A
Chicken Sandwich**

440 calories
19 g fat (4 g saturated, 0 g trans)
1,350 mg sodium
40 g carbs
2 g fiber
5 g sugar
28 g protein

Your Punishment

Though we're not in the habit of giving deep-fried indulgences the Eat This stamp of approval, Chick-Fil-A's classic sammy is a surprisingly modest indulgence. So, as long as you steer clear of the fries and soda fountain, it'll only take **40 MINUTES OF RUNNING** (at a pace of 10 miles per hour) to undo the damage.



Fast Food Fail

Dairy Queen Chicken Strip Basket

Your Punishment

To undo the damage from these four chicken strips with country gravy, you'd have to hit the water and **KAYAK FOR CLOSE TO TWO HOURS**. If fitness isn't your thing, order the chain's all-beef chili hot dog (430 calories, 22 g fat) or grilled chicken sandwich (400 calories, 14 g fat) instead. They're two of the better choices on the DQ menu.

1,360 calories
63 g fat
(11 g saturated,
1 g trans)
2,910 mg sodium
103 g carbs
6 g fiber
2 g sugar
37 g protein

Fast Food Fail
MCDONALD'S
Big Mac

540 calories
28 g fat (10 g saturated, 1 g trans)
950 mg sodium
46 g carbs
3 g fiber
9 g sugar
25 g protein

Your Punishment

You'd have to **RUN FOR 50 MINUTES** to burn off this bi-level burger—assuming you we're chugging along at about 6 miles per hour. If you typically take about 12 minutes to complete a mile, it will take you closer to 60 minutes to incinerate your lunch.

Fast Food Fail
CHIPOTLE
Chips and Guac

800 calories
49 g fat (7 g saturated, 0 g trans)
795 mg sodium
81 g carbs
14 g fiber
5 g sugar
10 g protein

Your Punishment

Ah, chips and guac: a classic combo that no Tex-Mex lover can forgo. So crunchy, so creamy! If you decide to indulge, though, just be sure to do so with a friend or two. If you gobbled up Chipotle's version of the dish solo, you'd have to spend **TWO HOURS HIKING** to negate all of its calories.

Fast Food Fail
CARL'S JR.
Breakfast Burger

830 calories
44 g fat (19 g saturated, 1 g trans)
1,540 mg sodium
68 g carbs
4 g fiber
13 g sugar
39 g protein

Your Punishment

Smash a plate of eggs, bacon, and hash browns between two buns, and you get a breakfast sandwich that's nearly three times the calories of an Egg McMuffin. Oh, and not to mention, one takes **A GRUELING ONE HOUR AND 45 MINUTES OF BICYCLING** to work off.

FAIL



Fast Food Fail

FIVE GUYS Five Guys Style Fries

Your Punishment

Not only do these spuds carry an entire day's worth of fat, they also pack traces of dangerous trans fat, a type of heart-harming man-made fat you should always try to stay away from. If you don't want to **WALK FOR THREE HOURS AND 30 MINUTES** to burn off the calories, we suggest you make it a point steer clear of these crispy taters!

953 calories
41 g fat
(7 g saturated,
1 g trans)
962 mg sodium
131 g carbs
15 g fiber
4 g sugar
15 g protein

Fast Food Fail
ARBY'S
Beef N' Cheddar

450 calories
20 g fat (6 g saturated, 1 g trans)
1,280 mg sodium
45 g carbs
2 g fiber
9 g sugar
23 g protein

Your Punishment

What Arby's does best is roast beef and maybe it should just stick to that plan. The totally decadent-sounding Beef n' Cheddar Classic is a healthy serving of lean protein that won't blow your saturated-fat budget. Better yet, if you take a **50-MINUTE BIKE RIDE** around your neighborhood you'll be able to burn it right off. Considering how long it takes to burn off some other meals, that's not half bad.

Fast Food Fail
KFC Go Cup with
Extra Crispy Tenders

540 calories
27 g fat (4 g saturated, 0 g trans)
1,330 mg sodium
50 g carbs
4 g fiber
0 g sugar
24 g protein

Your Punishment

KFC's "Go Cups" which launched in 2013 and fit into car cup holders, may just be one of the most genius road trip creations of all time. The bad news? Colonel Sanders overload the cups with junk. Down just one of their extra crispy tender cups and you'll need to channel your inner Phelps and **SWIM FOR ONE HOUR AND 20 MINUTES** to burn off the calories—and let's be honest unless there's a metal involved, no one wants to do that.

Fast Food Fail
DUNKIN DONUTS
Big N' Toasted

690 calories
43 g fat (14 g saturated, 0 g trans)
1,230 mg sodium
44 g carbs
2 g fiber
3 g sugar
29 g protein

Your Punishment

Made with eggs, fatty bacon, sodium-filled cheese, and thick Texas toast, DD's monstrous a.m. sandwich will give your abs a real run for their money. If you decide to bite into one, plan to embark on a **ONE HOUR-LONG CROSS-COUNTRY SKIING SESSION** to work it off.

Fast Food Fail
LONG JOHN SILVER
Baja's Fish Tacos

2 tacos: 820 calories
42 g fat (9 g saturated, 8 g trans)
2,580 mg sodium
60 g carbs
6 g fiber
14 g sugar
26 g protein

Your Punishment

Fat in the breading, fat in the tortillas, fat in the sauce—and none of it the healthy kind. It all adds up to a full day's worth of the stuff, and nearly a full day's allotment of salt—and that's not even taking the sauces, sides, or drink the meal comes with into account. To work it off, you'd have to **SPEND ONE HOUR AND 20 MINUTES PLAYING SINGLES TENNIS**.

Fast Food Fail
BURGER KING
Double Whopper

850 calories
54 g fat (18 g saturated, 2.5 g trans)
870 mg sodium
49 g carbs
11 g sugar
43 g protein

Your Punishment

When it first made its debut in 1957, the Whopper sold for 37 cents. Since then, the burger has increased in price—and size. With the addition of the second patty, the Double Whopper gains an additional 220 calories. To burn off this bad boy, you'd have to **HIT THE ELLIPTICAL MACHINE FOR TWO HOURS AND THIRTY MINUTES!** We'd rather do anything other than stay put on a piece of workout equipment for that long.

Fast Food Fail
JACK IN THE BOX
Sourdough Jack

660 calories
41 g fat (15 g saturated, 1.5 g trans)
1,450 mg sodium
40 g carbs
3 g fiber
8 g sugar
35 g protein

Your Punishment

Both the bread and the patty contribute to the trans fat content of this caloric calamity—which by the way, would require **3 HOURS AND 25 MINUTES IN THE WEIGHT ROOM** to work off. Hate the gym? Check out these 19 Ways to Burn 100 Calories Without a Gym and work some into your daily routine so you can cut back on your formal fitness time.

How to Keep Your Gluten-Free Family Sane

By Erin Bloys

Don't get me wrong. I love to cook. But I'm not a big fan of cooking dinner twice in a night—one meal for my three girls and me and a separate dinner for my husband, who is bothered by gluten.

Double dinners get old quick.

And this gluten-sensitivity conundrum is not much fun for John, either. It's a pain to have to think about every single bite and sip you take. John likes beer. He likes guy food, and sometimes he caves to the temptations even though he knows he'll pay a huge price for his indulgence. When we'd sit down to dinner, a healthy GF meal for him, regular food for the rest of us, I would invariably have to smack his hand away from pinching some quesadillas, chicken cutlets, or homemade mac and cheese from my girls' plates.

Then, about two years ago, I had decided enough was enough. The entire family would go gluten-free to simplify our lives—and eat healthier. But how would I pull it off?

I needed a plan for meals that wouldn't leave my husband feeling deprived and wouldn't make my girls want to go live (and eat) at their friends' houses.

I thought I would meet with fierce teenage resistance, but I was surprised to find out going gluten-free was harder for me. You see, I have a long and torrid love affair with bread—especially the sourdough kind with a crisp exterior and an interior that resists, and then yields when biting into it. It's not an easy texture to mimic with alternative flours.

Over a period of a month, I got rid of anything that contained gluten and stocked up on ingredients and snack foods that were GF. Some were hits (Plentils Lentil Chips, Glutino's Corn English Muffins), and some were not (I'm looking at you, disgusting crumbly-cardboard-brick Schar hamburger buns!) And we discovered some things we didn't expect to like that we just adore: Oh, chia pudding, how we delight in your blobby, gelatinous texture!

Main meals posed the greatest challenge, but with much experimentation I was able to build a repertoire of truly delicious GF meals that satisfy us all.

Apple- Almond Tart

Turn the
page to start
this tart



Apple- Almond Tart

Before we went gluten-free,

I used to make this with puff pastry as the base, but I love it even more with this crispy, cookie-like, press-in almond crust!

You'll Need

FOR THE CRUST:

- 2 cups Bob's Red Mill Superfine Blanched Almond Flour
- ½ tsp kosher salt
- 2 Tbsp light brown sugar
- 2 Tbsp unsalted butter, melted
- 1 large egg

FOR THE FILLING:

- 3 Honeycrisp apples
- Juice of ½ lemon
- ½ tsp cinnamon
- 8 oz Solo Gluten Free Almond Paste
- 2 Tbsp good quality-apricot jam, melted

EQUIPMENT NEEDED:

9-inch springform pan with removable bottom, parchment paper, food processor with steel blade

How to Make It

- Place a sheet of parchment under the springform pan; trace the pan's shape onto the parchment then cut it out. Line the pan with the circle of parchment paper.
- **MAKE THE CRUST:** In the food processor, pulse almond flour, salt, and brown sugar together to combine. Add the butter and egg and pulse until the mixture forms a ball.
- Press the ball out evenly onto the prepared tart pan, starting with the sides and working your way across the bottom. Prick the base lightly all over with a fork. Freeze for 30 minutes.
- Preheat oven to 350°F.
- **MAKE THE FILLING:** Peel, core and halve the apples, then cut into ¼-inch slices.
- In a medium bowl, toss slices with the lemon juice and cinnamon. Arrange the apple slices overlapping in concentric circles starting at the edge and working your way in to the center.
- Bake the tart for 25 to 30 minutes, then remove it from the oven and gently brush with melted apricot jam. Return the tart to the oven and bake for another 15 minutes, until the apples are golden brown and the jam is slightly caramelized. Cool for 30 minutes before serving.

Makes 8 to 10 servings





Crispy Parmesan Chicken Fingers with Sriracha Soy Ketchup

You'll never be able to tell the difference between these super-crispy, hot, juicy chicken fingers and non-GF ones, except that these just might be even more addictive. And when you see the price of frozen GF chicken fingers in the supermarket, you'll be glad you know how to make these. This recipe easily doubles or triples if you want to make a bunch of them to keep in the freezer.

You'll Need

1 cup buttermilk	2 cups 4-C Gluten Free Seasoned Bread Crumbs
¼ tsp cayenne pepper	Zest of 1 lemon
½ tsp Lawry's Seasoned Salt	½ cup grated Parmesan cheese (the canister kind works fine)
Black pepper to taste	4 Tbsp olive oil
4 boneless, skinless chicken breast halves, cut across into ½-inch-thick strips	Kosher salt, to taste

How to Make It

- In a medium bowl, whisk buttermilk with cayenne, black pepper, and Lawry's salt. Add chicken strips and marinate for at least 1 hour. (This step can also be done in the morning for later that evening, or the night before.)
- Place crumbs, Parmesan and lemon zest in a shallow 8 x 8 glass baking dish. With fingers, slake off the extra buttermilk from the chicken strips. Press each strip into crumb mixture, flattening so the crumbs adhere on both sides.
- Transfer strips to a wire rack on a sheet pan and place in the refrigerator, uncovered, for 30 minutes. (After chilling, strips can actually be frozen at this point on a parchment-lined sheet pan. When frozen solid, place gently in a zipper freezer bag. Proceed with the next steps of the recipe when ready to use).
- Heat 2 tablespoons of oil in a large nonstick pan over medium-high heat.
- Add half the chicken strips to the pan, turning once until golden brown on both sides. Repeat with remaining 2 tablespoons of oil and chicken. Drain briefly on paper towels. Adjust seasoning adding kosher salt if desired. Serve hot with Sriracha Soy Ketchup (see recipe below).

Makes 4 servings

Sriracha Soy Ketchup

Most Chinese-style soy sauces contain gluten, so look for Japanese-style tamari soy sauce, which is often gluten-free. Tamari is thicker, less salty, and more balanced than regular soy sauce. I like San-J brand.

You'll Need

½ cup Heinz Ketchup
1 Tbsp sriracha
1 Tbsp GF tamari soy sauce

How to Make It

- Stir ingredients together in a small bowl.

MAKING THE GF SWITCH

1

Start with foods that are naturally gluten-free

There are so many hearty, satisfying foods that are naturally gluten-free, so use them as pieces of your gluten-free-diet puzzle. Think about alternative grains and seeds like quinoa, chia, rice, corn (grits and polenta), legumes of all kinds, white and sweet potatoes, cauliflower, and parsnips.

2

Add in high-impact gluten-free substitutes

We missed the crunch of pretzels and crackers and the toothsome chew of pasta, at first. Now corn tortillas, rice crackers, multi-seed pretzels, and brown rice or chickpea pasta are all in regular rotation in our house. Lentil chips pack a crunchy punch and don't taste like cardboard. Raw nuts are always on hand; I toast my own and use seasonings like sea salt, smoked pimenton de la vera, garlic powder, and dried and fresh herbs.

3

Don't fear tasty fat

High-quality oils, avocados, seeds, and natural cheeses like cheddar and Gruyère are all flavor powerhouses. And you don't need a ton to bump up the lusciousness of a dish! But be attentive when it comes to processed cheese and pre-packaged shredded cheese (they can contain wheat-based fillers) and blue cheese (the mold used to make blue cheese is grown on wheat and rye plants).

4

Read labels on packaged foods

A GF symbol on a product certifies that it meets the criteria the FDA has mandated, but it is a voluntary compliance from manufacturers. So be vigilant in label reading, especially when it comes to sauces and marinades.



Socca is crunchy on the outside and almost custardy on the inside. Crazy good by itself, socca also makes a great base for a pizza. I never measure the tomato portion of this recipe, but instead grab 3 or 4 out of the can and crush them between my fingers straight into the pan. Top the pizza with anything that pleases you, such as artichoke hearts, sautéed spinach, mushrooms, or pancetta.

You'll Need

- | | |
|--|---|
| 1 medium onion, sliced thin | 3 or 4 canned San Marzano Tomatoes, crushed, to equal about 1 cup |
| $\frac{2}{3}$ cup chickpea flour | 2 cloves garlic, minced |
| $1\frac{1}{3}$ cups water | 8 fresh basil leaves, torn or chopped, divided |
| $\frac{1}{2}$ tsp kosher salt | 4 oz fresh mozzarella, roughly chopped or shredded |
| $\frac{1}{2}$ tsp chopped fresh rosemary | Freshly ground black pepper and kosher salt, to taste |
| 6 Tbsp extra-virgin olive oil, divided | |

How to Make It

- In a medium bowl, whisk together the flour, water, salt, and 2 tablespoons of the oil to form a thin crepelike batter. Cover with plastic wrap and set aside for 1 hour.
- In a cast-iron skillet, heat 1 tablespoon olive oil over medium low heat. Sauté the onion until golden. Remove from pan and set aside until ready to make the socca.
- Preheat the oven to 450° F.
- Pour 2 tablespoon of oil into the skillet and swirl to evenly distribute. Place oiled pan in the oven and heat for 5 minutes.
- While the skillet is heating, skim any foam from the surface of the batter and discard it. Stir in the reserved caramelized onions and chopped rosemary.
- Carefully remove the pan from the oven with a pot holder. Pour the batter into the pan, swirling to evenly distribute it. Return the pan to the oven on the center rack and bake until the socca has little bubbles and craters throughout the surface and is deep golden brown at the edges, about 15 minutes.
- While the socca is baking, make the tomato topping. In a separate 8-inch skillet, heat the remaining olive oil over medium-high heat for about 30 seconds. Add minced garlic and sauté for another 30 seconds, then add crushed tomato and most of the basil (reserving a little bit for garnish for the pizza). Cook until the tomatoes have reduced and thickened a little, 3 or 4 minutes. Season with kosher salt. Remove from the heat and set aside.
- Remove the socca from the oven; top with sautéed tomato-basil mixture and mozzarella. Return it to oven and cook until the mozzarella is melted and bubbly, about 10 minutes. Scatter the reserved basil over the surface. Grind pepper generously over the surface. Season with salt, if desired. Cut into 8 triangles. Serve warm.

Makes 8 servings

If you ask me, it's not real Bolognese if it's not made with whole milk. Whole milk imparts a silkiness to the finished sauce that skim milk just doesn't deliver. It's hard to make this sauce if you're in a hurry, so plan this for a Sunday evening meal.

You'll Need

- ¼ cup extra-virgin olive oil
- 1 large onion, finely chopped
- 2 medium carrots, finely chopped
- 3 large stalks of celery, finely chopped
- 8 cloves garlic, finely minced
- 2 lbs ground hot Italian pork sausage (hot Italian turkey sausage can be substituted)
- 8 oz pancetta, finely chopped or pulsed in a food processor
- 1 8-oz can tomato paste
- 1½ cups whole milk
- 1 cup dry white wine
- 2 cups water, divided
- 2 tsp fresh thyme leaves, minced
- Salt and freshly ground black pepper, to taste
- 1 bunch Italian parsley (flat-leaf) rinsed, dried, and roughly chopped
- 1 12-oz box Barilla Gluten-Free Penne, cooked according to package directions
- ¼ cup pasta cooking water, reserved from cooked pasta
- 4 oz freshly grated Parmigiano-Reggiano, for serving

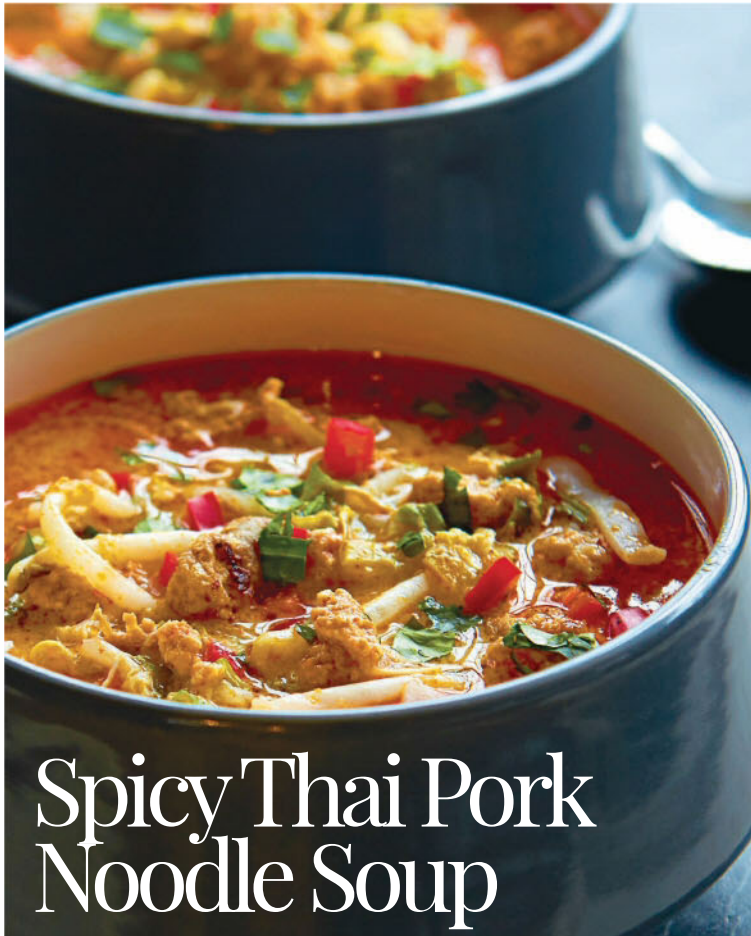
How to Make It

- In a large, deep skillet, heat olive oil over medium heat. Add chopped onion, carrot, celery, and garlic. Sauté until softened and translucent but not browned.
- Turn heat to medium-high and add sausage and pancetta. Sauté, stirring and breaking the meat apart into smaller pieces, until lightly browned.
- Add tomato paste, wine, thyme, and 1 cup of water. Stir together and cook for about 5 minutes. Stir in the milk. Let simmer gently for about 1½ hours. Add the second cup of water as needed if the sauce becomes too thick or dry. Season with salt and pepper and just before serving, toss with flat-leaf parsley.
- About 15 minutes before serving, cook pasta according to package directions, then drain, reserving ¼ cup of the cooking water.
- Toss the hot pasta in the skillet with the Bolognese sauce. Use the reserved pasta cooking water to loosen the sauce if necessary. Serve with freshly grated Parmigiano-Reggiano.

Makes 6 servings



Penne Bolognese



Spicy Thai Pork Noodle Soup

My kids are crazy about Thai food. This soup hits all the marks: It's spicy, tangy, and fun to slurp!

You'll Need

- | | |
|---|---|
| <ul style="list-style-type: none"> 8 oz Taste of Thai Gluten-Free Thin Rice Noodles, cooked according to package directions 2 Tbsp coconut oil, divided ½ lb. ground pork 1–2 Tbsp fish sauce, to taste 6 scallions, sliced 5 large cloves garlic, minced 2 Tbsp minced ginger | <ul style="list-style-type: none"> 2 Tbsp Thai Kitchen Red Curry Paste 1 32-oz carton 33% reduced sodium chicken broth 1 14-oz can light coconut milk 2 eggs, well beaten 2 cups bean sprouts 2 Tbsp chopped cilantro 2 red Thai bird chiles, seeds and ribs removed, minced |
|---|---|

How to Make It

- Prep rice noodles according to package directions. Noodles should be firm but tender when cooked. Melt 1 tablespoon of coconut oil and toss with cooked noodles. Set aside.
- In a large pot, heat the remaining oil over medium heat. Add ground pork, fish sauce, scallions, garlic, ginger, and red curry paste, and sauté until pork is lightly browned.
- Add chicken broth and coconut milk. Simmer for 10 minutes.
- Whisk eggs in a thin stream into the soup until strands of the cooked egg are visible.
- Add bean sprouts, cilantro, and minced chile. Simmer for another 2 minutes, then stir in the cooked rice noodles right before serving.

Makes 4 to 6 servings

We could eat this every day without getting tired of it.

You'll Need

- 4 Tbsp olive oil, divided
- 4 6-in stone-ground corn tortillas
- ½ cup Amy's Organic Refried Black Beans, divided
- 6 oz baby spinach
- ¼ tsp cayenne pepper
- 4 large eggs
- 1 large avocado, pitted, peeled, chopped, divided
- 4 Tbsp crumbled queso fresco, divided
- 1 Tbsp chopped cilantro, divided
- Salt and pepper, to taste
- Cholula Original Hot Sauce, to taste

How to Make It

- Have 2 plates ready for serving. In a 12-inch nonstick skillet over medium-high heat, add 1 Tbsp olive oil. When the oil is hot, quickly sauté two tortillas until crispy on both sides. Repeat with remaining tortillas. Place 2 tortillas on each plate.
- Spread ¼ cup of refried black beans over each tortilla.
- In the same skillet, add another tablespoon of olive oil, the baby spinach, and cayenne. Sauté until the leaves are wilted. Divide the spinach and top each tortilla with the spinach.
- Reduce heat to medium. In the same skillet, add the remaining 2 tablespoons of olive oil. Gently crack the eggs into the pan. Cover with a lid and cook the eggs until the whites are completely set but the yolks are still soft. Using a spatula, place an egg onto each tortilla.
- Top off each plate with half the chopped avocado, 2 tablespoons of queso fresco, ½ tablespoon of cilantro, and salt, pepper, and hot sauce.

Makes 2 servings



Huevos Rancheros

By
Sophie
Keough

Fast

A SHORT-ORDER COOK'S GUIDE
TO EASY, QUICK, AND HEALTHY
MEALS OF 350 CALORIES OR LESS

& Light

As a birthday gag, my friend Elise gave me a book she picked up at a yard sale for \$2 called *The I Hate to Cook Book*. It was appropriate because, as she knows, I do loathe cooking.

Most of all, I hate to cook dinner. With dinner, there comes pressure to deliver either something that looks like a 1950s housewife's meat-pot-veg meal or something out of *Bon Appetit*. And I don't perform well under pressure, especially when I'm tired after a day's work. At 7 o'clock I want fast and easy—like takeout.

I actually got into reading *The I Hate to Cook Book*. It's entertaining. Written by Peg Bracken in 1960, the book is filled with

dinner recipes that take minimal time and effort. (A 50th anniversary edition was published in 2010 by Grand Central.)

The problem is that many recipes inside that old cookbook involve dumping a can of condensed soup over meat and shoving it in the oven.

I need speed, but not a ton of calories. And I need vegetables.

Are you with me? Then, try these 10 Eat This, Not That! favorite fast and light meals, all of which can be whipped up in 20 minutes or less and contain 350 calories or fewer. They're so easy and delicious, you may end up claiming you love to cook.

Orecchiette with Broccoli Rabe and Turkey Sausage



345 calories
8 g fat (1.5 g saturated)
410 mg sodium

American chain restaurants are two-trick ponies when it comes to pasta. Either they love noodles covered in a red sauce spiked with meatballs or sausage, or they drown the pasta in butter and cream. The former is better than the latter, but both ignore the fundamental healthfulness of regional Italian pasta cookery. This classic combines slightly bitter, peppery broccoli rabe and lean crumbled sausage with orecchiette, little ear-shape pasta shells that cup the sauce beautifully.

You'll Need

1 bunch broccoli rabe, bottom 1" removed
10 oz orecchiette pasta
½ Tbsp olive oil
2 links uncooked turkey or chicken sausage, casings removed
4 cloves garlic, minced
¼ tsp red pepper flakes
¾ cup low-sodium chicken stock
Salt and black pepper, to taste
Pecorino Romano or Parmesan

How to Make It

- Bring a large pot of salted water to a boil. Drop in the broccoli rabe and cook for 3 minutes. Use tongs to remove the greens and chop into ½-inch pieces. Return the water to a boil. Cook the pasta until al dente.
- While the pasta cooks, heat the olive oil in a large skillet over medium heat. Add the sausage and cook for about 5 minutes, until lightly browned, then add the garlic and pepper flakes and sauté for another 3 minutes. Stir in the chopped broccoli rabe and chicken stock and lower the heat to a simmer. Season with salt and pepper.
- Drain the pasta and toss immediately into the pan with the sausage and greens. Toss the pasta (if the mix looks dry, use a bit of the pasta cooking water to loosen it up). Serve immediately with freshly grated cheese. **Makes 4 servings**

(Beware of restaurant portion distortion. See *Tips & Hints* on page 93.)

Portobello Cheesesteak



The gills have little flavor and can give a dish a dark, muddy look. Remove them by taking a small spoon and scraping away the dark, thin flaps underneath the cap.

The mark of a great vegetarian dish is one that will be eagerly devoured by a die-hard carnivore. This one fits the bill in spades: meaty slices of portobello sautéed with a thicket of peppers and onions, then tucked into a toasted roll and topped with a cap of melted provolone. But unlike so many vegetarian dishes out there masquerading as healthier than the meaty creations they replace you could eat this cheesesteak 7 days a week and end up skinnier than when you started.

You'll Need

- 1 Tbsp canola or olive oil
- 2 large portobello mushrooms, stems and gills removed, sliced
- 1 medium yellow onion, sliced
- 1 red bell pepper, sliced
- 1 Tbsp low-sodium soy sauce
- 1 Tbsp Worcestershire sauce
- Salt and black pepper, to taste
- 4 slices provolone
- 4 soft whole-wheat hoagie rolls, split and toasted

How to Make It

- Heat $\frac{1}{2}$ tablespoon oil in a large sauté pan over medium-high heat. Add the portobello slices and cook, stirring occasionally, for about 5 minutes, until nicely caramelized. Transfer to a plate. Heat the remaining $\frac{1}{2}$ tablespoon oil in the same pan. Add the onion and pepper and cook for about 5 minutes, until softened and beginning to brown.
- Return the mushrooms to the pan and stir in the soy sauce and Worcestershire. Cook for another 2 minutes, until the vegetables have absorbed most of the liquid. Remove from the heat and season with salt and pepper. Divide the vegetables into four piles in the pan and top each with a slice of cheese (the residual heat will help to melt it). Once the cheese has begun to melt, tuck the vegetable piles into the rolls.

Makes 4 sandwiches

Pork Chop with Balsamic-Honey Glaze



300 calories
19 g fat (9 g saturated)
340 mg sodium

Not all fresh herbs can be substituted with dried ones. A good rule of thumb is if the recipe involves cooking the herb (as is the case here), it's fine to use dried if no fresh is available (or if you'd rather not buy).

When it comes to quality ingredients worth splurging on, heirloom pork is at the top of our list. Supermarket pork comes from a handful of mega-producers who have a near monopoly on the industry and who put out an inferior, tasteless product. (Hence the predictable complaints of pork being dry and boring.) Luckily, many small farmers are starting to raise heirloom varieties of pigs like Red Wattle, Berkshire, and Mangalitsa. If you can't find a local farmer selling pristine pig at the farmers' market, then try ordering a few chops from Niman Ranch (nimanranch.com) for a special occasion. One bite will banish any misconstrued belief that pork is "the other white meat."

You'll Need

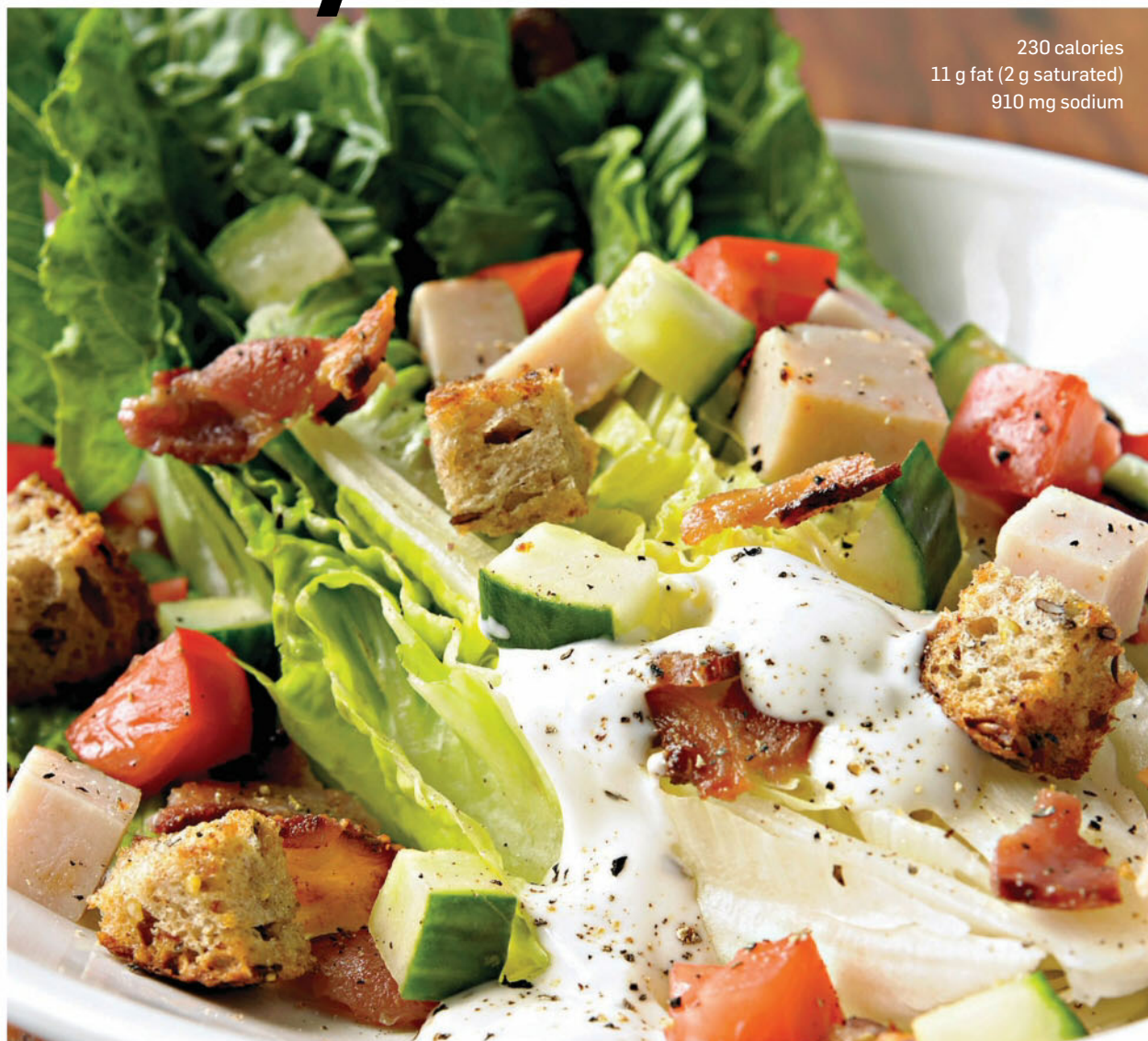
- ¼ cup balsamic vinegar
- 2 Tbsp butter
- 2 Tbsp honey
- 1 tsp chopped fresh rosemary
- ¼ tsp red pepper flakes
- 4 thick-cut pork chops
- Salt and black pepper, to taste

How to Make It

- Cook the balsamic vinegar, butter, honey, rosemary, and pepper flakes in a small saucepan over medium heat until the butter is melted and the mixture begins to bubble lightly. Remove from the heat.
- Preheat a grill or grill pan. Transfer about 2 tablespoons of the balsamic glaze to a small bowl and set aside. Season the pork chops all over with salt and pepper and brush with the remaining glaze. When the grill is medium-hot, add the pork and cook for 3 to 4 minutes each side, depending on thickness. (For perfect medium pork, a thermometer inserted into the thickest part of the chop will read 140°F.) Remove the chops and, with a clean brush, brush with the reserved glaze.

Makes 4 servings

Turkey BLT Salad



230 calories
11 g fat (2 g saturated)
910 mg sodium

Bacon, lettuce, and tomato may be the finest combination ever introduced to sliced bread (sorry, PB&J . . . but you are a close second), but that doesn't mean you need a sandwich to make this cozy relationship work. By turning the bread into crunchy croutons and the lettuce into the base of a salad, you minimize the refined carbs and maximize the healthiest part of the equation. Toss in a handful of cubed deli turkey to boost the protein and suddenly you have a salad with substance and style to tuck into.

You'll Need

- 2 slices whole-wheat bread, cut into cubes
- ½ Tbsp olive oil
- 4 strips bacon, cooked and crumbled
- 1 large tomato, chopped
- ½ English cucumber, chopped
- 8 oz roast turkey from the deli, cut into cubes
- 1 large head romaine lettuce, chopped
- Low-fat ranch dressing (we like Bolthouse Farms) or Homemade Ranch (see page 93)

Rather than slice it thinly, have the deli sell you one large slab of turkey.

How to Make It

- Preheat the oven to 400°F. Toss the bread cubes with the olive oil, place on a baking sheet, and bake for about 10 minutes, until golden brown and crispy. Combine the croutons with the bacon, tomato, cucumber, turkey, and romaine in a large salad bowl. Toss with just enough dressing to lightly coat the leaves. Divide among four plates.

Makes 4 servings

Red Curry Pork Kebab



240 calories
8 g fat (3.5 g saturated)
380 mg sodium

One of the biggest trends to hit chain restaurants in recent years is the sudden proliferation of skewers and kebabs at places like Macaroni Grill, Olive Garden, and Red Lobster. It's a move we fully applaud, since it means that the heavy carbs and fatty sauces that end up on most restaurant plates are being replaced with lean protein and vegetables. These kebabs have plenty of both, all punched up with an addictive Thai curry sauce that you'll find yourself dipping everything in. Pineapple chunks would be a welcome addition here.

You'll Need

- ½ cup light coconut milk
- 2 Tbsp Thai red curry paste
- 1 Tbsp peanut butter
- 1 lb pork loin, cut into ¾" pieces
- 1 red or yellow bell pepper, chopped into large pieces
- 1 large red onion, chopped into large pieces
- 8 wooden skewers, soaked in water for 20 minutes

Soaking the skewers will keep them from catching fire on the hot grill.

How to Make It

- Preheat a grill. Combine the coconut milk, curry paste, and peanut butter in a mixing bowl and stir to thoroughly blend. Transfer half to a separate bowl and reserve.
- Thread the pork, bell pepper, and onion onto the skewers, alternating between the meat and vegetables. Use a brush to paint the skewers with some of the remaining curry sauce. When the grill is hot, add the skewers and cook for 3 to 4 minutes per side, basting with a bit more of the sauce as you go. The skewers are done when the meat and vegetables are lightly charred and the pork is firm but still slightly yielding to the touch.
- Brush the kebabs with the reserved sauce before serving. **Makes 8 skewers**

Italian Tuna Melt



340 calories
13 g fat (2 g saturated)
980 mg sodium

Ahh, the tuna melt: Has any sandwich squandered more potential more consistently than this fishy fiasco? The recipe used by most establishments tells all: 2 parts mayo to 1 part tuna (which is why 59 percent of the calories in their 1,000-calorie sandwiches comes from fat). This recipe replaces the bulk of the mayo with a considerably healthier supporting cast: pesto, lemon juice, olives, and onions. That means you can taste something other than fat when you're eating it and feel something other than fat when you're through.

You'll Need

- 2 cans (5 oz each) tuna, drained
- 1 small red onion, diced
- ¼ cup chopped green olives
- 2 Tbsp olive oil mayonnaise
- 2 Tbsp bottled pesto
- 1 Tbsp capers, rinsed and chopped
- Juice of 1 lemon

- 8 slices whole-wheat bread
- 2 oz fresh mozzarella, sliced (you can use low-fat shredded mozzarella, too)
- 1 large tomato, sliced
- About 1 tsp olive oil

Nothing beats Martin's Whole Wheat Potato Bread.

How to Make It

- In a mixing bowl, combine the tuna, onion, olives, mayo, pesto, capers, and lemon juice and stir to combine. Layer the bottom half of four slices of bread with mozzarella, then top with the tuna mixture, tomato slices, and remaining slices of bread.
- Preheat a cast-iron or nonstick pan over medium heat. Coat with a thin layer of olive oil and cook the sandwiches for 2 to 3 minutes per side, until the bread is toasted and the cheese is melted.

Makes 4 sandwiches

(For other tasty tuna pairings, see *Tips & Hints* on page 92.)

Turkey Sloppy Joes



340 calories
11 g fat (2.5 g saturated)
820 mg sodium

It's amazing that multiple companies make a living selling packets, boxes, and cans of sloppy joe mix, many of them loaded with funky preservatives and fillers that even chemists would have a difficult time deciphering. The best part about sloppy joes is that everything you need is likely already in your pantry and spice cabinet. Open a can, measure out a few spices, and you'll have a crowd-pleasing dinner on the table in about 15 minutes.

You'll Need

- ½ Tbsp olive oil
- 1 large onion, diced
- 1 green bell pepper, diced
- 1 lb lean ground turkey
- 1½ cups tomato sauce
- 2 Tbsp tomato paste
- 2 Tbsp brown sugar
- 1 Tbsp red wine vinegar
- 1 Tbsp Worcestershire sauce
- ½ Tbsp chili powder
- 10–12 shakes Tabasco or other hot sauce
- Salt and black pepper, to taste
- 4 whole-wheat or sesame rolls, split and toasted

Lean ground sirloin or chicken works just as well here as turkey. As crazy as it sounds, so does a few fillets of finely chopped catfish—the perfect way to sneak fish into your family's diet.

How to Make It

- Heat the oil in a large skillet or sauté pan over medium heat. Add the onion and bell pepper and cook for about 2 minutes, until softened. Add the turkey and cook, using a wooden spoon to break up the meat, until the turkey is lightly browned. Add the tomato sauce, tomato paste, sugar, vinegar, Worcestershire, chili powder, and hot sauce and season with salt and pepper.
- Turn the heat down to low. Simmer for 10 minutes, until the liquid has reduced and the sauce fully coats the meat. Divide the mixture among the rolls.

Makes 4 sandwiches

Crispy Quesadillas



310 calories
16 g fat (5 g saturated)
730 mg sodium

Next to nachos, quesadillas are the most perilous food to be found on a Mexican restaurant menu. Overstuffed with cheese and teeming with greasy toppings, quesadillas are all but guaranteed to pack quadruple-digit calories. Our quesadilla reverses the cheese-to-filling ratio, going long on the nutrient-dense vegetables and using just enough chorizo and cheese to make it feel like an indulgence.

You'll Need

- ½ Tbsp canola oil
- 4 oz chorizo, casing removed
- 1 small red onion, sliced
- 4 oz white button mushrooms, stems removed, sliced
- 1 large poblano pepper, seeded, sliced into thin strips
- Salt and black pepper, to taste
- 1½ cups shredded Monterey Jack cheese
- 4 medium whole-wheat tortillas
- Guacamole

How to Make It

- Heat a large skillet or sauté pan over medium-high heat. Add the oil and chorizo; cook until browned, using a wooden spoon to break up the meat into smaller pieces. Remove from the pan and drain all but a thin film of the fat. Return to the heat and add the onion, mushrooms, and pepper; sauté, stirring occasionally, until the vegetables are brown—5 to 7 minutes. Season with salt and black pepper.
- Divide the cheese between 2 tortillas and top each with half of the vegetable mixture. Top with the remaining tortillas.
- Heat a large cast-iron skillet over medium heat. Spray the pan with nonstick cooking spray and cook each quesadilla individually, until the tortillas are brown and crispy and the cheese is fully melted. Cut into 4 or 6 wedges and serve with the guacamole.

Makes 4 servings

(Use this savvy shortcut on page 93 for extra crispy quesadillas.)

Vanilla-Bourbon French Toast



330 calories
8 g fat (3 g saturated)
44 g carbs

In France, French toast is called pain perdu—“lost bread,” a nod to the fact that the dish works best with stale bread. More importantly, pain perdu isn’t served at breakfast, but rather as a dessert, a reminder that this dish is traditionally soaked in sugar and cream. This version forgoes cream for milk, and trades a deluge of sugar for vanilla and a slug of bourbon. It’s still a pretty decadent way to start your day, but at least you won’t need a nap afterward.

You’ll Need

- 4 eggs
- 1½ cups 2% milk
- ¼ cup bourbon
- 1 tsp vanilla extract
- 1 Tbsp sugar
- ¼ tsp ground nutmeg
- 1 loaf day-old country bread, preferably whole wheat, cut into 8 slices

Butter for the pan

Maple or agave syrup for serving

How to Make It

- Preheat the oven to 225°F.
- Combine the eggs, milk, bourbon, vanilla, sugar, and nutmeg in a shallow baking dish and whisk to combine. Soak each slice of bread for 30 seconds, turning once, before cooking.
- Heat a large cast-iron skillet or nonstick pan over medium heat. Melt a small pat of butter in the pan, enough to coat the surface. Add 2 to 4 slices of the soaked bread and cook for about 3 minutes, until a deep brown crust forms. Flip the bread and continue cooking for another 2 to 3 minutes, until golden brown and firm to the touch. Keep the cooked French toast in the oven while you work through the rest of the batch.
- Top with warm syrup and a dusting of powdered sugar, if you like. **Makes 4 servings**

Shiitake, Spinach & Goat Cheese Scramble



240 calories
17 g fat (5 g saturated)
640 mg sodium

Skillfully scrambled eggs are a joy on their own, but by taking the next step and folding in a few supporting players, you accomplish two goals: First, you make a simple breakfast suddenly taste and feel like something special. But also, most additions you can introduce to a sauté pan will further boost the nutritional profile of the heroic egg. For soft, extra-creamy scrambled eggs, make sure to turn the heat down and stir the eggs constantly.

You'll Need

- 1½ Tbsp butter
- 1 cup sliced shiitake mushrooms
- 1 cup frozen spinach, thawed
- Salt and black pepper to taste
- 8 eggs
- 2 Tbsp 2% milk
- ½ cup fresh goat cheese

How to Make It

- Heat 1 tablespoon of the butter in a large nonstick pan over medium heat. When bubbling, add the shiitakes and cook for about 5 minutes, until lightly browned. Remove and reserve on a plate.
- In the same pan, sauté the spinach until heated all the way through. Season with salt and pepper. Transfer to a colander and squeeze out any excess water.
- Combine the eggs and the milk in a large bowl. Season with salt and whisk thoroughly. Add the remaining ½ tablespoon butter to the pan, turn the heat to low, and add the eggs. Use a wooden spoon to stir the eggs constantly, scraping the bottom of the pan to create small, delicate curds. Continue stirring in this manner for about 5 minutes, until the eggs are still very soft and loose. Add the mushrooms, spinach, and goat cheese and cook for about 2 minutes longer. Season to taste with black pepper.

Makes 4 servings

(For more topping ideas, visit [Tips & Hints](#) on page 93.)



50 calories
0 g fat
8 g sugars

Don't like vanilla?
Try hazelnut, chocolate,
or raspberry syrup.
Torani makes a wide variety
of syrups sweetened
with sucralose, one of
the safest of the
artificial sweeteners.
www.torani.com

Vanilla Latte

Thanks to Starbucks, lattes have become a common player in the American liquid diet. That doesn't have to be a bad thing, but too often, fancy espresso drinks come with huge caloric consequences. By learning to create lattes and cappuccinos at home, you'll save piles of cash and loads of calories over the course of a year. If you don't own a fancy espresso machine, don't fret; buy an inexpensive milk frother and soon you will be out-brewing your local barista.

You'll Need

- 2 oz hot espresso or very strong coffee
- 1 Tbsp sugar-free vanilla syrup
- ½ cup fat-free milk

How to Make It

- Combine the espresso and syrup in a coffee mug.
- Place the milk in a large microwave-safe glass or container. Use a milk frother, moving it up and down slowly in the container for 20 seconds, to create a thick foam (cold milk produces the best foam). Place the milk in the microwave and heat on high for 30 seconds.
- Add the hot milk to the espresso, then use a spoon to top off the drink with the foam.

The Ultimate Bloody Mary

Between the lycopene-rich tomato juice and the bevy of nutrient-packed garnishes, a strong case can be made that the Bloody Mary is the world's healthiest cocktail. The bloody is so solid that it's hard even for restaurants to screw up, except when they charge you \$9 for a glass that contains 1,200 milligrams of sodium.

You'll Need

- 6 oz low-sodium V8
- 1½ oz vodka
- 3 to 4 dashes Worcestershire sauce
- 1 tsp horseradish (freshly grated is best, but the bottled stuff works in a pinch)
- Tabasco, to taste
- Juice of ¼ lemon
- Pinch of celery salt
- A few grinds of freshly cracked pepper
- Garnish: Fresh celery stick, olives, pickled vegetables like cocktail onions, green beans, and/or brussels sprouts

How to Make It

- Combine the V8, vodka, Worcestershire, horseradish, Tabasco, lemon juice, and celery salt in a pint glass. Use a spoon to stir vigorously.
- Fill the glass with ice and top with fresh cracked pepper. Garnish with a celery stick and as many different pickled vegetables as you can get your hands on.

Two more ways to Bloody Mary bliss:
BLOODY MARIA:
Replace the vodka with tequila, the lemon with lime, and the Tabasco with a teaspoon of canned chipotle pepper.
ASIAN MARY:
Swap the Tabasco for Sriracha and use fish sauce instead of Worcestershire.



145 calories
220 mg sodium



Saying no to dessert all the time isn't fun. It may not be healthy, either.

For the **LOVE** *of* *Chocolate*

Like bad boys, good bread, and the music of Katy Perry, dessert is usually an empty promise that's bad for you—and oh-so hard to resist. Just one look, and we're reeled in like the first time we heard “Teenage Dream.”

That's the danger of dessert. A big slice of chocolate-frosted cake topped with a scoop of vanilla ice cream looks as innocent as childhood, yet it's really type 2 diabetes on a plate, made of sugar, white flour, and butter or hydrogenated oils. If you end most meals that way, you'll almost guarantee yourself a weight issue and trouble with out-of-control blood sugar and inflammation.

But hold on. You can have your cake and sidestep all those problems, too. It may seem a little counterintuitive, but to really take control over your cravings, you have to indulge in them a bit. “A little sweet treat on occasion can help keep those cravings in check and allow you to follow your weight-loss or weight-maintenance regimen,” says Maria-Paula Carrillo, MS, RDN, LD. The chocolate desserts on the following pages, which feature reduced calories and sugars, will help you enjoy a small treat so you never have to feel deprived.

Chocolate Pudding with Olive Oil and Sea Salt



310 calories
19 g fat (10 g saturated)
29 g sugars

Packaged chocolate pudding contains more additives and fillers than actual chocolate, and purchased premade pudding contains more calories than one should ever consume with a spoon. What's a chocoholic to do? Here's your answer: This homemade version skips the eggs, which doesn't just cut calories, but also saves you from having to slow-cook them in a double boiler or temper them with hot chocolate. What really makes this pudding special, though, is the final flourish. It might sound like strange ingredients for a dessert, but the combination of chocolate, peppery olive oil, and crunchy flakes of salt brings to mind a bag of chocolate-covered pretzels.

You'll Need

- ¼ cup sugar
- 2 Tbsp cornstarch
- 2 cups low-fat milk
- 1 Tbsp unsalted butter
- 4 oz bittersweet or semisweet chocolate, chopped (or ⅔ cup bittersweet chocolate chips)
- 1 teaspoon vanilla extract
- Table salt
- Olive oil and coarse sea salt (like fleur de sel)

How to Make It

- Combine the sugar and cornstarch in a medium saucepan over low heat. Slowly add the milk, whisking to blend. Bring to a bare simmer, then stir in the butter, chocolate, vanilla, and a pinch of table salt. Remove from the heat and continue stirring until the chocolate has melted uniformly. Pour into 4 small glasses or ramekins and place in the fridge for at least 2 hours.
- Before serving, drizzle the puddings with a bit of olive oil and top each with a pinch of sea salt.

Makes 4 servings

(Try the S'mores Pudding in *Tips & Hints* on page 92.)

Banana-Nutella Crepe



260 calories
12 g fat (5 g saturated)
18 g sugars

It seems that crepes were invented for the sole purpose of housing fresh banana slices and chocolate—at least, that's what will be on your mind as you knife-and-fork your way through one of these. Truth is, dessert crepes of all stripes are special stuff, but nothing quite makes sense like this combination. Nutella, the Italian chocolate-hazelnut spread, is widely available in supermarkets, but even standard chocolate sauce will evoke fits of uncontrollable pleasure here.

You'll Need

Butter for the crepes

½ recipe Crepe Batter
(see page 95)

¼ cup Nutella

2 bananas, peeled and sliced

Confectioners' sugar (optional)

Standard crepe batter is perfectly fit for desserts, but you can also sweeten it up with a tablespoon or two of sugar before cooking.

How to Make It

- Heat a 10" nonstick pan over medium heat. Add enough butter to coat, then add 2 tablespoons of the crepe batter and swirl the pan to cover it in a thin, even film (use a rubber spatula to help, if needed).
- Cook on the first side for 3 to 4 minutes, until the bottom takes on a deep golden brown color. Flip and slather a tablespoon of the Nutella down the middle of the crepe, then top with a scant quarter of the banana slices.
- Cook for 3 to 4 minutes longer, until the bottom is golden brown. Fold the crepe sides over the filling and slip onto a plate. Top with a few slices of banana and a shake of confectioners' sugar, if you like. Repeat to make three more crepes.

Makes 4 servings

Espresso Granita



If you have the time and don't mind the extra 50 calories, fresh whipped cream is best. Beat a cup of heavy cream in a cold metal mixing bowl with a tablespoon of sugar until soft peaks form.

170 calories
8 g fat (5 g saturated)
28 g sugars

A trip to the ice cream parlor used to mean a single scoop of ice cream atop a sugar cone, a perfect little 200-calorie treat. Now, at places like Häagen-Dazs, Baskin-Robbins, and Cold Stone, where serving sizes have grown out of control and high-calorie add-ins are the standard, that same trip to the scoop shop may set you back 1,000 calories. When it comes to dessert, it's best to stay in—especially if you learn to make granitas, frozen desserts that are every bit as satisfying as ice cream and easy enough for a 6-year-old to make.

You'll Need

- 2 cups espresso or very strong brewed coffee, warmed
- ½ cup sugar
- Light whipped topping
- ½ cup shaved dark chocolate

How to Make It

- Combine the espresso with the sugar and stir until the sugar dissolves (if the espresso has cooled, you may need to microwave it for 45 seconds to help the sugar dissolve). Pour the mixture into a shallow metal baking pan (there should be about an inch of liquid) and place in the freezer.
- After 15 to 20 minutes, just as the mix has begun to freeze, remove the dish from the freezer and use a fork to scrape the ice crystals developing on the surface. Careful scraping will help you achieve a light, almost creamy granita, rather than a chunky, icy one. Repeat this step once every 30 to 45 minutes until the granita is entirely frozen.
- For each serving, place a small scoop of the granita in a chilled wine glass, top with a spoonful of whipped topping and a bit of the chocolate, then repeat with a second layer.

Makes 4 servings

Chocolate-Covered Strawberries



49 calories
2 g fat (0 g saturated)
4 g sugars

Buying chocolate-dipped strawberries is easy, but no fun. Get your hands sticky by making them yourself. It's creative and rewarding, and there's something special about the imperfect look. Homemade dipped strawberries are so much more meaningful to guests.

You'll Need

4 oz dark chocolate chips
2 oz white chocolate chips
12 strawberries
Powdered sugar
Large-grain sugar crystals,
any color

How to Make It

- Place the chocolate in two separate glass bowls and microwave in 30-second intervals, stirring in between until melted.
- Holding a strawberry by the stem end, dip in the dark (or white) chocolate, letting the excess chocolate drip back into the bowl.
- Transfer each dipped berry onto a baking sheet lined with wax or parchment paper, and allow the chocolate to harden. As you set each berry down, slide it $\frac{1}{2}$ inch to the side to prevent the chocolate from clumping under the berry.
- Drizzle the melted white (or dark) chocolate back and forth over the berries. Repeat with remaining berries. Before the chocolate sets, sprinkle one side, or the pointed ends, with powdered sugar or large-grain sugar.

Makes 12 to 14

Make these treats look professional by adding a drizzle of opposite-color chocolate or a sprinkle of sparkle sugar.

More Sweet Ways to Indulge

FRUIT-FILLED CHOCOLATE BARK

Start with plain Greek yogurt. It's loaded with protein and calcium and can even be made into an imitation chocolate bark. First, add cacao and a hint of honey to a cup of Greek yogurt. Mix well. Then lay out parchment paper in a small baking tin and spread the mixture thinly. Sprinkle in some sliced strawberries, blueberries, and almonds, and freeze for at least an hour. Once it's frozen, you can crack the bark and get lost in the chocolatey goodness.

Chocolate-Avocado Mousse

Blend 1 pitted avocado with 2 tablespoons of cacao or cocoa powder and 1 tablespoon of maple syrup. Makes 2 servings. You and a friend can dig your spoons into a chocolate mousse that's loaded with nutrition.

Chocolate-Covered Stuffed Dates

Using only three ingredients, you can enjoy an ooey-goey, high-fiber treat in no time! Simply stuff Medjool dates with anything from peanut butter to cashew butter and then cover them in a dark melted chocolate. The date's signature sweetness will temper the bitterness of the 70-percent cacao chocolate.

Chocolate Hazelnut DIP

The first ingredient listed on the back of a Nutella Jar is sugar instead of chocolate or hazelnuts. You can do better by making your own at home.

YOU'LL NEED

6 oz shelled and skinned hazelnuts	8 oz dark chocolate (60% cacao)
4 Tbsp unsalted butter	1 tsp maple syrup
	¼ cup heavy cream
	½ tsp sea salt

HOW TO MAKE IT

- Preheat an oven to 350°F. Spread the nuts on a baking sheet and roast for about 10 minutes, or until browned. (Move them around halfway through roasting.) Remove from oven and allow to cool.
- Grind the nuts in a food processor until smooth. Then add butter and mix until they become a paste.
- Melt the chocolate, stirring often, in a double boiler.
- Add the cream to the melted chocolate and whisk, then add the hazelnut butter and whisk well. Pour into a glass jar.

ASWEETS FRIEND

Pair your dessert with a fat-blocking, metabolism-boosting tea.

GREEN TEA UNLOCKS YOUR FAT CELLS.

In a 12-week study, participants who combined a daily habit of 4 to 5 cups of green tea with a 25-minute exercise session lost an average of two more pounds than non-tea drinkers.

WHITE TEA SHUTTLES FAT FROM THE BODY.

White tea can boost the breakdown of fat and block the formation of fat cells, according to research reported in the journal *Nutrition and Metabolism*.

BLACK TEA REDUCES FAT-STORAGE HORMONES.

Black tea can increase the rate at which your body brings cortisol levels back to normal. That means less time for the stress hormone to cue the body to store fat.

OOOLONG TEA BOOSTS METABOLISM.

A study in the *Chinese Journal of Integrative Medicine* found that participants who regularly sipped oolong tea lost 6 pounds over the course of the 6-week study.

Chocolate Oats

Simply add a tablespoon of cacao, 1 tablespoon of chia seeds, and 1 teaspoon of hemp seeds to your morning for a quick breakfast that will give you an energy boost and keep you satiated. Cacao, chia, and hemp are all antioxidant-rich superfoods that will keep your skin glowing and your digestion on track. Top this bowl of fiber-rich goodness with fruit to give it an extra-fresh feel.

COME TO THE DARK SIDE

When it comes to chocolate, here's the rule: The more bitter, the better—for your health it is! So, when shopping for your treats, stick to a chocolate that's 70% or more cacao and has minimal ingredients. Go for the plain stuff and add your own wholesome, nutrient-dense sweeteners (like maple syrup or fruit) to sweeten up your goodies—and to make these treats feel anything but healthy.

Chocolate Protein Milkshake

Milkshakes using ice cream and milk are high in sugar and calories. But you can enjoy a similar flavor and texture by making a healthier version. Add a frozen banana, nut butter, chocolate protein powder, a cup of almond milk, and 3 ice cubes. Pour into a tall glass and grab a straw.

Chocolate Chip Cookies



190 calories
8 g fat (5 g saturated)
16 g sugars

These cookies don't contain applesauce, protein powder, or Splenda—you'll need to find another book for that type of trickery. They're just good, honest, truly delicious chocolate chip cookies. Yes, we've taken it a bit easy on the butter and the chocolate chips for the sake of creating a lighter cookie, but you'll never know the difference.

You'll Need

- 8 tablespoons butter (1 stick), softened
- ½ cup packed brown sugar
- ½ cup granulated sugar
- 2 eggs
- 1 tsp vanilla extract
- ½ tsp baking soda
- ½ tsp salt
- 2 cups flour
- ½ cup dark chocolate chips
- Flaky sea salt (optional)

Salt teases out the flavors in any food it touches—even cookies. The crunchy crystals pair beautifully with the warm chocolate.

How to Make It

- Preheat the oven to 375°F.
- In a mixing bowl, thoroughly mix the butter, brown sugar, and granulated sugar until creamy. Stir in eggs and vanilla until well incorporated. Add the baking soda, salt, and flour and mix until the dough comes together, being careful not to overmix. Stir in the chocolate chips.
- Drop the dough onto a baking sheet in balls about 3 tablespoons in size, leaving at least 3 inches between cookies.
- Bake until the edges are golden and the middles are just barely set. Remove from the sheet, sprinkle with a bit of sea salt (if using), and cool on a wire rack.

Makes about 12 cookies

(Try different chips; see *Tips & Hints*, page 92.)

Chocolate-Dipped **Banana Pops**



288 calories
10 g fat (3.3 g saturated)
12 g sugars

This dessert does double duty: Not only is it absolutely delicious and satisfying, but it's an easy-to-make treat to keep the kids busy on a Saturday afternoon. These require just three simple ingredients and a little wait time to harden in the freezer. Frozen bananas provide the mouth-feel of rich ice cream, plus potassium, while the walnuts deliver heart-healthy omega-3 fats.

You'll Need

- 2 ripe bananas
- 5 oz semisweet chocolate (chips or bar, chopped)
- ¼ cup raw walnuts, toasted in a dry pan over medium heat until fragrant (about 2 minutes) and roughly chopped

SPECIAL EQUIPMENT

- 4 wooden craft or Popsicle sticks

How to Make It

- Line a baking tray with parchment paper.
- Peel and cut the bananas in half crosswise and insert a Popsicle stick into each half. Place on the lined tray, and put in the freezer for 30 minutes.
- While the bananas are freezing, place the chocolate in a microwave-safe bowl. Microwave until melted. Stir every 30 seconds.
- Place the chopped walnuts on a plate.
- Dip each frozen banana in the chocolate, turning to coat, and then immediately roll it in the chopped walnuts. Return the finished banana pops to the lined tray, and place in the freezer for at least 45 minutes.

Makes 4 servings



Tips & Hints

JUICE BOOSTER

Flavor With Fruit

1. Zap lemons, limes, or oranges for 15 seconds in the microwave before squeezing them. The fruit will yield twice as much juice.
2. Make a fruit salsa to top meats like pork, chicken, or fish. Start with a base of 1 minced onion, 1 minced jalapeno, ½ cup chopped cilantro, and the juice of a lime—and then add most any kind of fruit. Mango, pineapple, and papaya are obvious choices, but apples, melons, strawberries, and blueberries work wonderfully, as well.

KITCHEN 911

Save an Overdone Dinner

Let's say the London broil is on the verge of London burning. How do you save dinner when you've overcooked the meat? Here's how: Slice the meat thinly, put it on a plate, and top it with chopped tomato, onion, and jalapeno. Add olive oil and fresh lime juice (or a few spoonful's of vinaigrette; recipe on page 16). The acid and oil will restore much needed moisture and fat to the mistreated meat.

LEFTOVER LAW

Dress It Up

As often as possible, add a layer of fresh flavor to your leftovers after they've been heated. Pasta and soups benefit from a sprinkle of fresh parsley or basil, plus a drizzle of olive oil. Stir-fries could use some chopped scallion, toasted peanuts, and a spritz of lime. Beef, poultry, port, and fish scream out for some fresh lemon juice and a sprinkling of flaky sea salt.

QUICK LUNCH

Keep Eggs Ready

Mix chopped-up hard-boiled eggs with mayonnaise, Dijon mustard, capers, minced onion, and any fresh herbs you might have. Serve on a salad, in a pita, or sandwiched in a toasted English muffin.

[From Starters: Chinese Chicken Salad on page 12](#)

MASTER THE TECHNIQUE

How to Dress a Salad

Most salads end up overdressed, which compromises the flavor and the inherent nutritional value of the creation. For a properly dressed salad, add the dressing a few tablespoons at a time immediately before serving (otherwise the lettuce will wilt) and use a pair of tongs to thoroughly distribute each new addition. Pluck a leaf and taste; it should have a light sheen, not a heavy coat, of dressing.

[From Chocolate Pudding with Olive Oil & Sea Salt on page 85](#)

AWESOME UPGRADES

Extra Innings

Three other ways to turn this very good chocolate pudding into something exceptional:

- **S'MORES PUDDING:** Line the bottom of the glasses with crushed graham crackers. Top with marshmallows.
- **PB&C:** Whip together equal parts milk and chunky peanut butter. Divide among the glasses, then top with the pudding.
- **CHOCOLATE-COVERED STRAWBERRIES:** Cover the bottom of each glass with sliced strawberries or a heaping tablespoon of strawberry jam, top with a thin layer of ricotta cheese, then spoon in the pudding.

[From Chocolate Chip Cookies on page 90](#)

CHANGE AGENTS

Experiment with Flavors

With this recipe as your base, you can take this crispy yet chewy cookie in all sorts of different directions. Change up the chips by subbing in white or milk chocolate chips, or even peanut butter chips. A handful of raisins or a half-cup of shredded coconut bring sweetness of a different variety. And any nuts—especially walnuts and pecans—infuse the cookie with their heart-healthy fats.

From [Banana-Nutella Crepe on page 86](#)

Batter Up

You've taken enough lumps. Here's how to keep crepes thin, uniform, and sturdy enough to handle any filling.

You'll Need

- | | |
|----------------------|--------------------------------|
| 1 cup flour | Pinch of salt |
| 2 large eggs | $\frac{3}{4}$ cup low-fat milk |
| 2 Tbsp melted butter | $\frac{1}{2}$ cup water |

How to Make It

- Combine the flour, eggs, melted butter, and salt in a large mixing bowl. Gradually add the milk, then the water, whisking to prevent any lumps.

Makes 4 large crepes or 8 smaller crepes (made in an 8" pan)

From [Crispy Quesadillas on page 80](#)

SAVVY SHORTCUT

Make a Toast

Individually toasting quesadillas in a cast-iron skillet yields the crispiest, tastiest results imaginable. But if you're making a round for the whole family and want to save time, try the broiler or even the grill (which adds delicious smoky notes). Simply preheat either, assemble all of your quesadillas, and cook 6 inches under the broiler or directly on the grill grates for 3 to 4 minutes per side, until toasted on the outside.

From [Italian Tuna Melt on page 78](#)

MEAL MULTIPLIER

Healthier Combos

"Tuna salad" is one of the biggest misnomers in the food world; both "tuna" and "salad" are healthy when on their own, but combined in a mayonnaise bath, they're nothing but trouble. You can reinvent this troubled tandem with more clever pairings from your pantry:

- Curry powder, shredded carrot, cashews, and golden raisins
- Salsa, sliced avocado, and Jack cheese
- Artichokes, sundried tomatoes, and provolone cheese

PRESENTATION TIP

Heat Your Dishes

Warm food served on a cold plate is a rookie mistake. Heat your dishes in a 150° F oven for 10 minutes before plating a meal. On the flip side, lightly chilled plates (use your freezer) boost the freshness of cold dishes like summer salads.

CALORIE CUTTER

Avoid the 'Value Meal'

Order à la carte. A study in the *Journal of Public Policy & Marketing* discovered that people tend to consume 100 or more extra calories when they select the combo or value meal instead of choosing food items piecemeal. Why? It's because when you order combos, you're more likely to buy more food that you really want—or need. By ordering à la carte, you won't be influenced by price ploys designed to squeeze a few more nickels out of your purse.

From [Orecchiette on page 73](#)

CALORIE CUTTER

Portion Distortion

A serving size of pasta in Italy is about 6 ounces; here, many restaurant noodle bowls top 2 pounds. We've used more modest serving sizes for the noodles in the book's pasta recipes, but kept the sauce portions more substantial. That means the pasta-to-sauce ratio will skew toward the latter, which makes for a more satisfying meal for fewer calories.

From [Shiitake, Spinach & Goat Cheese Scramble on page 82](#)

MEAL MULTIPLIER

Eggs-cellent Add-ins

Easy ways to bolster a breakfast scramble:

- Asparagus, feta, and cherry tomatoes
- Baby shrimp, garlic, and scallions
- Chicken sausage, mushrooms, scallions, and Cheddar

From [Turkey BLT Salad on page 76](#)

Homemade Ranch Recipe

Most bottled ranch is an abomination, little more than an amalgamation of low-grade oils and powdered eggs. You might as well be pouring mayonnaise on your salad. This version, spiked with yogurt and fresh herbs, isn't just considerably healthier, it's also about twice as addictive (which can be a good thing and a bad thing).

You'll Need

- | | |
|---|------------------------------------|
| $\frac{1}{2}$ cup Greek-style yogurt | 2 Tbsp chopped scallions or chives |
| $\frac{1}{2}$ cup olive oil mayonnaise | $\frac{1}{2}$ tsp garlic salt |
| $\frac{1}{4}$ cup chopped fresh parsley | Black pepper to taste |

How to Make It

- Place all ingredients in a food processor and pulse until blended. Keeps for 1 week covered in the refrigerator.

Makes about 1 cup



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A special thanks to those who contributed the great photography in this magazine, including Thomas MacDonald, Tara Long, and the following image agencies: Shutterstock and iStock.



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I'll Have What She's Having

Cut the Sugar, Not the Cheese

Biggest Loser coach **Jen Widerstrom** shares the secrets to staying slim and strong



BEACH BODY:
Exercise encourage
healthy eating.

By now everyone should know that your diet is more important to losing weight than how much exercise you do. It's no wonder then that Biggest Loser trainer Jen Widerstrom's new book is mostly about training in the kitchen. In *Diet Right for Your Personality Type*, the weight-loss expert gives readers a personality test to determine what types of foods they should eat. That's not to say that working out isn't part of the plan. "Exercise helps us make better dietary choices," says Jen, 34. "I'm less likely to hammer down a burrito if I've just worked out for an hour." We asked Jen about the eating habits that keep her in top shape:

What's always on your grocery list?

My staples are unsweetened vanilla almond milk—there's just too much sugar in cow's milk for me; nuts—I have a single serving size of them in my bag at all times; salmon and eggs are my

favorite proteins; and I always have spinach or kale around because I can throw that in my eggs, have it with my salmon or blend it in my shake.

Best tip for losing weight?

Listen to your body. Are you bloated, gassy, or breaking out? Is your stomach upset or are you hungry an hour later? Your body will tell you if you're having trouble breaking down foods but you have to pay attention to it.

What's your favorite cheat?

Cheese. It's actually good for you, so I don't really see it as cheating, but I love a great slice of pizza. Though afterwards I need to work out to keep it all in check.

Which is worse for you, sugar or fat?

Sugar, hands down.

What's your trick to eating out and not overdoing it?

I have three rules.

- 1:** Never go to a restaurant famished. Try to have a handful of nuts, a boiled egg, or a piece of fruit beforehand.
- 2:** Take a peek at the menu online first then choose a healthy protein, a vegetable, and a healthy carb like risotto or a sweet potato dish.
- 3:** It's obvious, but I always stay away from anything fried.

Jen's Pizza Omelet

From *Diet Right for Your Personality Type*

YOU'LL NEED

- ½ cup cherry tomatoes, halved
- Cooking spray
- Salt and red pepper flakes, to taste
- 1 egg, plus 1 extra egg white, beaten
- ⅓ cup shredded mozzarella cheese
- A handful of chopped fresh basil

HOW TO MAKE IT

- Place the cherry tomatoes in a small saucepan that has been coated with cooking spray. Sprinkle with salt and red pepper flakes and pan sear until they are lightly brown.
- In a separate non-stick pan, cook the beaten egg and egg white mixture over medium heat. Once the eggs set, add in the tomatoes, cheese, and basil. Continue to cook until cheese begins to melt. Enjoy!

Makes 1 serving

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MÁS TO LOVE

✓ GOOD FATS

The Dietary Guidelines for Americans emphasize good fats, like the fats found in avocados, as part of healthy eating patterns.

+ NUTRIENT-DENSE

The Dietary Guidelines for Americans focus on dietary shifts to choose more nutrient-rich foods that provide fiber as well as other vitamins and minerals in place of less healthy options.

✕ NO CHOLESTEROL

Avocados' rich and creamy texture makes them the perfect substitute for mayo or butter.

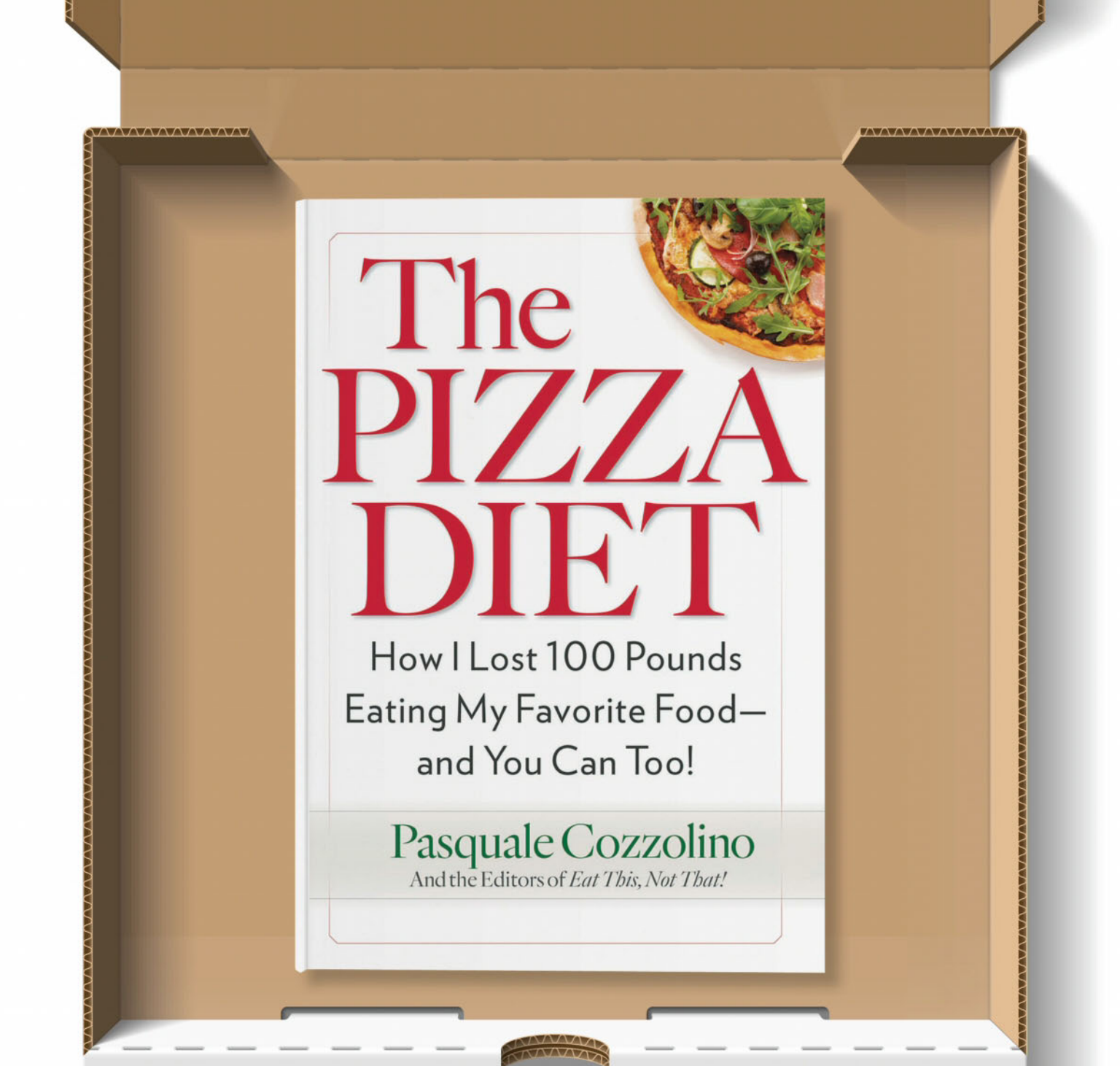
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