

# 120 Greatest Supermarket Finds!

# Eat This, Not That!

## NEW YEAR! NEW FOOD! 25 DELICIOUS, SLIMMING RECIPES!

Comfort Meals  
in Minutes

He Shed 100 lbs. on...

## THE PIZZA DIET, p. 64

*We're Not  
Kidding!*

## LEAN & SEXY!

- ✱ Burn Fat Faster
- ✱ Drink This, Slim Down!
- ✱ Erase Years & Pounds

*Protein  
Power  
Smoothies*

**ZERO  
SUGAR,  
ZERO  
BELLY**  
14-Day  
Plan, p. 38

**LOOK  
YOUNGER  
IN 24 HRS.**  
Try These  
10 Easy  
Tricks

**BEST  
STEAK  
EVER!**  
Kitchen  
Gadgets  
That Rock

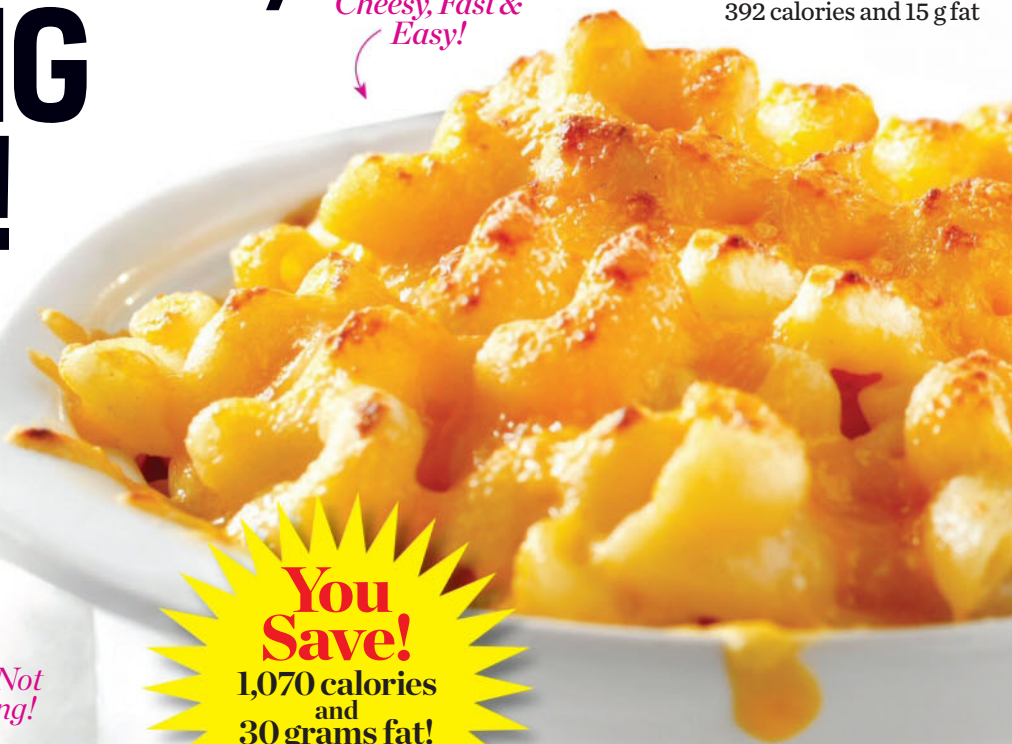
**10 FOODS  
YOU SHOULD  
EAT EVERY DAY**  
Look and Feel  
Amazing!

*Satisfy  
Cravings!*

## Make This Tonight! MELTED MAC & CHEESE

392 calories and 15 g fat

*Creamy,  
Cheesy, Fast &  
Easy!*



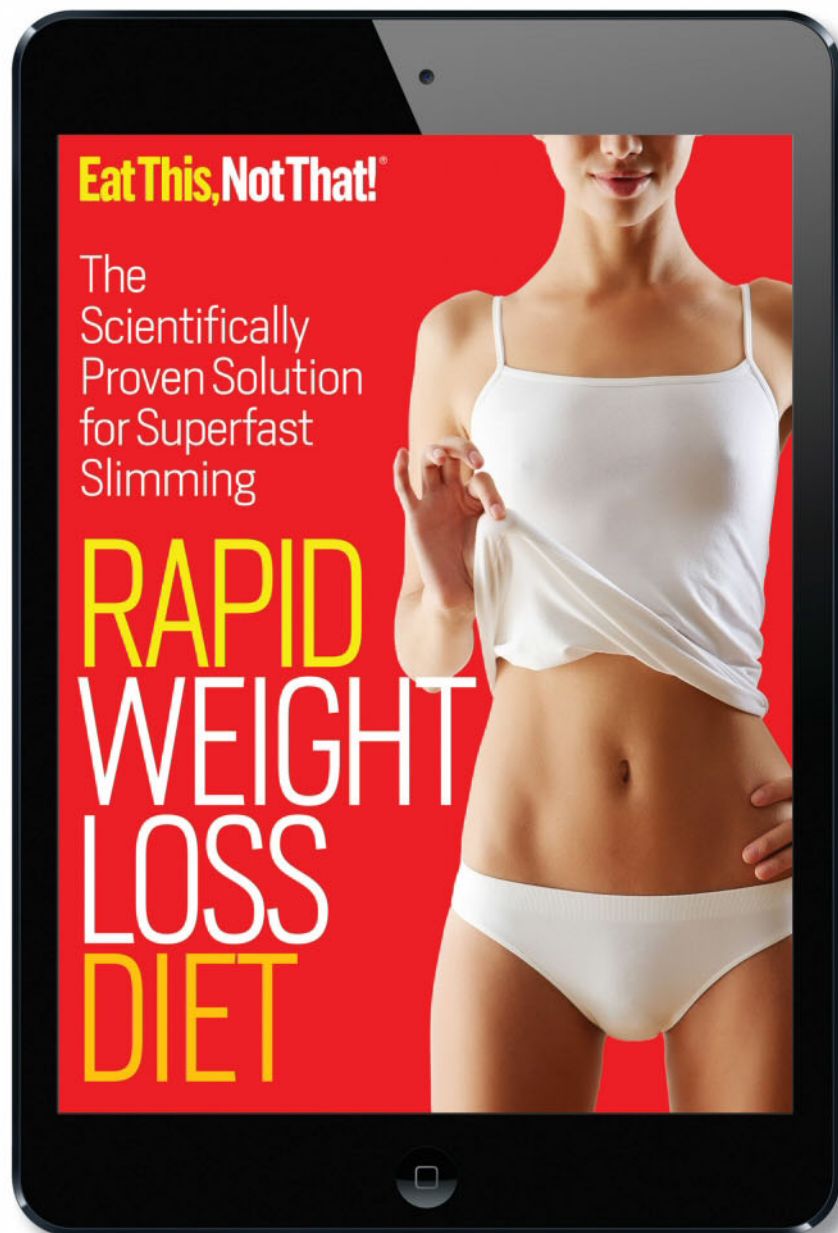
**You  
Save!**  
1,070 calories  
and  
30 grams fat!  
over similar  
restaurant dishes

**COOK ONCE,  
EAT ALL WEEK!**

**Save Time,  
Calories & Cash**

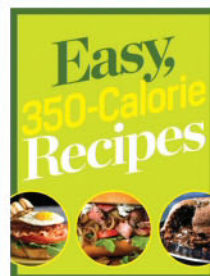
IN JUST  
**2**  
WEEKS  
BUY  
SOMETHING  
**2 SIZES**  
SMALLER

You'll need  
a new dress  
after you slim  
down with the  
Rapid Weight  
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**3 FREE GIFTS!**



# NEW YEAR, NEW FOOD:

# THE BEST

# WEIGHT-LOSS MEALS &

# SUPERMARKET FINDS



Fill your cart with winners, page 52

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### Zero Sugar, Zero Belly 38

The reason weight is so easy to gain and so hard to lose can be summed up this way:

1. Our food has too much sugar.
2. Our food has too little fiber.

In this exclusive excerpt from the new book, *Zero Sugar Diet*, author David Zinczenko presents an easy-to-follow 14-day plan designed to retrain your taste buds, clean your system, and set your hormones back in balance.

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# EAT THIS, NOT THAT!

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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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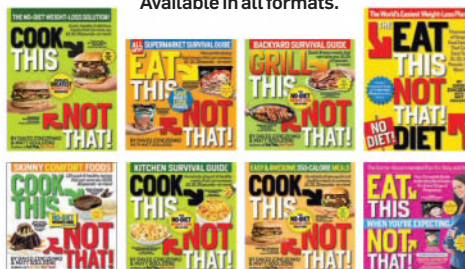
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*Eat This, Not That!*® (ISSN 2375-4680), Early Spring 2017  
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Send e-mail to [help@eatthis.com](mailto:help@eatthis.com).





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*Cool new toys for your kitchen, page 24*



*Healthier Chinese takeout, page 38*



**Read This!**

LETTER FROM THE EDITOR

# Find Your Sweet Spot

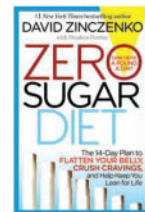
Last year, the Food and Drug Administration approved a new Nutrition Facts label that includes a separate line for added sugars. This breakout forces companies to list what's added and what's inherent in a food for the first time. And the U.S. Department of Agriculture, the World Health Organization, and the American Heart Association (AHA) have all come out vociferously against added sugar. For women, the AHA recommends no more than 100 calories per day, or six teaspoons, 150 calories, or nine teaspoons, for men.

That sounds like a lot, but here's the thing: You don't have to be slugging Cokes all day to exceed those guidelines. Consider these seemingly healthy foods that put you over your daily limit with just one serving: Dannon Fruit on the Bottom Cherry Yogurt (24 grams of sugar), Quaker Natural Granola Oats & Honey (26 grams), and Tazo Organic Iced Green Tea (30 grams).

Even if you're vigilant, the numbers add up because sugar is in everything—including foods it doesn't belong in, such as peanut butter, and oatmeal. Ultimately, these added sugars can be worse for your blood pressure than salt; people who get 25 percent of calories from added sugar are more than twice as likely to die from heart disease as those who get less than 10 percent of calories from added sugar, according to a study in *JAMA*. One out of 10 of us falls into that category.

But here's what you can do about it: First, learn to spot added sugars in processed foods and simply avoid them. Second, get more fiber in your diet—something we all need to do. Fiber keeps the carbohydrates you eat moving through your system slowly, ensuring that there's no subsequent sugar rush that sends your body into a frenzy of fat storage. To find low-sugar, high-fiber groceries, check out our annual Eat This! Food Awards, starting on page 52. This year we've identified 120 winning supermarket foods that will help you lose weight and improve your health. Next, visit page 38 to read an excerpt of my latest book *Zero Sugar Diet* (Ballantine Books) in stores now. In it, you'll get a preview of my 14-day plan to whisk added sugars from your diet and help you find your "Sweet Spot," a dietary safety zone that will give you the carbohydrates you need to run your body and brain, and the fiber you need to protect them both from the damage that sugar can do.

—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](http://EatThis.com).



# Breakthroughs

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

## Shape Up, Slim Down!

Diet always beats exercise for losing weight. But that's no reason to take a pass on a daily workout. Here's some new research that may motivate you to lace up your sneakers:

### Lighten Your Stress Load

Studies suggest that a brisk 10-minute walk may be as effective as a 45-minute workout at relieving anxiety. Exercise is such an effective mood lifter, in some cases it works just as well as antidepressant medications, according to studies in the *Archives of Internal Medicine*.

### Improve Your Memory

To better retain information you just learned, plan an exercise session for exactly four hours after studying, according to the journal *Current Biology*. In a study, researchers tested learning retention on three groups: One that exercised immediately after studying, a second that exercised 4 hours later, and another that didn't exercise at all. Two days later, all the groups took a test, and the group that exercised 4 hours after studying scored the best.

### Burn Off Dangerous Fat

Interval training—that is, alternating back and forth between intense exercise and slower, easier effort during a workout—has been shown to work best for burning belly fat, including the dangerous visceral fat that forms near internal organs, according to a 2009 study at the University of Virginia.

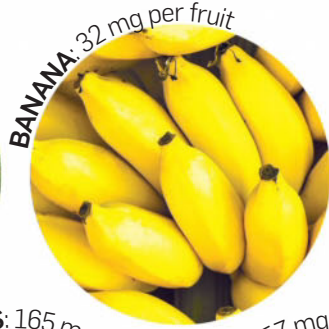
### Easier Labor

Women who exercise during their pregnancies are less likely to have a C-section and show no greater risk of preterm birth, according to a new study in the *Journal of Obstetrics & Gynecology*.

### Dodge Diabetes

Lifting weights could help you lower your blood sugar and risk of diabetes. A recent study in *The Journal of Clinical Endocrinology & Metabolism* found that pre-diabetes risk dropped 2 percent for every 10 percent increase in skeletal muscle.





## Drink This, Bust Mid-Morning Munchies

Even when you have a solid, protein-rich breakfast, hunger pangs can creep in before lunch. If that happens to you, try drinking a plant-based protein smoothie when you get to work. A study reported in *Appetite* showed that people who consumed a protein drink about an hour after their first meal of the day **reduced hunger just before lunch** by up to 65 percent.

## Do You Need an Oil Change?

Using coconut oil instead of other fats may help you fight fat, according to research in the *American Journal of Clinical Nutrition*. In the study, people who ate coconut oil lost belly fat faster than people who consumed the same amount of olive oil. The reason? Coconut's medium-chain triglycerides break down faster.

## Oats Note: Switch to Barley

Everyone and their grandmother knows eating oatmeal is one of the best natural ways to lower levels of LDL “lousy” cholesterol, the waxy stuff that attaches to the walls of blood vessels and can cause blockages. A new review of 14 clinical trials published in *The European Journal of Clinical Nutrition* suggests that **barley may be even better** than oats, reducing levels of two types of bad cholesterol associated with cardiovascular risk. Barley is higher in fiber, has twice the protein and almost half the calories of oats, which are important considerations for those with weight concerns.

## Deflate High Blood Pressure

You probably haven't thought about magnesium since your high school chemistry class, but **it's a crucial mineral involved in 300 biochemical reactions** in the body, including relaxing blood vessels. But half of American adults are deficient in the nutrient. Ask your doctor to check your magnesium level and then bring more magnesium-rich foods like those shown above into your daily diet.

## Poultry In Motion

Grocery shoppers routinely spread poultry juices, potentially contaminated with pathogens, onto shopping carts and other groceries, according to a study by the U.S. Department of Agriculture. The careless handling of **raw packaged meat can turn you or a family member into one sick chicken**. But prevention is easy: Use the meat bags supplied by the grocery store (fewer than 20 percent of shoppers do) and keep the chicken in the bag when transferring it to your refrigerator or freezer.



### A Feast For Your Eyes

Eating pistachios is like wearing sunglasses. A rich source of lutein, the “eye antioxidant,” **pistachios guard eyes** against the damaging rays of the sun, which

can be just as powerful in early spring as in summertime.

### Shop ‘N’ Swap

How much red meat or processed meats are going into your grocery cart every week? A study in the *American Journal of Clinical Nutrition* suggests that swapping out one serving of red meat a day with a serving of low-fat dairy, whole grains

or nuts may **lower your risk of developing type 2 diabetes** by as much as 35 percent.

### Go Bananas

High in resistant starch, bananas do a great job of **feeding the healthy gut bacteria that reduce bloating**. A study found that women who ate a banana twice daily before meals for two months reduced belly bloat by 50 percent.

# 4.5

Percentage of all consumers who regularly buy groceries online, according to the annual Food and Beverage Study survey of 1,000 shoppers by TABS Analytics.





**Bring us  
a Shrubbery!  
(make it a double!)**

It's not just the Knights who say 'Ni!' but millennials everywhere are ordering more artisanal tonics and vinegar-based cocktails, called "shrubs," at restaurants. Popular in the 17th century, these tart, acidic drinks made from vinegar, water, fruit and herbs (alcohol is optional), are making a comeback. Served warm or cold, the drinks may provide a weight-loss benefit. **Vinegar helps regulate insulin and glucose levels** and decrease the glycemic response to food, helping you feel satisfied on less food.

## The New Breadbasket

Next time you reach for a roll at a restaurant, you might get kimchi on your fingers. Due to the popularity of low-carb and gluten-free diets and concerns over restaurant food waste, some restaurants are reinventing the traditional breadbasket. **Alternative offerings include a variety of pickles, kimchi, herbed focaccia** and oyster crackers, avocado salad, spiced nuts and even home-made pork rinds.



number of calories eaten during the meal. Secondly, alcohol supplies almost twice as many calories as protein or carbohydrates. To keep a cocktail's calorie impact to a minimum while still enjoying it, order your mixed drink in a tall, narrow "highball" glass. A study of bartenders found that **mixologists tend to pour 28 percent more alcohol** into wide "rocks" glasses as they do tall highball glasses.

## A Tall Order

Alcohol delivers a double hit to your belly. For one, it increases appetite. Studies show that consuming an alcoholic beverage before a meal increases the

# 68

Percentage of consumers who are more likely to choose a restaurant that offers locally sourced food.

*Source: National Restaurant Association*





## Bowled Over

When given a larger bowl to eat from, children requested 87 percent more breakfast cereal and wasted about 14 percent more food than kids served in small bowls, according to a study at the Food & Brand Lab at Cornell University. Study researchers also found that children served larger bowls consumed 52 percent more food than did the kids who used small bowls.



## Burn Notice

The more meals you cook at home, the more likely you are to reduce calorie consumption. Yay! And the more likely you are to get burned. Boo! Cook-top fires account for 3 of every 5 reported home fires involving cooking equipment, according to the National Fire Prevention Association. And 54 percent of people injured by cooking fires were hurt while attempting to extinguish the flames. Here's how to avoid the heat when frying:

- Never leaving the kitchen when the pan's on the stove.
- See hints of smoke, immediately turn off the burner.
- If you encounter a grease fire, place a metal lid over the pan to extinguish; never throw water on a hot grease pan.
- Get out and call 911.

## Don't Worry, Add Curry

Spicing up your dinner may help keep your arteries flexible and clot-free, suggests research published in *Nutrition Journal*. In an experiment where subjects were given a typical Indian meal that

included a spicy sauce made with turmeric, garlic and cumin, blood flow and artery elasticity improved. Researchers say these vascular benefits lower the risk of clots that can trigger strokes.

## The Kitchen's Closed

The longer you stay up at night, the more likely you will open your fridge during the wee hours. Studies

at Northwestern University have shown that people who go to bed late consume an average of 248 extra calories daily compared with people who hit the feathers at a more reasonable hour.

### Easy Kitchen Hack

## Build a Sweet Salad Dressing

You can elevate the flavor and nutrition quotient of your garden salad by substituting store-bought dressing with a tasty homemade dressing using natural maple syrup for sweetness. Pure maple syrup, while high in calories, is also rich in more than 34 beneficial polyphenols and anti-inflammatory compounds. Ironically, the sweet stuff, used conservatively, may be effective in helping to manage type 2 diabetes, according to research at University of Rhode Island and reports in the *Journal of Agriculture and Food Chemistry*. Try this quick recipe: Mix 2 Tbsp of grade B organic maple syrup, a pinch of fine sea salt, 1/3 cup organic apple cider vinegar, 1/2 up extra-virgin olive oil and the juice of 1/2 fresh lemon.



# STARTERS

*Delicious bites of food knowledge  
for you and your family*



***Eat This!***

## **Daddy Mac**

You may have outgrown the mac 'n' cheese of your youth. But this comfort food has grown up, too.

Thomas Jefferson brought his love of noodles (and a pasta machine) back from France and served macaroni and cheese at an 1802 state dinner. But it wasn't until the Great Depression, when Kraft Foods introduced its macaroni-and-cheese-in-a-box, that this gooey-cheesy comfort food became the staple of our childhoods and a favorite drunk food of college students.

Today, you can be served gourmet concoctions in fine restaurants that are nothing like the orange stuff of your youth. Consider the Parisian at S'Mac in New York City, a blend of creamy Brie, roasted figs, roasted shiitake mushrooms, and rosemary. Or Mac 'n' Cheesetique from Cheestique in Alexandria, Virginia, a mix of savory Gouda, sharp Asiago, and tangy Cacio di Roma.

These amazing buttery dishes, and those traditional casseroles mom made, are calorie and carb bombs, deliciously unhealthy. But you can make them lighter and more nutritious with a few deft adjustments. Try the bubbling options we've plated here:



**KING COMFORT:**  
Crumbled bacon  
adds smoky depth.





*Smoky Mac and Cheese recipe* 



# Smoky Mac and Cheese

By using a high-fiber pasta, which digests more slowly than regular pasta, you effectively reduce the carbs' impact on your blood sugar. Adding peas to the mix delivers more fiber and protein to help boost satiety.

## YOU'LL NEED

- |  |  |
|--|--|
| 12 oz high-fiber elbows (like Ronzoni Smart Taste)     | 8 oz (2 cups) 50% sharp cheddar cheese, shredded |
| 2 Tbsp butter  | 10 oz frozen baby peas, thawed                   |
| ½ cup scallions, finely chopped                        | Salt and fresh pepper to taste                   |
| 1 Tbsp finely chopped garlic                           | 3 slices bacon, cooked, drained and crumbled     |
| ¼ cup flour  | 2 Tbsp grated Parmesan cheese                    |
| 2 cups skim milk                                       | ¼ cup panko bread crumbs                         |
| 1 cup reduced-sodium chicken broth                     | Olive oil cooking spray                          |
| 2 tsp Dijon mustard                                    |  |
| 1 teaspoon smoked pimenton de la vera, divided in half |  |

## HOW TO MAKE IT

- Preheat oven to 375°F. Cook pasta in a large pot of salted water according to package directions. Spray a 9-in. x 13-in. baking dish with cooking spray.
- In a 12-in. sauté pan, melt butter over medium heat. Add scallions and garlic and cook about 3 minutes, until wilted and translucent. Add flour and cook another minute, stirring constantly, until the flour is golden beige. Add the milk, chicken broth, Dijon, and ½ tsp of smoked pimenton. Turn heat to medium-high, and whisk constantly until it comes to a boil. Make sure to get into base and corners of the pan with a whisk or silicon spatula to prevent burning. Turn the heat back to medium and simmer for about 5 minutes, continuing to stir from the bottom.
- Once the sauce is thickened, remove pan from heat. Add cheese and stir until cheese is completely melted. Add cooked macaroni and thawed peas to pan, and mix until combined. Adjust seasoning with salt and pepper.
- Scrape with silicon spatula into prepared baking dish. In a small bowl, mix together crumbled bacon, grated parmesan cheese, other ½ tsp of smoked pimenton and panko breadcrumbs. Top macaroni mixture with breadcrumb mixture. Spray breadcrumb mixture with olive oil cooking spray. Bake uncovered for about 20 to 25 minutes. If necessary, broil for a few minutes until the breadcrumbs turn golden.

**Makes 6 servings**

349 calories  
12 g fat (7 g saturated)  
608 mg sodium  
8 g fiber  
26 g protein



# Cauliflower Mac and Cheese

Pureed cauliflower adds an extra level of creaminess to this dish that previously relied on butter. The whole-grain bread crumbs deliver extra fiber and toasty crunch.

## YOU'LL NEED

- |  |                                     |                                |
|--|-------------------------------------|--------------------------------|
| 2½ cups vegetable or chicken stock             | 8 ounces whole-wheat elbow macaroni | Salt and black pepper to taste |
| 2 bay leaves                                   | ½ cup grated sharp cheddar cheese   | ¼ cup grated Parmesan cheese   |
| 1 cauliflower, cored and cut into large pieces | 2 tablespoons olive oil             | ½ cup whole-grain breadcrumbs  |
|  | 1 Tbsp Dijon mustard                |                                |

## HOW TO MAKE IT

- Preheat oven to 400° F. Boil a pot of salted water. Pour chicken stock into a saucepan, add bay leaves and heat on medium-low heat for five minutes, then turn off heat.
- Cook cauliflower in boiling water for 25 minutes. When done, puree the cauliflower in a food processor.
- Cook pasta in boiling water for five minutes. Drain and rinse to cool. Place pasta in an oiled, nine-inch square baking dish.
- Process cauliflower with stock (take out bay leaves), cheese, oil, mustard, nutmeg, salt, and pepper, working in batches.
- Pour sauce over pasta and toss to coat. Top with Parmesan and bread crumbs. Bake for 20 minutes.

**Makes 4 servings**

420 Calories  
15 g fat (8 saturated)  
540 mg sodium  
5 g fiber  
20 g protein



## Kourtney Kardashian's Bacon Mac 'n' Cheese

As a health-minded mom of three, the reality star makes her own rendition of the classic dish with gluten-free noodles, organic butter, and almond milk.

## YOU'LL NEED

- |  |                                   |  |
|--|-----------------------------------|--|
| 1 package gluten-free macaroni noodles | 1 tsp salt                        | 3 cups organic mild cheddar cheese                 |
| 6 Tbsp organic butter                  | 1 tsp pepper                      | 1 package organic turkey bacon, cooked and chopped |
| ½ cup organic flour                    | 1 tsp dry mustard                 |  |
|  | 5 cups almond milk                |  |
|  | 3 cups organic pepper jack cheese |  |

## HOW TO MAKE IT

- While the oven is preheating to 350 degrees, prepare the noodles according to package directions.
- In a separate medium pot, melt the butter, then add in flour, salt, pepper, dry mustard, and milk. Stir until thick over medium heat (about 10 minutes).
- Add the cheeses into the pot, melt completely and then pour over fully cooked noodles and mix well. Mix in the turkey bacon.
- Place the cheesy noodle mixture in an oven-safe baking pan and bake until crisp, approximately 45 minutes.

**Makes 8 to 10 servings**



392 calories  
 15 g fat (8 g saturated)  
 540 mg sodium

## Spinach and Ham Mac and Cheese

The additions we made to this classic—ham chunks, spinach, and cherry tomatoes—not only boost its nutritional juice, but also turn it into a hearty stand-alone meal. Experiment with other add-ins. Swap in broccoli for the spinach, turkey for the ham, Jack for the Swiss). Be creative and enjoy.

### YOU'LL NEED

- |   |                                  |
|---|----------------------------------|
| 2 cups Ronzoni Smart Taste penne or whole-wheat penne | ¼ cup shredded Cheddar           |
| 2 Tbsp butter   | 4 oz smoked ham, chopped         |
| 2 Tbsp flour  | 1 cup steamed or sautéed spinach |
| Pinch of nutmeg                                       | 1 cup cherry tomatoes, halved    |
| 1 cup shredded fresh or 2% low-moisture mozzarella    | ½ cup panko breadcrumbs          |
| ½ cup shredded Swiss cheese                           | Black pepper to taste            |

### HOW TO MAKE IT

- Cook the pasta according to package directions. Drain and reserve.
- While the pasta cooks, melt the butter in a medium saucepan over medium heat. Stir in the flour and cook, stirring, for 1 minute to help eliminate the raw flour taste. Slowly add the milk, whisking to prevent lumps from forming. Simmer the béchamel for 5 minutes, until it begins to thicken to the consistency of heavy cream. Add the nutmeg and the cheeses and cook until fully melted. Add the pasta to the béchamel, along with the ham, spinach, and cherry tomatoes. Toss to distribute ingredients evenly.
- Preheat the broiler. Pour the macaroni and cheese into an 8-by-8-inch baking dish (or into individual ramekins). Top with the breadcrumb crumbs and season with black pepper. Place on the middle rack of the oven and broil for 5 to 7 minutes, until the breadcrumbs are golden brown. **Makes 6 servings**





## The Fatty Fruit That Fights Flab

8 reasons to eat more avocado

**The Aztec people** of the 14th and 15th centuries called their dark green pebbly-skinned staple food *ahuacate*, their word for testicle, because of its shape and reputation as an aphrodisiac. In the early 20th Century, California farmers (and the U.S. Dept. of Agriculture) renamed it *avocado*, which was easier to pronounce and less likely to cause people to blush. Today, we call it a super food, or more accurately, a super fruit, because that's what it is.

"An avocado-a-day is the new apple-a-day," says *Eat This, Not That!* advisor Florence Comite, MD, a pioneer of precision medicine and author of the book *Keep It Up*. "Avocados are a low-glycemic fruit and nutrient-rich fat source with numerous health benefits, especially when it comes to fat metabolism."

High in heart-healthy, hunger-quelling monounsaturated fat, the avocado is arguably a perfect health food to help you lose weight. Let's see exactly how:

A GOOD SEED:  
Avocado fights  
belly fat.



## It's A Belly Shrinker

Researchers say swapping your cooking and finishing oils for varieties like avocado oil that are rich in monounsaturated and oleic fatty acids can spot-reduce abdominal fat, which may decrease the risk for metabolic syndrome—the name for a combination of negative health markers associated with weight gain. A recent Penn State study found people who consumed 40 grams (about 3 tablespoons) of high-oleic oils on a daily basis for four weeks lowered their belly fat by 1.6 percent, compared to those who consumed a flax/safflower oil blend, which is comparatively high in polyunsaturated fat. A second study, in the journal *Diabetes Care*, found similar results: A diet rich in monounsaturated fat may actually prevent body fat distribution around the belly by down-regulating the expression of certain fat genes. One tablespoon of mild and slightly nutty-tasting avocado oil is about 120 calories and 10 grams of monounsaturated fat—a nutritional profile almost identical to extra virgin-olive oil. But unlike EVOO, avocado oil has a very high smoke point, so you can use it for sautés and stir-frys without risk of creating free radicals that can harm your health.

## It Beats Up On Cholesterol

“Eating one whole avocado daily as part of an otherwise high-antioxidant, moderate-fat diet has shown to be a powerful antidote to elevated cholesterol levels; what's more, it is a much cheaper and more delicious prescription than a statin [drug],” says Dr. Comite. One study in the *Journal of the American Heart*

*Association* put 45 overweight people on one of three different cholesterol-lowering diets for five weeks. Two diets were lower in fat, with 24 and 34 percent of total calories, respectively, coming from mostly saturated fat. A third group consumed 34 percent fat but replaced some of the saturated fats with one whole Haas avocado per day. The result? Low-density lipoprotein (LDL) cholesterol, was 13.5 mg/dL lower among the avocado dieters than the low fat group—enough to significantly reduce the risk of heart disease. “Pharmacogenetics, a field of research that looks at how our genes interact with medications, suggests that statins may only benefit one in every 20 individuals,” says Comite. “On the other hand, most people can benefit from the monounsaturated fats and micronutrients found in avocados.”

## It's a Nutrient Booster

Low-calorie, vitamin-rich, and chock-full of important nutrients that can shrink your waist, vegetables are a dieter's best friend; but you won't get much benefit from a garden salad without adding a little fat, researchers say. And when it comes to fat, the type found in avocados reigns supreme. In one study, published in the journal *Molecular Nutrition & Food Research*, researchers fed participants salads topped with saturated, monounsaturated and polyunsaturated fat-based dressings and tested their blood for absorption of fat-soluble carotenoids—disease fighting compounds associated with improved weight and fat loss. The result? Vegetables topped with monounsaturated-fat required the least amount—just 3 grams—to get the most carotenoid absorption, while



saturated fat, and polyunsaturated fat dressings required higher amounts of fat (20 grams) to get the same benefit. Another study in the *Journal of Nutrition* found that adding avocado to salad allowed participants to absorb three to five times more carotenoids.

## It's A Lifesaver

Replacing saturated fats with monounsaturated fats like those found in avocados has been linked to lower mortality. Data from two large long-term studies involving 126,000 people was analyzed to determine the health effects of eating specific types of fats in comparison to the same number of calories from carbohydrates. Researchers at the Harvard T.H. Chan School of Public Health found that every 5 percent increase in saturated fat consumption correlated with an 8 percent higher risk of death. By contrast, a high intake of monounsaturated fats was associated with a 19 percent lower overall mortality.

## It's A Radical Fighter

There's a war going on inside your body! The free radicals have launched an attack on the mitochondria, and it's sabotaging your metabolism! What the what? Free radicals are destructive

# GUAC THIS WAY

This homemade guacamole is the best we've ever eaten.

## YOU'LL NEED

- |   |                               |
|---|-------------------------------|
| ¼ cup chopped cilantro                                  | ¼ cup minced onion            |
| 2 cloves garlic, minced                                 | 2 Tbsp minced jalapeno pepper |
| Salt to taste   | Juice of 1 lemon              |
| 2 ripe Hass, or California, avocados, pitted and peeled | 2 oz tortilla chips           |

## HOW TO MAKE IT

- Combine the cilantro and garlic on a cutting board and use the back of a chef's knife or a mortar and pestle to work them into a fine paste; a pinch of coarse salt helps this process.
- Transfer the paste to a bowl and add the avocado. Use a fork to smash the avocado into a mostly smooth—but still slightly chunky—puree. Stir in the onion, jalapeno, lemon juice, and salt. Serve with tortilla chips or warm corn tortillas.

**Makes 4 servings**



rogue oxygen molecules—natural by-products of metabolism—that trigger various chain reactions in the body that destroy cells and DNA, causing all kinds of health problems, including premature aging and cancer. Antioxidants in fresh fruits and vegetables can help neutralize some free radicals, but they can't reach the mitochondria—base camp for the free radical army. And that's a problem; when your

mitochondria aren't working properly, your metabolism runs less efficiently. Enter: Avocado.

New research conducted in Mexico discovered that mono-unsaturated-rich oil pressed from the fruit can help mitochondria survive free-radical attack. Researchers say the results jive with low-disease rates in Mediterranean countries where olive oil—nutritionally similar to the avocado—is a diet staple.

## It Stops Hunger

A scoop of guacamole may be one of the most effective hunger-squashers known to man. In a study published in *Nutrition Journal*, participants who ate half a fresh avocado with lunch reported a 40 percent decreased desire to eat for hours afterwards.

## It Fights Metabolic Syndrome

A large survey by the Centers for Disease Control and Prevention (CDC) found that eating half a medium-sized avocado on a daily basis was highly correlated with improved overall diet quality and a 50 percent reduced risk of metabolic syndrome. Not only did the avocado eaters report a lower body mass index and smaller waist circumference, they also consumed significantly more fruits and vegetables, and fiber and vitamin K—nutrients associated with weight loss.

## It Fights Diabetes

Sure, avocado's got all the right junk in all the right places, but fat isn't the only thing the fruit has going for it. An avocado also provides nearly 20 vitamins, minerals and phytonutrients essential for healthy weight management, including 14 grams of satiating fiber and 66 percent (60 micrograms) of your daily need for vitamin K—a nutrient that helps regulate sugar metabolism and insulin sensitivity. One study in the journal *Diabetes Care* found men and women whose vitamin K intake was among the highest 25 percent of subjects showed a 19 percent lower risk of developing diabetes over the course of 10 years compared with those whose intake was among the lowest fourth.





**Eat This!**



# 10 Foods Diet Experts Eat Everyday

If you think it's kale and carrots, you're in for a surprise

## 1. Breakfast Cereal

"I always start my day with  $\frac{3}{4}$  cup of Bran Flakes with skim milk and  $\frac{1}{4}$  cup of berries. I'm very active, so it's important that I kick off my day with a healthy dose of complex carbohydrates to fuel my morning. Bran flakes are a low-calorie, easy, and inexpensive way to get many of the vitamins and minerals I need, including 100 percent of my daily iron. The cereal also provides 5 grams of fiber. It's one of the only boxed foods that I eat.

—HEATHER MANGIERI, board-certified RDN



## 2. Red Peppers

"I eat red bell peppers nearly every day. One medium pepper actually contains more vitamin C than an orange, and the vegetable is extremely versatile. I throw them into salads, dip them in hummus and add them to Italian dishes that I make at home."

—LORI ZANINI, RD, CDE



## 3. Chia Seeds

"I'm a huge fan of them because they're chock-full of heart-healthy omega-3s, fiber, protein, and calcium. Chia seeds are easily absorbed by the body, so they're very nourishing and satiating. Every day, I add them to my breakfast smoothie or pair them with yogurt or cottage cheese along with some blueberries."

—SARAH KOSZYK, MA, RD, founder of Family Food



## 4. Chocolate

"I look for dark chocolate that contains at least 70% cocoa to ensure it contains flavonoids. These antioxidant-rich plant compounds can help lower blood pressure and reduce risk of heart disease."

—LORIZANINI, RD, certified diabetes educator (CDE) and spokesperson for the Academy of Nutrition and Dietetics





## 5. Coffee

I drink an eight-ounce cup every morning. Research has found drinking one to two cups a day is not only safe, but also beneficial for mental and physical performance. The moderate amount of caffeine gives me just the right boost, plus—you may not know this—coffee also contains antioxidants and fiber! I add a hefty dose of calcium-fortified almond milk to my cup, adding even more nutrition to my morning ritual.”

—STEPHANIE CLARKE, MS, RD, co-owner of C&J Nutrition and coauthor of the upcoming book, *The Healthy, Happy Pregnancy Cookbook*



## 6. Apples

Apples are among the best foods women should be eating daily to combat metabolic syndrome, a cluster of conditions like insulin resistance and high

blood pressure. The Iowa Women’s Health Study, which tracked 34,000 women for nearly 20 years, found that apples are one of three foods most effective at reducing the risk of death from coronary heart disease among women, as these women had less abdominal fat than their peers who didn’t consume apples.



## 7. Grass-Fed Butter

“I consider it a health food. Butter from grass-fed cows is an excellent source of vitamins, minerals, and fatty acids, and it helps slow down the absorption of sugar and carbohydrates, leading to consistent energy levels and improved brain function. Plus, it tastes great! You can consume butter daily with confidence, since we now know the saturated fat in it is not linked to heart disease.”

—CASSIE BJORK, RD, of Healthy Simple



## 8. Figs

“Figs are fabulous because they naturally satisfy my sweet tooth while still providing a good source of fiber, vitamin B6, and potassium. I’ll eat a serving (three) of them after a meal in order to control my cravings, or I’ll enjoy them as a mid-afternoon snack with some nuts or Parmesan cheese. When buying dried figs, look for the organic varieties free of added sugars.”

— SARAH KOSZYK, MA, RD



## 9. Tahini

“Tahini is an oft-forgotten option for nut and seed butters, but it sits front and center in my fridge because it delivers major creaminess to sauces and smoothies and packs a powerful flavor punch. Although some advise against eating the spread because of its high omega 3:6 ratio, the super high intake of omega-6s in the average

American’s diet isn’t due to things like tahini—it’s mostly from not eating a variety of fats or consuming the majority of fats from fried foods and packaged snacks. As long as you’re also eating foods rich in omega-3s, your end-of-day ratio should be nothing to worry about. Plus, tahini is loaded with tons of healthy nutrients like copper, which helps maintain anti-inflammatory and antioxidant responses in the body. It also provides 6 percent of the day’s calcium in just one tablespoon.”

— WILLOW JAROSH MS, RD co-owner of C&J Nutrition and coauthor of *The Healthy, Happy Pregnancy Cookbook*



## 10. Popcorn

“Popcorn is one of my favorite whole grains. Whole-grain crackers, oatmeal and whole-grain cereal also top my daily diet list. Studies suggest that whole grain intake is linked with reduced risk of cardiovascular disease, type 2 diabetes, and cancers. Consuming whole grains has also been linked to lower body weight and decreased body fat.”

—ELISA ZIED, RDN, author of *Younger Next Week*

## QUENCH YOUR HUNGER

Mix up a drinkable meal using these top powdered proteins

The sheer number of protein supplements on store shelves will make your head spin like the blades of a blender. Simplify your world by understanding there are two main categories: animal-based protein supplements made from eggs, whey, and casein, and plant-based forms from pea, hemp, rice, and soy proteins. Both are solid choices, but we advocate plant-based protein powders because studies show that vegetable proteins may have a more powerful weight-loss effect than animal proteins. And because they're lactose-free and usually lower in sugar, vegan proteins do a better job of fighting bloat and inflammation.

Any good protein powder will provide at least 15 grams of protein per serving. Choosing a blended plant-protein powder (containing pea, rice, and a variety of sprouts, e.g.) will ensure you're getting more amino acids. You'll find our recommended powders on the next page. Try them with this recipe.

### BLEND THIS!

Take this delicious smoothie for a spin; it packs a kick. Tabasco Cherry is from our best-selling book *Zero Belly Smoothies*, available online and at bookstores nationwide.

### Tabasco Cherry

½ cup cherries

½ frozen banana

¼ lime

¾ cup unsweetened almond milk

1 scoop plant-based plain protein powder

3 ice cubes

Water to blend (optional)



232 calories

2 g fat

28.8 g carbs

3.5 g fiber

10 g sugars

26 g protein





## Paleo Protein Plain Naked

### PROTEIN SOURCE:

Grass-fed beef and egg

### PROTEIN PAYOFF:

26 grams per serving



Whey tends to be the first word when it comes to protein supplementation. But it can cause belly bloat. For a better option, try a low-carb beef and egg protein blend. Paleo Protein is made from beef and egg that have been air-dried and ground into a fine powder. Its amino acid profile, promotes optimal recovery from workouts.

## Get the Scoop

Protein powders aren't just for smoothies. Use them to add more nutrition to your foods.

**MAKE A FANCY PARFAIT.** Combine a small scoop of vanilla protein powder, plain Greek yogurt, mixed berries, cinnamon, and a handful of shaved almonds and get a flavorful treat any time of the day.

**SOW YOUR OATS.** Mix ¼ cup of steel-cut oats with 1 cup of water (or your favorite nut milk), 1 small scoop of protein powder, ½ tablespoon of flaxseed, a diced green apple, and nutmeg. Bring the water to a boil, add oats, reduce to low, and let simmer for 30 minutes. Add in all your fixin's at the end to get a perfectly warm bowl of healthy oats or chilled overnight oats.

**MUSCLE UP BROWNIES.** Add protein powder to your cookie, brownie, or cake batter.

## Promix Grass-Fed Whey Protein

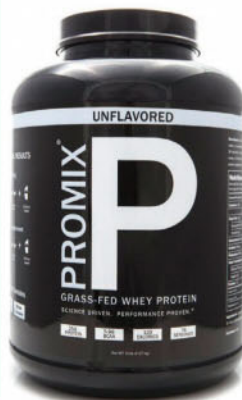
### PROTEIN SOURCE:

Grass-fed whey protein concentrate

### PROTEIN PAYOFF:

25 grams per serving

If you want a "fast-acting" protein that will stimulate protein synthesis after a workout, go with whey. While a whey protein concentrate has a lower percentage of protein than whey isolate, it contains more bioactive compounds found in the milk fat that positively influence metabolism and immune-system strength.



## Sunwarrior Warrior Blend Raw Protein Powder, Chocolate

**PROTEIN SOURCE:** Pea, hemp, cranberry protein, brown rice, and more

**PROTEIN PAYOFF:** 19 grams per serving



This GMO-free powder derives its muscle-building power from raw organic pea, hemp seed, and cranberry protein—it's even tasty enough to take on its own! What's more, there are no sugars, gluten or artificial sweeteners to cause a metabolism-confusing midday crash.

## Naked Casein

### PROTEIN SOURCE:

Micellar casein from U.S. dairy farms

### PROTEIN PAYOFF:

26 grams per serving

If you're looking to repair and regrow muscle, take some Naked Casein Powder before bed. Casein gets digested more slowly than whey (it's the same principle as low-glycemic-index "slow carbs") and stays in the system longer to nourish muscles. This makes it a good option if you need a nighttime snack on workout days: It'll help kick-start recovery and build fat-burning muscle. This product has 26 grams of protein and zero grams of fat per serving.



## Vega One All-In-One Nutritional Shake, French Vanilla

### PROTEIN SOURCE:

Pea protein and hemp protein

### PROTEIN PAYOFF:

20 grams per serving

Loaded with six servings of greens, probiotics, antioxidants and 50 percent of your daily intake of food-based vitamins and minerals, this super-clean protein powder is difficult to turn down. With tasty flavors like vanilla chai and berry, water alone is enough to create a tasty shake you'll actually like sipping.

34

grams per serving!



## Garden of Life Raw Protein

**PROTEIN SOURCE:** Organic sprouted protein blend (brown rice, amaranth, quinoa, millet, and more)

**PROTEIN PAYOFF:** 34 grams per serving

This complete protein powder contains 13 raw, organic sprouts, with 17 grams of protein per serving, all the essential amino acids your body needs, plus tea and cinnamon extract. Just make sure you whip up a smoothie using a healthy fat like nut butter or avocado so you can absorb the fat-soluble vitamins A, D, E, and K.

Because whey is a dairy derivative, protein powders that use this source as a base can lead to bloat and skin conditions. That's why plant protein is generally more slimming than milk-derived proteins. But, if you find you're not terribly lactose intolerant, milk proteins are some of the best sources of amino acids.



# The World's Healthiest Salad

Turn your "rabbit food" into a real meal deal.

If a **colorful diet** is a healthy one, it's easy to see why the rainbow coalition below is one of the most efficient ways to get the bulk of your day's required nutrients. It's simply bursting with antioxidants, essential minerals, fiber, healthy fats, and protein. (And it's a lot tastier than a multivitamin.)



**SUPER BOWL:**  
An all-star lineup  
of super foods.



**A study** by the Louisiana State University School of Public Health found that people who eat a salad a day are more likely to get their recommended daily intake of many essential nutrients. What's more, the study authors note that men who eat more than 60 grams of vegetables a day increase their life span by two years. This nutrient-filled cornucopia is not only great for you, but it will also leave you feeling as if you've eaten a real meal. Here's how to DIY and what you'll get for your effort.

# THE ULTIMATE SALAD

## SPINACH

One cup of spinach gives you 58 micrograms (mcg) of folate. According to a study in the journal *Stroke*, consuming at least 300 mcg of folate a day reduces your risk of having a stroke by 20 percent and decreases your risk of developing heart disease by 13 percent.

**Other nutrients:** fiber, protein, vitamin A, vitamin B6, vitamin C, vitamin E, vitamin K, calcium, and potassium

**Disease-fighting power:** heart disease, cancer, Alzheimer's, osteoporosis, diabetes, weight, depression

## BROCCOLI

You get 294 milligrams (mg) of potassium in just three spears. According to Mayo

Clinic researchers, potassium counteracts the effects of sodium by dilating blood vessels and increasing the amount of sodium excreted in your urine, thus lowering blood pressure and protecting against stroke.

**Other nutrients:** calcium, fiber, vitamin A, vitamin B6, vitamin C, vitamin K, folate, and lutein and zeaxanthin

**Disease-fighting power:** heart disease, hypertension, cancer, osteoporosis, Alzheimer's, and diabetes

## KIDNEY BEANS

A ¼-cup serving of red kidney beans gives you 6,630 disease-fighting antioxidants, plus a full 3 grams of fiber.

**Other nutrients:** folate

**Disease-fighting power:** heart disease, diabetes, cancer, and Alzheimer's

## YELLOW BELL PEPPERS

Four strips of yellow bell pepper provide 48 mg of free-radical-fighting vitamin C. Nutrition researchers from Arizona State University reported that vitamin C can help with weight loss by assisting in fat oxidation, or the body's ability to burn fat.

**Other nutrients:** vitamin A, B6, folate, and potassium

**Disease-fighting power:** heart disease, cancer, Alzheimer's, weight gain, and hypertension

## SWISS CHEESE

Four cubes of Swiss cheese provide 476 mg of calcium and 26 IU of vitamin D. Vitamin D

has also been associated with a decrease in the risk of pancreatic, prostate, and testicular cancers.

**Other nutrients:** protein and vitamin B12

**Disease-fighting power:** osteoporosis, Alzheimer's, cancer, and stroke

## CARROTS

Carrots are one of the richest sources of pro-vitamin A carotenoids, plant compounds that provide color and function as antioxidants. Just ¼ cup of shredded carrots provides 2,279 mcg of beta-carotene and 4,623 IU of vitamin A. Vitamin A has been shown to improve vision and bone growth, help regulate the immune system, and decrease the risk of lung cancer.

**Other nutrients:** vitamin C, vitamin K, fiber, and potassium

**Disease-fighting power:** cancer, osteoporosis, weight gain, and hypertension

## EXTRA-VIRGIN OLIVE OIL AND BALSAMIC VINEGAR

One tablespoon of olive oil delivers 10 grams of heart-healthy mono-unsaturated fat. Antioxidant-rich balsamic vinegar can improve vascular function when ingested with a high-fat food like olive oil, which contributes to a reduction in the risk of heart disease.

**Disease-fighting power:** Adding olive oil to red, green, orange, or yellow fruits and vegetables increases the amount of heart-saving,



### NUTRITION FACTS

## THE GRAND TOTAL

**CALORIES** 618

**PROTEIN** 41 grams

**CARBOHYDRATES**  
35 grams

**FAT** 37 grams  
(6 grams saturated)

**FIBER** 14 grams

**TRANS FAT** 0 grams

**SODIUM**  
178 milligrams

cancer-fighting, vision-boosting, immune-repairing, bone-strengthening vitamins such as A, E, and K, as well as carotenoids.

## SUNFLOWER SEEDS AND FLAXSEED

One tablespoon of sunflower seeds provides 8.35 mcg of selenium. One tablespoon of flaxseed will give you 2.3 grams of omega-3 fatty acids, which are linked to reduced risk of heart disease, Alzheimer's, and depression. They have also been shown to inhibit cancer-cell growth.

**Other nutrients:** vitamin E and fiber

**Disease-fighting power:** heart disease, cancer, Alzheimer's, depression, and diabetes

## ALMONDS

One tablespoon of almonds provides 2.2 grams of alpha-tocopherol, a type of vitamin E, which reduces the risk of Alzheimer's, according to a National Institute on Aging study.

**Other nutrients:** monounsaturated fat, protein, and fiber

**Disease-fighting power:** Alzheimer's, depression, cancer, heart disease, and diabetes

## TOMATOES

Four cherry tomatoes will give you 1,748 mcg of lycopene, a proven cancer fighter.

**Other nutrients:** vitamin A, vitamin C, vitamin K, fiber, and potassium

**Disease-fighting power:** heart disease, cancer, osteoporosis, diabetes, and hypertension

## CHUNK LIGHT TUNA

Tuna, one of the best sources of protein, contains no trans fat, and a three-ounce serving of chunk light contains 11 mg of heart-healthy niacin, which has been shown to help lower cholesterol and help your body process fat. University of Rochester researchers determined that niacin raises HDL cholesterol (the good kind) and lowers triglycerides more than most statins alone.

**Other nutrients:** protein, selenium, and vitamin B12

**Disease-fighting power:** heart disease and diabetes

## RED-LEAF LETTUCE

Four leaves of red-leaf lettuce contain 1,213 mcg of antioxidants, 96 mcg of vitamin K, and 1,172 mcg of the carotenoids lutein and zeaxanthin.

**Other nutrients:** vitamin A, vitamin B6, vitamin C, folate, and potassium

**Disease-fighting power:** osteoporosis, macular degeneration, cancer, heart disease, hypertension, Alzheimer's, and weight gain

# ALTERNATIVE OILS

Loaded with polyphenols and antioxidants, **EVOO, OR EXTRA-VIRGIN OLIVE OIL** is an amazingly healthful dressing base for your salads. But there are other oils with which to top your vegetables and greens that offer similar if not more nutrition benefits.

### Avocado Oil

Made from pressed avocados, this oil is rich in heart-healthy monounsaturated fats that may help improve cholesterol and ward off hunger. It also contains vitamins B and E and bloat-banishing potassium. Add it to your fruit salad for a new twist on a classic dish.

### Flaxseed Oil

Also known as linseed oil—yes, the stuff you used in art class—this fat contains ALA, an essential omega-3 fatty acid that can aid weight maintenance and may reduce heart disease risks by promoting blood vessel health and reducing inflammation. Drizzle it on top of salads or use it instead of olive oil or mayo when whipping up pestos and tuna salads.

### Walnut Oil

A small Pennsylvania State study found that a diet rich in walnuts and walnut oil may help the body respond better to stress and can also help keep diastolic blood pressure levels down. Walnut oil has a rich, nutty flavor. It contains polyunsaturated fatty acids which may increase diet-induced calorie burn and resting metabolic rate. And walnuts have more omega-3 fatty acids than any other nut. Mix with sherry vinegar, olive oil, cumin and salt and pepper to make a salad dressing.





# How to Cook a Kick-ass Steak (in a plastic bag)

**PLUS:** 6 kitchen gadgets that make meal prep easier

A nice piece of protein is expensive, which is why I hate to screw up cooking it, as I've done many times with on my backyard grill. So I was pretty excited to give sous vide cooking a shot. Sous vide is a simple technique in which you place the food in a sealed plastic bag and immerse it in a bath of precisely controlled low-temperature water—for a long time. Steak takes an hour. Eggs about 45 minutes.

The reward of slow, low-temp cooking is that you never under- or overcook food because it can never get hotter than the water bath. Restaurants have used sous vide for years; now devices are available for home use.

Recently, I tried out a sous vide machine from Sansaire to cook a thick filet mignon. I placed the machine in a pot of water and plugged it in. A small motor circulates the water while a heating element maintains the chosen temperature. I dialed in 129° F, for medium rare. I sprinkled my steak with sea salt and cracked black pepper and added a little olive oil to the bag. Then I set it in the bath and went back to work. An hour and a quarter later, I pulled the steak out of the bag and seared both sides in a cast-iron skillet, forming a nice crust.

The meat was perfectly cooked, medium rare; it was the best steak I had ever made because, well, I let a machine do the hard part. —Jeff Csatari



**Sansaire Sous  
Vide Immersion  
Circulator**

\$200 | [sansaire.com](http://sansaire.com)

## CitrusZipper

\$6 | fusionbrands.com



This baby is a gourmand's multitool, one of the best we've seen. The stainless steel tool contains a peel cutter, a peel lifter, and small and large zester blades for creating fruit zests and garnishes.



## SMEG Variable Temperature Kettle

\$189 | smeg.com

We love the 1950s retro look of this kettle, which keeps your beverage piping hot until you are ready for it. And so does the Chicago Athenaeum: Museum of Architecture and Design, which gave the kettle its Good Design Award. Available this summer.

## Garden-in-a-Can

\$23.96 (4-pack)

| backtotheroots.com

Bring the farm to your windowsill. Just peel back the lid, add seeds into the soil, and give it a good watering. Before you know it, you'll have organic basil, cilantro, sage, and dill plants to snip for cooking. The indoor gardens use biochar technology, an agricultural technique that aerates the soil and increase nutrient absorption while avoiding over-watering problems.



## Omega Juice Cube

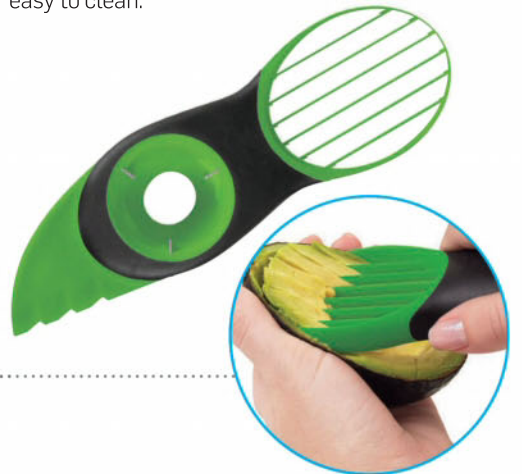
\$349.95 | omegajuicers.com

Most heavy-duty "masticating-style" juicers are so huge they'll make your kitchen counter look like a construction site. Not the Omega Juice Cube, which features a high-tech industrial design that's ultra-compact. A storage cavity in the back tucks tools out of the way, and the pulp gets automatically ejected into a separate container so you have continuous juicing and easy cleanup.

## OXO Good Grips 3-in-1 Avocado Slicer

\$13.99 | oxo.com

You're eating a lot more avocado these days, which means you're probably going through more Band-Aids. So grab a tool that'll help you get to the fruit quicker without slicing your fingers. With a non-slip grip, OXO's 3-in-1 Avocado Slicer splits, pits, and slices quickly and safely, and it's easy to clean.



## CoverBlubber

\$6-\$20 | fusionbrands.com

Plastic wrap seems made only for people with the finger dexterity of a slight-of-hand magician. Ever try wrapping half a cantaloupe with cling wrap, which does a fine job of clinging to itself—but nothing else? CoverBlubber is a better solution. Made of BPA- and phthalate-free food-safe sticky rubber, CoverBlubber stretches and clings to form-fit newly cut food or containers. It comes in various sizes, so you can stretch it to fit right over a fruit half or a lidless container before putting it in your refrigerator or freezer.





## The Rx In Your Pantry

Who needs dextromethorphan when there's chocolate!

**When you're feeling** under the weather, you want fast relief.

Thanks to 24/7 emergi-centers, pharmacies and grocery stores, you can find it pronto. But sometimes you don't even have to leave your house. For minor health problems, consider some tried-and-true home remedies. Using common items you already have in the pantry will save time and money. And you won't even have to change out of your fuzzy slippers.



**PROBLEM:** Snoring

**HOME FIX:** A tennis ball

Sew a 6"x6" square of cloth cut from an old T-shirt into the back of your pajama top forming a three sided pouch. Insert a tennis ball into the pouch before you go to bed. The ball will keep you from sleeping flat on your back, which causes your tongue and soft palate to collapse into the wall of your throat and vibrate. The ball forces you to sleep on your side or your stomach.

**PROBLEM:**

**Cough Due to Cold**

**HOME FIX:**

**Dark chocolate**

Not milk chocolate, but the more bitter dark chocolate contains a compound called *theobromine*, which has been shown to be more effective than codeine against coughs without the drowsiness and constipation symptoms. A few small pieces should do. If dark chocolate will keep you up at night, you can soothe your cough with 2 teaspoons of honey. Honey has anti-inflammatory properties and works on canker sores, too.



**A NOTE OF CAUTION:** If symptoms persist, visit a medical doctor, and if you are concerned about a home remedy's potential reaction with prescription medication, check with a pharmacist. Use common sense and always err on the side of caution.

# A Home-Grown Pharmacy

Five magic herbs that can turn your kitchen into a medicine chest.

There's something romantic about the idea of being able to heal yourself and your family with nothing more than a few snips of a magical plant. And while the plants below may not be magical, they've all been checked out and given the thumbs-up by generations of shamans, witch doctors, spiritual healers, and—more important—Western medical doctors. Grow these in your kitchen garden, and call on their healing properties when necessary—no chanting required!

## ALOE VERA

**HEALS THIS:**  
**BURNS, COLD SORES**

The gel from this plant stimulates the immune system and provides a protective layer for the affected area; it can also be used on oral ulcers.

## FENNEL

**HEALS THIS:**  
**INTESTINAL GAS**

Fennel seeds contain phytonutrients that are thought to reduce spasms in the intestines, helping to reduce gassiness. Fennel also freshens breath.

## GARLIC

**HEALS THIS:**  
**EAR INFECTIONS**

Garlic is antimicrobial and anti-inflammatory, so it will treat any infection, but when combined with mullein oil, it's especially effective for ear infections.

## LAVENDER

**HEALS THIS:**  
**HEADACHES**

The scent of lavender triggers a calming response, releasing tension in the scalp, which eases the pain. Take a few long whiffs when tension strikes.

## LEMON BALM

**HEALS THIS: ANXIETY**

Several studies have found that the active ingredients in lemon balm promote calm and reduce anxiety. The herb's oil has been used in Alzheimer's care units to calm people.

**PROBLEM: Sore Throat**

**HOME FIX: Garlic juice**

Squeeze the juice from six garlic cloves into a glass of warm water. (Not hot water.) Mix and gargle with the solution twice a day. Within three days, your sore throat should be gone thanks to the antimicrobial properties that destroy the pain-causing bacteria. Also, the warm solution soothes inflamed throat tissues.



**PROBLEM: Insomnia**

**HOME FIX: Eat cherries**

Cherries (fresh or dried) are one of the few natural food sources of melatonin, the hormone that affects the body's internal clock to regulate sleep patterns, says Mark Moyad,

MD, an alternative medicine expert at the university of Michigan Medical Center and author of *The Supplement Handbook*.

**PROBLEM:**

**The Common Cold**

**HOME FIX:**

**Hugging someone**

Loving hugs may help you avoid catching a cold. In a study published in the journal *Psychological Science*, subjects were exposed to the common cold virus (yes, participants agreed to this). Those who received regular hugs were much less likely to develop cold symptoms than others in the study who didn't receive daily hugs. Researchers say hugs reduce stress and, in turn, strengthen the immune system.

**PROBLEM:**

**Chapped Lips**

**HOME FIX: Olive oil**

It's rich in anti-inflammatories and antioxidants. And the fat moisturizes. Rub it on three



times a day to protect, soften, and lubricate. If you are outside and don't have olive oil or lip balm, rub your finger on the sides of your nose to pick up facial oils to spread on dry lips.

**PROBLEM: Hiccups**

**HOME FIX: Swallow 2 teaspoons of sugar**

The coarse granules stimulate the irritated nerve that's triggering the spasms, calming the diaphragm.

**PROBLEM: Nausea**

**HOME FIX:**

**Ginger ice chips**

Make a tea of fresh-shaved ginger. When the tea cools, strain the liquid into ice cube trays and freeze. Smash the frozen cubes and suck on the ginger chips to soothe an upset stomach.

**PROBLEM: Foot Odor**

**HOME FIX: Vinegar**

Soak your feet in a tub of 1 part vinegar and two parts warm water.

**PROBLEM: Bad Breath**

**HOME FIX: A lemon, yogurt, and a toothbrush**

Lemon juice's acidity destroys the bacteria causing the foul odor. Squeeze some fresh lemon juice into a cup, and gargle. Follow that up by eating a small container of probiotic plain yogurt. The natural lactobacillus bacteria found in yogurts replace the smelly bugs. During the day, you can freshen up your breath by brushing your tongue with a soft-bristled toothbrush to get rid of reeking food particles.

**PROBLEM:**

**Poison Ivy Rash**

**HOME FIX: Brewed tea**

Dry weepy poison ivy rashes by dipping a cotton ball into strongly brewed black tea and dabbing the rash. Let dry.





# 10 Easy Age Erasers

Look younger now and (almost) forever with these simple diet and lifestyle changes

**No matter how comfortable** we are with aging, most of us don't want to look too comfortable with it. Regardless of your feelings on aesthetics, you probably wouldn't mind if your heart, brain, and waistline stayed in the shape they were in your 20s. These 12 lifestyle changes are quick, easy—and scientifically proven to roll back the years.

## 1 Eat a Sweet Potato

Sweet potatoes help lock in moisture, give your skin a healthy glow, and protect it from damage, thanks to their abundance of vitamin A. In fact, dry skin is often a sign that your diet needs more vitamin A, which is why it's often used in skin products (you'll usually see it marked as retinol).

## 2 Put Fat on Your Face

The vitamin E and good fats of olive oil

help moisturize skin, which is why the oil is a popular skincare ingredient. Luckily, using the fat in your cooking will let you reap the same benefits. "Carrots are loaded with vitamin C, which is a precursor to collagen production," explains Brooke Alpert, registered dietitian and founder of B Nutritious. Collagen is essential for skin elasticity. "In addition, the vitamin A found in carrots attacks free radicals and can prevent wrinkles and uneven skin tone," says Alpert. Vitamin A also stimulates fibroblasts, the cells responsible for developing the tissue that keeps skin firm and healthy.

## 3 Take A Deep Breath

Research in the journal *Thorax* (yeah, we read them all) shows that chronic hostility can reduce lung function and speed the natural

decline in lung power that normally occurs with age. These findings are from a study of 670 men whose anger levels and lung function were monitored over 8 years. Researchers say anger can alter neuroendocrine processes, which can trigger chronic inflammation and damage the lungs.

## 4 Burn Off That T-Bone

Instead of the garlic mashed potatoes, opt for a side of exercise with your steak. Exercising after consuming a high-fat meal reverses the damage fatty foods cause to the arteries, according to a study in the *European Journal of Applied Physiology*. After eating a high-fat meal, a healthy person's arteries resembled those of someone with heart disease. However, exercising within two hours of a high-fat meal returns the arteries to normal.

## 5 Sleep Off The Fat

The number of hours you sleep each night may affect the inches of your waistline. In a study of 990 adults published in the *Archives of Internal Medicine*, researchers noted a direct relationship between higher body mass index (BMI) and lesser amounts of sleep reported by the participants. The analysis determined that a one-hour decrease in sleep was associated with a three-pound increase.

## 6 Dry Brush Your Teeth

Studies show that brushing your teeth with a dry toothbrush before brushing with toothpaste and water can cut tarter by 60 percent. Use a soft or medium toothbrush for the dry brushing.

## 7 Eat an Avocado

There's a reason we can't stop singing the praises of avocado (even if you're sick of seeing it on your Instagram feed). The blend of healthy fats, proteins, and vitamins make it a powerhouse for

your body inside and out. "The protein helps support the structures of collagen and elastin in your skin, while the fat keeps your skin moisturized," says Alpert.

## 8 Dip Your Face in Your Cereal

You'll often find oatmeal in products meant to soothe irritated skin or even help reduce inflamed skin caused by skin conditions like eczema. Its nourishing and the skin-settling properties come from its mix of flavonoids, phenols, and also a type of polyphenols called avenanthramides—all which act as natural anti-inflammatories. Oats are best used in masks when in a ground or flour form. Try combining with honey for an ultra-soothing mask.

## 9 Keep Sugar Out of Your Head

High blood sugar levels put you at risk not only for diabetes, but also for Alzheimer's disease, say Swedish researchers. Type 2 diabetes has already been linked to dementia, but this study found that people with slightly higher than normal blood sugar had a 70 percent increased risk of Alzheimer's. Exercise and a low-carb diet can lower blood sugar levels.

## 10 Grin to Look Thin

A frown can make you look heavier and older. Recent research from the University of Missouri-Kansas City suggests that when you smile, people view you as younger and leaner than you appear when you scowl.

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## Look 10 Years Younger in 10 Seconds

You could be 30 or you could be 80, but if your eyes look puffy, your face can look 10 years older than your biological age. The bags are due to excess fluid filling out the soft tissue around your eyes.

**QUICK FIX:** Place two teaspoons in your freezer for a half hour. Then hold them against your closed eyes. The cold will constrict the blood vessels under the skin and reduce the puffiness. Ice-cold cucumber slices will work, too.







**STARTERS** / *Get Slim!*

# 15 Ways to Size Up Your Weight Loss



*REFLECTIONLAW:  
Bathroom mirrors  
add pounds.*

**When we're on a diet**, we're always looking for clues that tell us if it's working. But some of these little tests do more harm than good to our psyches and, ultimately, our physiques. Have you...

- ▶ Looked at your naked profile in the bathroom mirror after a shower?
- ▶ Asked your partner, "Do these yoga pants make me look fat?"
- ▶ Compared yourself to skinnier friends' vacation pics on Facebook posts?

Why do we even go there? It's almost as if we're trying to bum ourselves out so we have a reason to give up and go out for burritos.

"I hate weight scales because for some people, today's number decides how they will feel about themselves today or what they will eat," says Laura Cipullo, RD, a New Jersey-based registered dietician and expert in treating eating disorders. "My goal in my practice is to help people develop a good relationship with food and body. It's not 'what is the number?' It's 'how do you feel about yourself.'"

The key, weight-loss experts say, is to find gauges that offer encouragement versus discouragement. Following are better measures that tap the power of positive feedback to keep you losing while feeling like a winner:

## 1 YOU LOVE THE HEALTHY FOOD YOU EAT

Regularly eating healthy foods that you enjoy is a good sign that your diet efforts are working. Researchers who study eating behaviors have found an interesting difference between successful and unsuccessful dieters: When low-self-control dieters (unsuccessful dieters) think of foods to eat to lose weight, they tend to focus on foods they don't like the taste of, Brussels sprouts, for example. By contrast, dieters with high self-control think first about "diet" foods they enjoy, such as berries, suggests a study of 542 dieters reported in the journal *Psychology & Marketing*. "Our data reveals that individuals

who are generally more successful at reaching their goals tend to develop more motivating plans regarding the inclusion of healthy, well-liked items and the exclusion of unhealthy items that are not one's favorite," says lead researcher Meredith David, PhD, of Baylor University.

## 2 YOU SET REALISTIC WEIGHT-LOSS GOALS

You lost 3 pounds last week and met your goal of working out four times. And you feel great about your success. One mark of a diet plan that's working is growing self-confidence in your ability to succeed. "The more small goals you meet, the

more confidence you will gain," explains Martha McKittrick, R.D., who writes a blog at CityGirlBites.com. Plus it's more likely these small changes will start to become part of your lifestyle.

## 3 YOU SET LOFTY WEIGHT-LOSS GOALS

Yes, this contradicts the previous measure, but the slow and steady approach to weight loss doesn't cut it for everyone. In your case, dropping pounds rapidly during the first weeks of dieting may suggest you're poised to keep losing weight. Several studies have shown that ambitious goals are sometimes associated with better

weight-loss outcomes. In fact, a study in the *International Journal of Behavioral Medicine* found that people who lost weight rapidly were five times more likely to success in their long-term goals because the quick results motivated them to stick with the program. Want to learn more about the potential benefits of ambitious weight loss? Check out *The Rapid Weight Loss Diet* by the editors of Eat This, Not That! at [eatthis.com/rapid](http://eatthis.com/rapid).

## 4 YOU DIDN'T KICK THE DOG TODAY

Or scream at your spouse. That's good. It probably means that your diet is balanced. Studies show that weight loss through dieting is often marked by improved mood and cognitive clarity. However, a rotten mood—or hostility, depression, anger, feeling *hangry* or hungry and angry—could be a symptom of a diet plan that is too low in carbohydrates. Australian researchers followed 106 overweight dieters for a year. Both groups were put on a low-calorie diet. One group's diet was low-carb, high fat; the other was low-fat, high carb. Both groups lost an average of 30 pounds, but the low-carb group





scored much lower on measures of psychological well-being, suggesting that the low-carb diet may have lowered brain levels of the mood-regulating hormone serotonin.

## 5 YOU HOP ON A WEIGHT SCALE EVERY DAY

For some people, stepping on a scale daily can be a very useful

way to tell if your diet is working or not. One study of 40 overweight people in *PLOS ONE* determined that the more often a person weighed himself or herself, the more weight he or she tended to lose. While the researchers admit the study cannot prove that regular weighing helps people lose weight, they say frequent weighing may help dieters stay motivated and on track. A scale that indicates weight gain may encourage dieters to be more vigilant.

## 6 YOU HOP ONTO A WEIGHT SCALE EVERY WEDNESDAY

If daily weighing is driving you batty, you might not need such constant feedback to keep on track. Once

a week is adequate, according to researchers at Cornell University's Food and Brand Lab, as long as you are consistent in your measurements. Because your weight fluctuates throughout the week and day, always weigh yourself at the same time. Wednesday mornings before you eat are ideal for greatest accuracy because most people weigh the least at midweek.

## 7 YOU JUDGE BY THE FIT OF YOUR CLOTHING

Laura Cipullo, RD, advises her clients against using a weight scale: "Because your weight fluctuates hour to hour, weighing can be confusing and misleading and trigger feelings of guilt," she says. Having just eaten a meal or had a glass of water, for example, can cause bloating, which may lead you to believe your diet isn't working when you may be doing just fine. A better gauge of success, says Cipullo, is looking at clothing fit or keeping a food log.

## 8 YOU FEEL GOOD AFTER A WORKOUT

When a diet and exercise program are working optimally together, you have the energy and motivation to push

yourself harder during workouts, something a lot of people (women, especially) fail to do. To get the best muscle building (and calorie burning) effect of strength training, you have to strain your muscles. "Follow my 'last-two-reps' rule, says trainer Holly Perkins, founder of Womenstrengthnation.com. "Use enough weight so that your last two reps during a lift are a struggle to do with proper form. When form starts to break down, that's a good sign you're pushing hard enough. If you feel you can do more reps at the end, you aren't challenging yourself." The average person underestimates his or her daily calories by up to 600 a day. That's a significant variance that can undermine your weight-loss efforts.

## 9 YOU ARE HAPPY AND FEEL HEALTHY

Probably the most accurate assessment of a healthy eating plan is how you feel about yourself, because so much of what we eat is tied to our emotions, says nutritionist Cipullo, author of *The Body Clock Diet*. "When you feel confident, happy and full of energy and you're not into labeling foods as bad or good, you are very likely eating a diet rich in foods that support a healthy circadian rhythm."

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## IS FAT IN YOUR FUTURE?

Examine your diet if you notice these telltale signs of weight gain:

- ▶ **YOU'RE FANTASIZING ABOUT FRENCH FRIES.** "Many diets cut fat since it's higher in calories than protein and carbs, but this tactic can backfire by increasing cravings," says Cassie Bjork, RD, of Healthy Simple Life.
- ▶ **YOU'RE STRESSED OUT.** High levels of the stress hormone cortisol correlate with weight, especially fat storage in the abdomen.
- ▶ **YOU'RE GETTING OLDER.** Muscle mass and metabolic rate begin to slow after age 30. If you don't exercise, reduce calorie intake, or some combination of the two, you'll pack on pounds.
- ▶ **YOUR KITCHEN IS CLUTTERED.** According to a Cornell study, women who have soda sitting on their countertops weigh an average of 26 pounds more while those who have cookies on their counters weigh about 8 pounds more.

# NUTRITION NUGGETS

Drop weight and lower your blood sugar with these surprising stats.

**64%** You are likely to spend this much MORE MONEY at a department store if you shop when hungry versus after you've eaten

## SPINACH

Can stifle hunger and cravings, thanks to compounds in the vegetable's cells that promote the release of satiety hormones

**459**  
How many calories the average person consumes from drinks alone each day



A 15.2-ounce bottle of **Tropicana 100% Orange Juice** contains 42 grams of sugar, about as many sugar grams as in 16 Bite-Sized Famous Amos Chocolate Chip Cookies

**120 minutes**

Length of time your blood vessels may be constricted after eating a plain hamburger due to an increase in inflammation; 0 minutes if you top your burger with avocado



**FIVE**

Times more sodium in the average **veggie burger** than in the average beef burger

**32** Number of teaspoons of added sugar the average American consumes daily



**6** OPTIMUM NUMBER OF TEASPOONS OF SUGAR THE AVERAGE AMERICAN WOMAN SHOULD LIMIT HERSELF TO DAILY

## HEMP SEED NUTS

contain more high-quality protein—6 grams per tablespoon—than even beef or fish



**57**

Grams of sugar in a Au Bon Pain's healthy-sounding strawberry banana yogurt smoothie, which is more than you get in a ½ pint of Ben & Jerry's Chunky Monkey ice cream

## FLAME RETARDANT

One of the products that contains brominated vegetable oil, a chemical also used as a coloring for green sodas like Mountain Dew



## Bedtime Snack

Walnuts contain about 3.5 nanograms per gram of the sleep-inducing hormone melatonin

People who eat more than two servings of vegetables a day have a **40 percent slower rate of cognitive decline** than those who eat one serving or less

**70 percent**

Consumers who order more healthful options at restaurants than they did two years ago



# Do The Lose-Your-Belly Boogie

7 health reasons to catch dance fever *by Brianna Marmol*

**The beauty of dance** as a form of exercise is that it doesn't feel or even look much like formal exercise. For one, you can smile while dancing; that's not something you can normally do while running uphill or lifting dumbbells over your head.

For those who don't care for traditional exercise, dance can be the path to amazing health, fitness, weight loss, and fun. You just have to get over the queasy feeling of wearing a leotard or doing the stanky leg in front of others. The health benefits are so worth it. Check them out:



## Dance Burns Calories

Rock climbing, one of the most physically taxing sports, burns about 240 calories per half hour. Aerobic dance burns off nearly as many, and targets abdominal fat, too. A recent study at Duke University found that people who did aerobic exercise shed about 2.5 square inches of belly fat over the course of eight months.

## Dance Boosts Cardiovascular Fitness

Researchers at the University of Hawaii at Manoa analyzed 18 studies from around the world monitoring people ages 52 to 87 who participated in all types of dance, including ballroom, contemporary, cultural, pop, and jazz styles. They attributed the subjects' robust health, cardiovascular endurance, balance, and muscular strength to regular dancing.

## Dance Cuts Diabetes Risk

A new study on the impact of exercise on diabetes reported in the journal *Diabetologia* suggests that people who tally 150 minutes a week of brisk walking,

cycling, dance, or other mildly vigorous exercise can reduce their risk of developing type 2 diabetes by 26 percent.

## Dance Builds Self-Esteem

"Dance lets a person express what's going on inside [...] it's psychotherapeutic," says Paula Chandler-Paramore, a dance therapy doctoral candidate and spokesperson for the National Dance Fitness and Health Association. In fact, a Swedish study in the journal *Pediatrics* in 2013 showed that participating in a twice-weekly dance class helped 59 adolescent girls improve symptoms of depression and feelings of low self-esteem and low body confidence.

## Dance Improves Balance

Dancing has been linked with improved balance and reaction time, fine motor performance, and the temporary relief of symptoms of Parkinson's disease, according to dance psychologist Peter Lovatt, PhD, who researches the health benefits of dance for many years at the University of Hertfordshire in England.

## Dance Protects The Brain

A study in the prestigious *New England Journal of Medicine* observed 488 people from ages 75 to 95 over a period of three years, paying close attention to their leisure activities. Of the 11 most popular activities—including reading, playing board games, tennis, swimming, and team sports—only dancing was associated with protecting the mind against dementia. "For the senior citizens, it's a great way to help keep their mind sharp when they learn the

steps; the music is mind memory," says Chandler-Paramore.

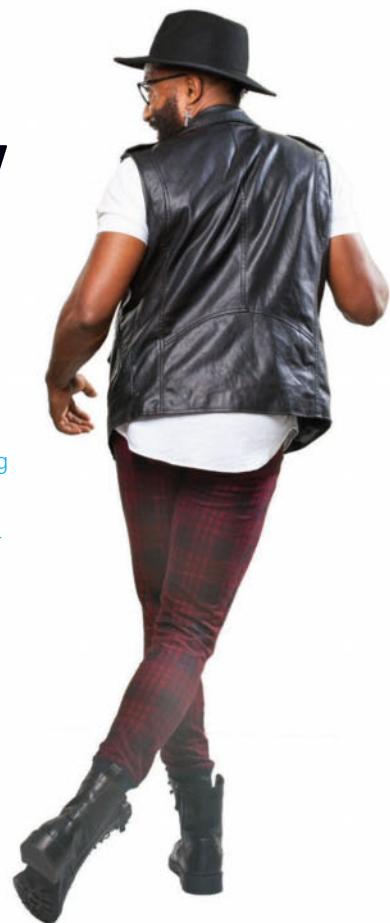
## Dance Builds Friendships

Dancing with others is a great way to bond with new friends. But if you want to feel extra close to your dance buddies, mimic their moves. Researchers from the University of Oxford had groups of students dance to fast music in and out of rhythm with one another. It turned out that students felt a greater sense of bonding when they danced in sync.

## Step This Way

Taking lessons at a dance studio is one of the easiest ways to learn to dance for fitness because you get hands-on-instruction and group learning is so much fun. There are classes for every taste, from classical dances like ballet and waltzing, or more ethnic dancing like belly dancing, salsa, tango, and mambo. If you're looking for something more youthful, try modern, jazz, hip-hop, or street-style dance. Find a class or individual teacher locally through [findadancestudio.com](http://findadancestudio.com).

If you're intimidated about dancing in front of people, then dance in front of your computer screen. There are hundreds of YouTube videos demonstrating dance moves to all genres of music. Medium tempo hits from the '60s and '70s are easiest for beginners. And dance tracks clocking in around 119 to 122 BPM are just right to step to the beat and make some heat.





# STARTERS / Answer This!



## What's the smartest dish to order in a Chinese restaurant?

Buddha's Delight, with mounds of steamed vegetables and tofu for protein is usually a safe vegetarian choice, recommends nutritionist Marisa Moore, RDN, of Marisa Moore Nutrition. Always try to make vegetables the star of the dish. "Chicken and broccoli is another good option, just try to keep the rice portion in

check," she says. Begin the meal with hot and sour or wonton soup. Research shows that starting with a broth-based soup helps people eat less throughout the meal. Stay away from the fatty fried egg rolls. A better appetizer is a vegetable spring roll or steamed vegetable dumplings. "If you're

dining in the restaurant, take advantage of the hot tea available in most Chinese restaurants. Save room for tea after your meal to cleanse the palate and signal the brain that you're done eating," says Moore.

### Is cheese a healthy fat?

It can be because you do need fat in your diet for health and satisfaction. But fat is the easiest macronutrient to overeat, so you have to be careful about just how much fatty cheeses and meats you are eating. Better to get more of your fats from unsaturated sources like hummus, avocados, nuts, and olive oil.

### Help! I have a wedding in three weeks? Is it safe to lose weight fast?

Not only is it safe, but it's also the most effective way to keep pounds off. According to a study in the International Journal of Behavioral Medicine, you're more than five times as likely to reach your weight-loss goals if you start losing weight very quickly.

Another study found that you're more likely to stick to a weight-loss program if the weight comes off fast. What's the secret in the speed?

Motivation. Rapid, measurable success is exciting and provides the positive feedback that drives adherence to a diet and fitness program. Secondly, says researchers, quick results give you a sense of control over your weight that keeps motivation high. To learn how to achieve quick results, check out our new downloadable

## KITCHEN HACK OF THE MONTH

### SAVE SOME PASTA WATER

One of the most magical ingredients in the kitchen is also one of the most overlooked: the murky water you discard when draining pasta. The cloudiness is the result of starches released from the surface of the noodles, and even a few tablespoons can help you create a silky sauce that better sticks to pasta. Before draining the noodles, dip a coffee mug into the water to reserve a few ounces of liquid. Toss the pasta directly into the pan with the sauce and if the noodles look dry, add the reserved water, a tablespoon at a time, until the sauce loosens and clings to the pasta.



# ...When You're Expecting

program *The Rapid Weight Loss Diet* by the editors of *Eat This, Not That!* which shows you how to tap the power of key F.L.A.V.O.R foods to reduce calories and control your hunger hormones. Visit [eatthis.com/rapid](http://eatthis.com/rapid).

***I'm planning a party for college friends. My go-to appetizers are mini crab cakes, pulled-pork sandwiches and chips and onion dip. Can you suggest healthier ones?***

Sure. Let's start with the crab cakes, which are fried. A mini packs major calories, about 290, and 19 (g) fat. Replace the crab cakes with jumbo shrimp and cocktail sauce. Six shrimp provide nearly a quarter of the daily recommended amount of protein for just 120 calories. Instead of chips dip, try tomato bruschetta on toast crisps. Tomatoes are loaded with the powerful antioxidant lycopene, and the garlic in the spread may lower risk for heart disease. Go a little retro instead of the ubiquitous pulled-pork slider by serving "pigs in blankets." You might be surprised to learn that these doughy dogs are low in calories, just 65 per bite. And each contains 30 g of potassium which helps regulate blood pressure.

## ***Can I stick to my vegan diet throughout my pregnancy?***

Of course! Being pregnant and vegan is totally viable, as long as you know the right substitutes for the nutrients you're missing by avoiding meat and dairy. Calcium is extremely important to make sure your baby grows strong bones, so instead of milk or yogurt, rely on calcium-fortified soy or almond milk and dark leafy greens to make sure you're getting the daily recommendation. When skipping out on meat, you'll also need to be sure you're getting enough iron and vitamin B. Good food sources include spinach and collard greens and dried fruit. Make sure to eat enough protein, especially if you're struggling with morning sickness.

## ***How can I avoid swollen ankles?***

Swelling of the feet and ankles typically starts halfway through your pregnancy. The swelling is caused by water retention in the tissues of the extremities. Surprisingly, this excess water can be caused by not hydrating enough. To avoid swelling, stay

by Jennifer Ashton, MD, FACOG

ABC News Senior Medical Contributor



hydrated and reduce your sodium intake. Salty foods dehydrate the body and encourage the tissues to swell.

## ***Is there a greater risk of premature birth if I exercise when pregnant?***

Not at all! In fact, recent studies show that by exercising consistently throughout pregnancy, you're actually encourag-

ing the baby to go full term. A recent study at Thomas Jefferson University suggests that exercise actually decreases the risk of premature birth, and those who exercised were also less likely to have C-sections.

The research shows that moderate exercise can have positive effects for both mother and baby. Women who exercised consistently throughout pregnancy were found to have a lower incidence of gestational diabetes and low rates of high blood pressure, while the babies benefited from a full nine months in-utero and natural birth.

**HAVE A BALL:**  
*E*xercise is healthy for you and your baby.





# The Zero Sugar Plan

**WIN  
THE  
WAR**  
against  
sweets  
and  
cravings  
in just  
14 DAYS!

In this exclusive excerpt  
from his new book,

**ZERO  
SUGAR  
DIET,**

**DAVID ZINCZENKO,**  
author and president of  
**Eat This, Not That!**  
unlocks the secret to  
achieving the perfect diet.  
His breakthrough 14-day  
plan will help you master  
the delicate balancing  
act between sugar and  
fiber to become leaner and  
healthier for life.

...for a  
**Zero  
Belly  
Now**



by DAVID ZINCZENKO





## Here's a Quick Question:

How many spoonfuls of high-fructose corn syrup did you eat yesterday?

Oh, you don't recall slurping down any of the hyper-sweet corn extract? Well, you did—likely about eight teaspoons' worth, according to the U.S. Department of Agriculture.

But while eight teaspoons of artificially manufactured syrup may seem like an awful lot, it's only a drop in the sugar bucket. The USDA's most recent figures find that Americans consume, on average, about 32 teaspoons of added sugar every single day or 27 pounds of the stuff in a year. That's a mound of sugar, and the medical community has

begun to coalesce around the concept that these added sweeteners constitute perhaps the number one most significant health threat in America.

If all the added sugars we consumed came from our nightly ice cream cone or the chocolate bar we stole from the kids, or maybe that tablespoon of maple syrup we threw on our pancakes this morning, that would be fine. That's how people lived a hundred years ago, and everybody's pants fit back then.

The most troubling sugar of all isn't the added sugar we consume on purpose; it's the stuff we don't even know we're eating. It's the ingredients that are used in foods to provide added sweetness and calories,

from the much-maligned high-fructose corn syrup to healthier-sounding ones like agave, date syrup, cane sugar, and honey.

But what exactly is “added sugar,” and why do experts suddenly believe that it’s the Darth Vader of nutrition?

When they talk about “added sugar,” health experts aren’t talking about the stuff that we consume from eating whole foods. They’re talking about “free sugars,” the stuff that doesn’t have a fiber (or protein) accompaniment and makes its way into our food in the manufacturing process. So lactose, the sugar naturally found in milk and dairy products, and naturally occurring fructose, the sugar that appears in fruit, don’t count.

But non-naturally occurring added sugars are everywhere. A woman can blow through her allotment of sugar in just one sitting, and not by ordering cake, ice cream, or cookies but by ordering a “health” food. For example, at Applebee’s, a Grilled Shrimp ‘N Spinach Salad delivers 50 grams of sugar. Chili’s Caribbean Salad with Grilled Chicken serves up 69 grams of sugar, while the Moroccan-Spiced Chicken Salad at California Pizza Kitchen comes with 80 grams. And at Jamba Juice, one of those Açai Primo Bowls packs 96 grams of sugar. Taking it to a whole new level is Smoothie King, which offers on its “Fitness Blends” menu a line of drinks called The Hulk, made for people who want to build lean muscle. But the large strawberry version contains a stunning 1,928 calories and 250 grams of sugar—as much as an adult male should eat in five whole days.

Spinach salads? Açai bowls? Fitness smoothies? They make a couple of Snickers bars look like a healthy lunch in comparison. The more added sugar that sneaks its way into your diet,

the less healthy food you’ll eat the rest of the day. That’s the finding of a 2015 article in *Nutrition Reviews*, which looked at dozens of studies conducted between 1972 and 2012. The researchers found that a higher intake of added sugar was associated with poorer diet and a lower intake of micronutrients.

That’s in part because of how sugary foods retrain our taste buds and mess with our bodily systems. When even tomato sauce is laced with sweetener, it takes greater and greater doses of sugar in order for the flavor of a food to register. That leads us to seek out candies and baked goods at the expense of real food.

But it’s not just a matter of taste. A sugar rush creates an overflow of insulin into the system to try to manage the toxic substance. Because that can create an overreaction within the body—too much insulin pulling too much sugar out of the bloodstream—it can lead to a crash that sends us seeking another immediate sugar rush, the kind that no whole food can satisfy.

The most powerful effects, however, are on our brains. In one study, researchers measured the levels of oxytocin, a feel-good hormone that helps us feel satiated, in the brains of rats. When rats that ate a low-sugar diet were given a meal high in sugar, their oxytocin levels didn’t change. But when they were given the high-sugar diet regularly, their brains began to show lower levels of oxytocin activity. In other words, the more we’re bombarded with added sugars, the more chronically unsatisfied we feel, and the more we need to eat. And a similar study at New York University found that a rise in insulin—the hormone that processes blood sugar—causes a simultaneous rise in dopamine, a neurotransmitter that triggers

# Zero Sugar Diet at a Glance

YOU’LL ENJOY THREE FILLING MEALS AND ONE DELICIOUS SNACK PER DAY. JUST MAKE SURE EVERY SERVING INCLUDES:

## HIGH-FIBER CARBS

Vegetables (fresh or frozen)  
Whole fruit (fresh or frozen)  
Beans/legumes  
Unsweetened whole grains and cereals (brown rice, quinoa, oats)  
or Nuts/seeds

## POWER PROTEINS

Eggs  
Fish  
Greek yogurt  
or Lean meat (turkey, chicken, lean beef, roast pork)

## HEALTHY DRINKS

Water  
Tea  
Milk  
Wine (in moderation)  
No juice—ever (or any beverage with added sugars.)



# Zero Sugar Success Story

SANDY VILLEGAS

62, Monroe Township, NJ

“My stomach is gone!”

STARTING WEIGHT	TWO WEEKS LATER
142	137

## HERE'S WHAT I KNOW TO BE TRUE:

I retired from my job in October and have increased my exercise since then, trying to lose some very stubborn fat around my waist. I tried Weight Watchers and lost five pounds, but I know I was not eating healthy—even though I dropped some pounds—because I ate a lot of refined carbs every day. Pretty soon, I noticed two things:

**1 I was hitting a weight-loss plateau**

**2 My stomach was as bloated as ever!**

Now, thanks to the **ZERO SUGAR DIET**, my stomach is almost gone! I don't crave carbs all day. Just as important, before going on the diet, I was told I am borderline diabetic. I haven't had a glucose level of 86 and an A1C of under 6.0 in several years—but I do now. The huge drop in my lab numbers was primarily due to the changes in how I'm eating. My doctor also has taken me off blood pressure medication!

the brain's pleasure center.

An editorial in *JAMA Internal Medicine* asked, “Why Are We Consuming So Much Sugar Despite Knowing Too Much Can Harm Us?” The answer: “The high prevalence of added-sugar consumption...is very likely influenced by and a result of addictive behaviors incited by reward system activation after overeating highly palatable foods.”

## What Added Sugars Do to You

Added sugar causes your body to store fat around your belly. Within 24 hours of eating fructose, your body is flooded with elevated levels of triglycerides. Does that sound bad? It is.

Triglycerides are the fatty deposits in your blood. Your liver makes them because they're essential for building and repairing the tissues in your body. But when it's hit with high doses of fructose, the liver responds by pumping out more triglycerides; that's a signal to your body that it's time to store some abdominal fat. In one study, researchers fed subjects beverages sweetened with either glucose or fructose. Both gained the same amount of weight over the next eight weeks, but the fructose group gained its weight primarily as belly fat, thanks to the way this type of sugar is processed in the liver.

What's unique to fructose is that it seems to be a universal obesogen—in other words, every creature that eats it gains weight. Princeton researchers recently found that high-fructose corn syrup seemed to have a unique impact on weight in their animal studies. The most startling finding, according to the researchers, was that 100 percent of the rats that consumed the HFCS became obese, a result not seen in other diet experiments—for example,

when animals are fed high-fat diets. Fructose is the freak show of fat.

## Added sugar makes you skip going to the gym.

There are a lot of ways that added sugar can make you gain weight, but the most bizarre may be the way it reduces actual physical activity. In one study at the University of Illinois, two groups of mice were followed for two and a half months; both groups were fed the same amount of sugar and calories, but one group was fed a diet that mimicked the standard American adolescent's diet—i.e., one that comprised about 18 percent added fructose. The other group of mice received its sugar in the form of glucose. The added fructose group gained more body fat over the course of the study, even though it wasn't fed more calories—or even more sugar. One of the reasons for this, the researchers say, was that the fructose-addled mice traveled about 20 percent less in their little cages than the other set of mice. They just naturally...slowed...down.

## Added sugar causes diabetes.

The link between increased sugar and diabetes risk is right up there with “smoking causes lung cancer” on the list of immutable medical truths—despite what soda manufacturers are trying to tell us. But researchers at the Mayo Clinic have come right out and said that added fructose—either as a constituent of table sugar or as the main component of high-fructose corn syrup—may be the number one cause of diabetes, and that cutting sugar alone could translate into a

# Doughnuts for Dinner

A Glazed Donut from Dunkin' is 260 calories, with 1 gram of fiber and 12 grams of sugar. So there won't be any doughnuts on your menu for the next 14 days.

But while you know that doughnuts are sugar festivals, you won't believe what other foods have as much sugar as a Glazed Donut, or more.

 <p><b>PREGO Heart Smart Traditional Italian Sauce</b> <math>\frac{3}{4}</math> cup</p>  <p>= <math>\frac{3}{4}</math> DONUT</p>	<p><b>BURGER KING Double Whopper</b></p>   <p>= 1 DONUT</p>	 <p><b>HUNT'S Tomato Ketchup</b> 3 Tbsp</p>  <p>= 1 DONUT</p>
<p><b>CAMPBELL'S Creamy Tomato Soup</b> 1 cup</p>   <p>= 1½ DONUTS</p>	<p><b>RAISIN BRAN</b> 1 serving</p>   <p>= 1½ DONUTS</p>	<p><b>NUTELLA</b> 2 Tbsp</p>   <p>= 1¾ DONUTS</p>
<p><b>CLIF Builder's Protein Bar, Chocolate Mint</b></p>   <p>= 1¾ DONUTS</p>	<p><b>HUNGRY MAN Dinner, Roasted Turkey</b></p>   <p>= 2 DONUTS</p>	<p><b>DANNON Fruit on the Bottom, Blueberry Yogurt</b></p>   <p>= 2 DONUTS</p>
<p><b>MCDONALD'S Fruit &amp; Maple Oatmeal</b></p>   <p>= 2½ DONUTS</p>	<p><b>CHILI'S Dr. Pepper BBQ Ribs (full)</b></p>   <p>= 2½ DONUTS</p>	<p><b>COCA COLA</b> 1 can</p>   <p>= 3½ DONUTS</p>
<p><b>APPLEBEE'S Oriental Grilled Chicken Salad</b></p>   <p>= 4½ DONUTS</p>	<p><b>DUNKIN' DONUTS Coffee Coolatta with Cream</b></p>   <p>= 5½ DONUTS</p>	





reduced number of diabetes deaths the world over.

## Added sugar hurts your brain.

Studies have found that a combination of sugar and fat could actually change one's brain chemistry. The brains of animals on a high-fat, high-sugar diet had decreased levels of brain-delivered neurotropic factor (BDNF), a compound that helps brain cells communicate with one another, build memories, and learn new things; decreased levels of BDNF have been linked to both Alzheimer's and depression.

## Added sugar doubles your risk of dying from heart disease.

People who get 25 percent or more of their calories from added sugar are more than twice as likely to die from heart disease as those who eat less than 10 percent, according to a

study in *JAMA: The Journal of the American Medical Association*. One out of 10 of us falls into that category.

Added sugars also....

- > raise your blood sugar
- > cause your skin to sag and wrinkle
- > mess with your gut health
- > rot your teeth.

## Here's Your Zero Sugar Solution

You know there's a silver lining in all this negativity about your beloved sweets, right? After all, you're reading *Eat This, Not That!* magazine!

It all comes down to knowledge and control. By understanding the dangers of consuming added sugars, you can start protecting yourself. By knowing where these hidden hoodlums lurk, you can start dodging more of them.

I researched and wrote the *Zero Sugar Diet* when I discovered how incredibly easy it was to stop hunger in its tracks and,

even better, to put an end to the energy lulls and cravings all by managing sugar. The Zero Sugar Diet works by confronting the two main issues that are making weight loss so difficult, and that set our own bodies against us:

1. Our food has too much sugar.
2. Our food has too little fiber.

In 2015, researchers at the University of Massachusetts compared two sets of dieters. One set had spent the previous year cutting calories and saturated fat and eating lots of fruits and vegetables. They took the skin off their chicken, ate low-fat dairy items, cut sodium, ate more fish, reduced trans fats, cut back on sugar, and exercised a minimum of 150 minutes a week. The other group did none of those things. All they did was to eat more fiber, at least 30 grams a day.

Yet after a year, both groups showed nearly identical reductions in weight, blood pressure, cholesterol levels, blood sugar, and inflammation.

As I dove deeper into the research, I began adding more fiber, chiefly in the form of fresh vegetables, whole fruit, beans, whole grains, and nuts/seeds, into my own diet. I discovered how incredibly easy it was to manage my hunger and cravings. But more important, I had begun to unravel the mystery of why we're so much heavier today than we were back in the 1980s, and how we could all begin enjoying easy, automatic weight loss without so much desperate effort. As I began to teach others this simple method of nutritional balance, I saw how quickly they could see dramatic results. Now, I'm going to teach this revolutionary new program to you.

Fourteen days. That's all it will take to change your body. If you

follow it you will quickly and efficiently bring your body into perfect balance, and begin dropping excess pounds at a rapid pace. And in doing so, you'll discover a new way of walking through the world, one that keeps you safely out of the grasp of weight gain and one of the biggest diseases of our time. And you'll do it by eating foods you love—yes, even foods from your favorite restaurants and supermarkets; even burgers, bacon, and pasta. When you reduce your sugar intake using this program, while slowing its impact on your body, a number of amazing things will happen, with shocking rapidity:

## 1 You'll Start Burning Fat

Immediately. Reducing your intake of calorie-dense sugar carbs automatically reduces the amount of calories you're consuming on a daily basis, which forces your body to burn fat stored around your midsection for energy, rather than the sugars it takes from carbohydrates.

## 2 You'll Feel Less Hungry

As your body detects that you've started to lose weight, your hunger hormones get furious. They start firing off signals to your brain telling you that winter's approaching, the barbarian hordes are at the gate, and you'd better consume every calorie in sight in order to prepare for the famine ahead.

This plan uses the power of fiber to counteract that basic instinct. By slowing the progress of carbohydrates through your body, fiber helps give you a continuous, steady dose of energy, so you never get the "I'm empty" signal. Oh, you'll eat plenty of food, but not

because you're ravenous. Because it tastes so good!

## 3 Your Belly Will Get Flatter

One of the first things you notice when you replace simple carbs with high-fiber foods is that your belly begins to flatten out—literally within days. The reason: Most Americans only take in 15 of the recommended 25 to 38 grams per day, according to the Institute of Medicine. As a result, the healthy gut microbes that keep us lean have less to munch on, and the unhealthy microbes—which feast on sugar—take over. Those are the little bug-gers that cause bloating and make your belly look bigger than it actually is. I'll show you how this plan changes the way your gut acts and feels, and why 14 days is all it takes to shrink your waist size by as much as seven inches.

## 4 You'll Slash Your Risk of Diabetes

Eating too many simple sugars can wreak havoc in your body in both the short and long term. The more of these quickly digested carbs you consume, the more insulin your pancreas produces, eventually leading to insulin resistance and possibly type 2 diabetes.

## 5 Your Muscles Will Get Stronger

In one of the most stunning studies of recent years, scientists have linked refined sugar to a condition called sarcopenia—basically, age-related loss of muscle mass. You lose muscle mass each decade, but sugar accelerates the process. It happens because added sugar actually blocks the body's ability to synthesize protein into muscle.

(Spending big bucks on protein supplements? If they have added sugar, they're probably hurting, not enhancing, your ability to build muscle.) By reducing the impact of sugar, this plan will keep your muscles younger and stronger—protecting you from injury and helping you to burn fat faster.

## 6 You'll Feel More Energized

By slowing your body's absorption of carbohydrates, you'll keep your body and your brain more fully fueled all the time, beating both physical fatigue and the brain fog that can often accompany it. You'll no longer need to make poor food choices as a way of getting quick energy, and you won't be dragging through those afternoon hours.

For two weeks on the Zero Sugar Diet, you'll observe an easy-to-follow regimen designed to retrain your taste buds, clean your system, and set your hormones back in balance. Then, you'll discover how easy it is to apply these lessons to everyday life, with a maintenance plan that looks very much like the way you enjoy eating now, but without the hunger, cravings, sugar crashes, and weight gain.

With a quick calculation you can do in your head or on your phone, you'll be able to instantly tell whether an individual food or a meal makes sense, just by measuring sugar grams against fiber grams. The brilliance of this plan is that you don't need to worry about following it perfectly. Your goal is simply to stay in the Sweet Spot. Just keep this rule in mind:

< LOW  
Sugar

HIGH >  
Fiber

As long as you keep the fiber number at least as big as the sugar number, you win!



# *How to Win* *the* Veggie Wars

SLY, SNEAKY, AND  
DEVIOS STRATEGIES  
FOR GETTING KIDS  
TO EAT THEIR GREENS

BY DANA LEIGH SMITH

Does dinnertime ever feel like a heavyweight boxing match, where you come to blows with stubborn youngsters who think eating from the rainbow of colorful foods means, um, Skittles?

The battle between children and a plate of peas is as old as time. While you may have assumed other parents struggle to get their kids to eat their veggies, what you may not have realized is that diet experts go through the same torturous trials. Just like your kids, their kids are ninja masters of vegetable camouflage, sneaking their green beans into the dog's bowl, burying their peas under the mashed potatoes, and hiding Brussels sprouts on the window ledge behind the curtain. Yeah, *that's* where the smell is coming from.





To help you turn your veggie loather into a veggie lover—without a knock-down-drag-out-battle-of-the-broccoli—*Eat This, Not That!* checked in with a group of nutrition experts to see what they’ve learned through trial and error. Once you’ve read these tricks, tear out this page and eat it. You don’t want it to fall into the hands of the enemy.

## Butter ‘em Up

There’s a scientific explanation for why most kids loathe broccoli and kale. Bitterness. In the wild, plants that are bitter to the tongue signify potential toxicity—“Warning, Will Robinson!” Young tongues are particularly sensitive to bitterness, and kids may instinctively repel from bitter foods—unlike adults who’ve grown accustomed to the taste and know that the bitterness comes from the good-for-you nutrients, like calcium, polyphenols, and flavonoids, inside. So to get your kids over that hump, mask the bitterness with butter. “Everything tastes better with butter, especially vegetables,” says Cassie Bjork, RD, of Healthy Simple Life. “Not only does butter—the grass-fed variety, in particular—contain vitamins A, E, and D3, which are important for growing kids, the added fat helps their little bodies absorb the vitamins from the vegetables.” Try adding 1 tablespoon of butter per half cup of mashed sweet potatoes, green beans, broccoli, and cooked spinach to temper the bitterness.

## Starve ‘em, Then Feed ‘em

We don’t really expect you to starve your kids, but waiting until they are really famished to serve up a pile of vegetables—

carrots, celery, cucumbers, and red peppers—might do the trick. “Right as my girls walk in from school I try to have a vegetable plate out; this way it’s the first thing they see and they don’t even have to think to ask for anything else,” says Ilyse Schapiro MS, RD, a registered dietitian with private practices in New York and Connecticut. “They have other snacks, but they at least get their veggies in first.”

## Make ‘em Pick Beans

“Fresh-picked vegetables from a country farm taste a thousand times better, and they are more visually appealing than grocery-store produce,” says Laura Cipullo, RD, a nutritionist and author of the blog and the book *The Body Clock Diet*. She recommends taking your kids to a vegetable farm where they can pick their own: “I mean, who wouldn’t want to snack on beans when they taste like sugar and crunch like chips?”

## Try the Dip Schtick

“Studies have found that kids are more likely to eat their veggies if they’re served with dip, and all three of my kids—who range in age from 7 to 12 years old—absolutely love ranch dressing, so I often serve it on the side,” says Toby Amidor, MS RD CDN, nutrition expert and author of *The Greek Yogurt Kitchen: More Than 130 Delicious, Healthy Recipes for Every Meal of the Day*. Commonly containing MSG and soybean oil, store-bought ranch dressings aren’t the healthiest. But you can do better with homemade: Simply mix a garlic powder, onion powder, dried dill, kosher salt, Worcestershire sauce, cayenne pepper, and fresh chives into a cup of plain Greek yogurt.



## Apply Peer Pressure

Kids are, essentially, lemmings. If one jumps into a mud puddle, you can bet the whole gang will be in there doing their best Lord of the Dance impression in short order. So, tap the power of their copycat behavior. “Send your child to a friend’s or cousin’s home for dinner—especially if the other children do eat their veggies,” suggests Christine M. Palumbo, MBA, RDN, FAND, a Chicago-area registered dietitian and nutrition communications consultant. The peer pressure of watching the other kids scarf down their vegetables just might encourage your kids to at least take a taste.”



*There's a scientific reason why most kids loathe broccoli. Bitterness suggests toxicity.*

## Put on a DVD

Cipullo recommends planting your kids in front of a TV set and watching *Copy-Kids Eat Fruits and Vegetables*, a DVD that encourages kids to improve health habits by watching and copying other kids. It features 12 chapters, one for each of 12 fruits and vegetables. [copy-kids.com](http://copy-kids.com)

## Use Choice Words

If you haven't noticed yet, kids love exerting power and control. It makes them feel like grown-ups. So give them their choice of vegetables and see if that doesn't empower them to gnaw on a carrot. Go to the grocery

store or farmer's market with your child and let him help pick out the vegetables, says Sarah Koszyk, MA, RDN, owner of Family. Food. Fiesta. "When children help decide what they are going to eat, they often don't object when it ends up on their plate." Plus, this is a sneaky way to teach them how to pick good produce.

## Offer a Two-or-One Deal

This one's really sneaky. At dinner offer two colorful vegetable options and ask your kids if they want broccoli or carrots or both. "You'll be surprised how

often your kids will opt for both when they feel the decision is theirs." Says Liz Weiss, MS, RD of MealMakeoverMoms.com. They'll always choose more of something when given the option.

## Eat Your Own Damn Edamame

"Be a positive role model by eating healthy yourself! While my 5-year-old isn't interested in trying everything I eat—like Brussels sprouts, for example—she will gladly sit alongside me and eat edamame, avocados and veggies with hummus," suggests Michelle Dudash, RDN, author of *Clean Eating for Busy Families*.



## Use an App

Use veggies as an appetizer so they don't seem like part of the traditional meal. "When my kids are hungry and waiting for dinner to finish cooking, I put some vegetables on their plates," says Ilyse Schapiro MS, RD, a registered dietitian with private practices in New York and Connecticut. "If it's in front of them, they will eat it. But trust me, they would never open the fridge and say, 'Mom, can I have a carrot?'"

Liz Weiss, MS, RD, of Meal-MakeoverMoms.com, knows that serving bread at the beginning of the meal can curb anyone's appetite for vegetables—or the rest of the meal, for that

## Turn Your Child Into Your Sous Chef

"One of my secret weapons is getting my kids involved in the kitchen. When my kids are there by my side, helping me put kale in a green smoothie or tossing Brussels sprouts with olive oil, salt and pepper for roasting, they're much more willing to eat them. Research has shown that children who are involved in the preparation of foods, such as vegetables, develop more positive attitudes towards and preferences for those foods, and I have definitely seen this with my own three children." —Michelle Loy, MPH, MS, CSSD, Registered

## Beat 'em Into a Pulp, The Veggies, That Is

Pureeing vegetables may be the secret to getting kids to covertly consume more. A study in the *American Journal of Clinical Nutrition* reported that children ages 3 to 5 nearly doubled their consumption of vegetables on days when they were served pureed vegetables instead of whole vegetables.

Try blending half an avocado, a half cup of spinach, half of a small banana, ¼ cup canned pumpkin and ½ cup of either almond milk or water for a nutrient-dense smoothie, suggests, Cassie Bjork, RD, LD of Healthy Simple Life. "Your kids

*If it's in front of them, they will eat it.*

*But trust me, they would never open the fridge and say,*

**"Mom, can I have a carrot?"**

matter. So she serves delicious, colorful veggies at the start of the meal when everyone is famished. To make those veggies more appealing, serve them with hummus or a homemade, flavorful sauce. "Roasting your pre-dinner veggies may also be worth trying. This cooking method brings out vegetables' natural sweetness, and may make them more appealing to kids" she says.

## Simply Ignore Them

"I've found the less attention and pressure I put on my kids, the more likely they are to eat their vegetables," says Schapiro. Also, I try to not let them snack too much on extras during the day. That way, they're appropriately hungry during meals and are more apt to eat their vegetables."

Dietitian Nutritionist and owner of Go Wellness in Orange County, California.

## Have a Vegetable Celebration

When we turn meals into festive events, it helps our children enjoy and try new foods, Lori Zanini, RD, CDE, and spokesperson for the Academy of Nutrition and Dietetics. For example, you could have an Italian theme and incorporate a number of tomato dishes throughout the week. "Set the table with colorful plates and utensils, and even try arranging vegetables into a shape or figure to help kids see their vegetables as a fun experience rather than something they are forced into consuming."

won't even taste the spinach—promise! For an added nutritional bonus, you can also blend in a crushed or liquid form of their daily vitamin supplement."

## Don't Throw in the Towel

"If my kids don't like a vegetable, I don't give up! It may take 10 or more exposures to a food before children feel comfortable trying and accepting it," says Michelle Loy, MPH, MS, CSSD, registered dietitian and owner of Go Wellness in Orange County, California. "I just keep offering the vegetable at different meals and in different ways without pressuring my kids to taste it or like it. This is actually how my older two children finally ended up asking for salads with dinner!"

# PSYOPS FOR MOMS

Your kids can't *complain* about the turnips in their soup if they can't see the turnips. Try this special ops mission that has been used effectively every Friday night for years by Toby Amidor, MS, RD, CDN, nutrition expert and author of *The Greek Yogurt Kitchen: More Than 130 Delicious, Healthy Recipes for Every Meal of the Day*: "Every Friday night I cook a homemade

chicken soup, and the stock is made from a combination of veggies like parsnips, turnips, carrots, cauliflower, onion, and celery. Since the veggies are strained from the stock before it's served, my kids don't see the vegetables in their soup, but I know they're getting the nutrients from those veggies in their weekly bowl of goodness."







Your  
Aisle-by-Aisle  
Supermarket  
Guide for  
Weight Loss  
and Good  
Health

*The* 2017

# Eat This, Not That!<sup>®</sup>

## FOOD AWARDS

**The modern American supermarket** is an assault on the senses—the bright lights, the colors, the music, the boulangerie and fromagerie and pit barbecue. And, ah the scents...of fresh-baked bread and pastries, steaks sizzling, and turkeys cooking. Grocery stores have become restaurants, with broad offerings of cooked-to-order meals and hot buffet bars.

And then you get into the jungle, the bowels of the store, where the aisles are stacked high with boxes, cans, and bottles declaring “healthy,” “natural,” and “gluten-free.” If you read

all the nutrition labels to analyze the food to make the best choice, you’d spend three hours shopping.

That’s why we created the Eat This, Not That! Food Awards, our annual list of best groceries for you and your family. We spent days in the supermarkets reading those labels, buying the foods and bringing them back to the office to taste (and popping lots of Tums) so you won’t have to.

To eat great, lose weight, and avoid the sugar and calorie catastrophes lurking on grocery store shelves, follow our aisle-by-aisle EAT THIS! list.

# BREAKFAST CEREALS



You've got to love a high-fiber cereal you can drink while commuting to work. Dump a cereal packet into the BPA-free plastic to-go cup that comes in each box, add milk, and leave it in the fridge overnight. In the morning, give it a shake and you're eating. It's like drinking cereal milk from the bowl, but you won't get any on your shirt.

Kind of like Cap'n Crunch with half the sugar.



## Oats Over Night Strawberries & Cream

(1 pouch)  
310 calories  
5 g fat (1 g saturated)  
40 mg sodium  
7 g fiber  
6 g sugars  
26 g protein



## Ezekiel 4:9 Sprouted Grain Crunchy Cereal Golden Flax

( $\frac{1}{2}$  cup)  
180 calories  
2.5 g fat (0 g saturated)  
190 mg sodium  
6 g fiber  
0 g sugars  
8 g protein



## Uncle Sam Toasted Whole Wheat Berry Flakes & Flaxseed

( $\frac{3}{4}$  cup)  
210 calories  
6 g fat (0 g saturated)  
140 mg sodium  
10 g fiber  
<1 g sugars  
9 g protein



## Kashi GoLean Original Flavor

( $\frac{1}{4}$  cup)  
180 calories  
2 g fat (0 g saturated)  
115 mg sodium  
13 g fiber  
8 g sugars  
12 g protein



## Barbara's Puffins Cereal Peanut Butter

( $\frac{3}{4}$  cup)  
110 calories  
2 g fat (0.5 g saturated)  
230 mg sodium  
2 g fiber  
6 g sugars  
3 g protein



## Kellogg's All-Bran Buds

( $\frac{1}{2}$  cup)  
80 calories  
1 g fat (0 g saturated)  
210 mg sodium  
13 g fiber  
8 g sugars  
3 g protein

Both of these cereals deliver more than half of a whole day's recommended fiber in a serving.

# HOT BREAKFAST CEREALS



This venerable high-fiber whole grain hot cereal scores a hat trick over all others with 0 sugars, 0 sodium, and 0 saturated fat.



## Wheatena Toasted Wheat Cereal

( $\frac{1}{2}$  cup)  
160 calories  
1 g fat (0 g saturated)  
0 mg sodium  
5 g fiber  
0 g sugars  
5 g protein



## Oat Revolution Steel Cut Classic Instant Oatmeal with Flax

(1 pouch)  
130 calories  
3 g fat (0.5 g saturated)  
105 mg sodium  
4 g fiber  
1 g sugars  
5 g protein



## Quaker Steel Cut Oats

( $\frac{1}{2}$  cup)  
170 calories  
3 g fat (0.5 g saturated)  
0 mg sodium  
4 g fiber  
2 g soluble fiber  
1 g sugars  
6 g protein



## Nature's Path Qi'a Cinnamon Pumpkin Seed

(1 packet)  
150 calories  
4 g fat (0.5 g saturated)  
24 mg sodium  
5 g fiber  
1 g sugars  
6 g protein



## Purely Pinole Whole Grain Hot Cereal Tart Cherry + Lemon

( $\frac{1}{2}$  cup)  
190 calories  
2.5 g fat (1 g saturated)  
45 mg sodium  
8 g fiber  
5 g sugars  
7 g protein

Pinole (pronounced pih-nole) is an ancient Aztec cereal grain made of ground maize, pea protein, and spices. Its high fiber content comes partly from inulin, a soluble fiber that dissolves in the stomach into a gelatinous substance that slows digestion and removes cholesterol.



# FROZEN BREAKFASTS

Keep these in the freezer for a quick breakfast or snack.



This delicious microwavable egg and vegetable bowl fills your belly with 15 grams of protein and 3 grams of fiber thanks to the black beans and corn mixed in.



## Golden Zucchini Pancakes

(1 pancake)  
70 calories  
3 g fat (0.5g saturated)  
170 mg sodium  
1 g fiber  
<1 g sugars  
2 g protein



## Jimmy Dean Delights Honey Wheat Flatbread Bacon, Egg & Cheese Sandwiches

(1 sandwich)  
230 calories  
12 g fat (5g saturated)  
480 mg sodium  
4 g fiber  
3 g sugars  
11 g protein



## Good Food Made Simple Southwestern Veggie Breakfast Bowl

(1 bowl)  
190 calories  
8 g fat (4.5 g saturated)  
430 mg sodium  
3 g fiber  
4 g sugars  
15 g protein



## Amy's Breakfast Scramble with Meatless Sausage & Country-Style Potatoes

(1 entrée)  
360 calories  
20 g fat (2.5 g saturated)  
780 mg sodium  
5 g fiber  
8 g sugars  
18 g protein



## Good Food Made Simple Southwestern Veggie Egg White Breakfast Burrito

(1 burrito)  
240 calories  
7 g fat (1.5 g saturated)  
340 mg sodium  
3 g fiber  
4 g sugars  
10 g protein

# YOGURTS



Filmjolk is a traditional Scandinavian-style slow-fermented drinkable yogurt that's rich in live active cultures. It's sweetened with blueberries and agave nectar, but still keeps sugar content lower than many other yogurts.

## Siggi's Swedish Style Filmjolk Blueberry

(8 oz)  
120 calories  
0 g fat (0g saturated)  
119 mg sodium  
0 g fiber  
17 g sugars  
8 g protein



## Chobani Drinkable Yogurt Mangolicious

(10 oz)  
210 calories  
5 g fat (3g saturated)  
120 mg sodium  
6 g fiber  
22 g sugars  
14 g protein



## Lifeway Lowfat Blueberry Kefir

(1 cup)  
140 calories  
2 g fat (1.5 g saturated)  
125 mg sodium  
0 g fiber  
20 g sugars  
11 g protein



Kefir is another probiotic-rich fermented milk beverage containing vitamin B12, calcium, magnesium and folate. Studies suggest it can heal leaky gut syndrome and boost the immune system.

Yogurt is creamy and comforting, and full of gut-friendly probiotics.

## Dannon Oikos Triple Zero Greek NonFat Yogurt

(1 container)  
120 calories  
0 g fat (0g saturated)  
65 mg sodium  
6 g fiber  
6 g sugars  
15 g protein



If you don't like unsweetened yogurt, try Oikos Triple Zero, which contains no fat, sugars, or artificial sweeteners; it's sweetened with Stevia.

# FRUITS



An easy way to get more fruits and vegetables into your kids without a sugar overload.



**Dole Fruitocracy Squeezable Fruit Pouch Apple Banana**  
(1 pouch)

60 calories  
0 g fat  
(0 g saturated)  
0 mg sodium  
1 g fiber  
13 g sugars  
<1 g protein



**Plum Mashups Organic Fruit Sauce & Veggie Apple Banana**  
(1 pouch)

50 calories  
0 g fat  
(0 g saturated)  
360 mg sodium  
3 g fiber  
9 g sugars  
0 g protein



**Big Slice Honey Berry Chia**  
(1 package)

90 calories  
1 g fat  
0 g saturated  
5 mg sodium  
3 g fiber  
16 g sugars  
<1 g protein



**Fruit Bliss Organic Turkish Tomato Halves**  
(1 oz)

34 calories  
0 g fat  
(0 g saturated)  
412 mg sodium  
2 g fiber  
3 g sugars  
2 g protein



**Fruit Bliss Organic Golden Berries**  
(1 oz)

66 calories  
0 g fat  
(0 g saturated)  
0 mg sodium  
6 g fiber  
9 g sugars  
1 g protein



Thanks to a steam bath before packaging, dried fruit never tasted so moist and delicious. Also, the sulfur dioxide typically added to preserve dried fruit isn't used here, reducing risk of allergic reactions.

# BREADS & ROLLS



If you're having trouble getting enough protein into your diet, fill this fold-over flatbread with deli meat, tuna, or hummus and you'll be well on your way. It alone delivers 10 grams of protein. With 7 grams of fiber and very little sugar, you won't be reaching for post-lunch chips.



**Flatout Foldit Protein Ancient Grains**  
(1 flatbread)

130 calories  
3 g fat  
(0 g saturated)  
340 mg sodium  
7 g fiber  
1 g sugars  
10 g protein



**Udi's Classic Hot Dog Buns**  
(1 bun)

190 calories  
5 g fat  
(0 g saturated)  
350 mg sodium  
4 g fiber  
5 g sugars  
4 g protein



**Alexia Artisan French Rolls**  
(1 piece)

110 calories  
0.5 g fat  
(0 g saturated)  
230 mg sodium  
2 g fiber  
1 g sugars  
5 g protein



**Panera Bread Multi-Grain Bread**  
(¼ loaf)

140 calories  
1 g fat  
(0 g saturated)  
270 mg sodium  
2 g fiber  
2 g sugars  
6 g protein



**Rudi's Organic Bakery Double Fiber Bread**  
(1 slice)

90 calories  
1 g fat  
(0 g saturated)  
140 mg sodium  
6 g fiber  
1 g sugars  
4 g protein



**Arnold Sandwich Thins 100% Whole Wheat Flax & Fiber Rolls**  
(1 roll)

100 calories  
1 g fat  
(0 g saturated)  
170 mg sodium  
5 g fiber  
2 g sugars  
5 g protein

A typical frankfurter roll usually has less than a gram of dietary fiber.



# DELI MEATS



EDITOR'S CHOICE

If you have kids, you're going to occasionally eat hot dogs. We suggest splurging on a better one. Unlike most frankfurters, Applegate's are uncured, so they lack nitrates, a preservative that may pose some health risks. Also, they are made from grass-fed organic beef, which means they have higher concentrations of healthful omega-3 fats.

Most deli meats are just too high in sodium to eat on a regular basis. This sliced turkey breast keeps sodium relatively low.



## Applegate Farms Nitrate-Free Organic Uncured Beef Hotdogs

(1 hot dog)  
110 calories  
8 g fat (3 g saturated)  
330 mg sodium  
0 g fiber  
0 g sugars  
7 g protein



## Applegate Farms Organic Sweet Italian Chicken & Turkey Sausages

(1 link)  
130 calories  
7 g fat (2 g saturated)  
760 mg sodium  
0 g fiber  
0 g sugars  
15 g protein



## Hormel Natural Choice Deli Ham

(2 oz)  
60 calories  
1.5 g fat (0.5 g saturated)  
520 mg sodium  
0 g fiber  
1 g sugars  
10 g protein



## Oscar Mayer Rotisserie Seasoned Chicken Breast

(2 oz)  
50 calories  
1 g fat (0 g saturated)  
450 mg sodium  
0 g fiber  
0 g sugars  
10 g protein



## Hillshire Farm Oven Roasted Turkey Breast Low Sodium

(2 oz)  
60 calories  
0.5 g fat (0 g saturated)  
420 mg sodium  
0 g fiber  
1 g sugars  
11 g protein

Limit consuming processed meats to once a week, and beware of the high sodium content.

# JERKY

EDITOR'S CHOICE

It's moist, chewy, sweet (thanks to the added fruit) and low in fat (its bison meat after all). Keep a few bars in your desk drawer at work when you don't have time to run out for lunch.



## Lorissa's Kitchen Szechuan Peppercorn Premium Steak Strips

(1 oz)  
80 calories  
1 g fat (0 g saturated)  
210 mg sodium  
7 g fiber  
7 g sugars  
11 g protein



## Tanka Bar Buffalo Meat with Cranberries, Apple & Orange Peel

(1 bar)  
70 calories  
3 g fat (1 g saturated)  
230 mg sodium  
1 g fiber  
4 g sugars  
7 g protein



## PaleoStix Uncured Beef Sticks

(1 package)  
76 calories  
3 g fat (1 g saturated)  
280 mg sodium  
0 g fiber  
1 g sugars  
11 g protein



## Light Life Meatless Smart Jerky Teriyaki

(1 oz)  
100 calories  
2.5 g fat (0 g saturated)  
570 mg sodium  
0 g fiber  
7 g sugars  
9 g protein



## Epic Bar Sea Salt + Pepper Salmon

(1 bar)  
90 calories  
4 g fat (3 g saturated)  
400 mg sodium  
0 g fiber  
0 g sugars  
13 g protein

# SPREADS

# SOUPS



Eat your share of sandwiches? Then try this new sandwich spread made from chickpeas, tahini, vinegar, and mustard, a nice switch from yellow mustard, and considerably lower in fat than regular mayo.

EDITOR'S CHOICE



## Sabra Spreads Made with Hummus Honey Mustard

(1 Tbsp)

35 calories  
2.5 g fat (0 g saturated)  
65 mg sodium  
1 g fiber  
2 g sugars  
1 g protein



## Spectrum Mayonnaise with Olive Oil

(1 Tbsp)

100 calories  
11 g fat (1.5 g saturated)  
75 mg sodium  
0 g fiber  
0 g sugars  
1 g protein

## Sabra Guacamole Singles

(2 oz)

90 calories  
7 g fat (1 g saturated)  
280 mg sodium  
3 g fiber  
0 g sugars  
1 g protein



## Kraft Avocado Oil Mayo

(1 Tbsp)

45 calories  
4.5 g fat (0.5 g saturated)  
100 mg sodium  
0 g fiber  
0 g sugars  
0 g protein

A beautiful marriage of two superfoods: chickpeas and avocado.



## Summer Fresh Avocado Hummus

(2 Tbsp)

50 calories  
2.5 g fat (0 g saturated)  
120 mg sodium  
1 g fiber  
0 g sugars  
2 g protein



## Health Valley Organic Minestrone Soup

(1 cup)

90 calories  
2 g fat (0 g saturated)  
50 mg sodium  
3 g fiber  
5 g sugars  
4 g protein



## Amy's Light in Sodium Organic Chili Spicy

(1 cup)

280 calories  
9 g fat (1 g saturated)  
340 mg sodium  
7 g fiber  
5 g sugar  
15 g protein



## Tabatchnick Split Pea Soup

(1 pouch)

140 calories  
0 g total fat  
80 mg sodium  
14 g fiber  
0 g sugar  
13 g protein

EDITOR'S CHOICE

One of the healthiest soups you can buy: no fat or sugar, very low in sodium for soup and very high in both protein (13 g) and fiber (14 g).

Delicious, high in fiber (10 g) and protein (12 g) though a bit salty.



## Dr. McDougall's Black Bean & Rice

(1 container)

160 calories  
0.5 g fat  
330 mg sodium  
9 g fiber  
2 g sugars  
7 g protein



## Blount Coconut Lentil Soup

(1 cup)

200 calories  
4 g fat (2 g saturated)  
720 mg sodium  
10 g fiber  
3 g sugars  
12 g protein



## Boulder Organic Chicken Quinoa & Kale Soup

(about 1 cup)

150 calories  
4 g fat (2 g saturated)  
530 mg sodium  
5 g fiber  
4 g sugars  
10 g protein



## Zupa Chilled Soup

(1 cup)

200 calories  
4 g fat (2 g saturated)  
720 mg sodium  
10 g fiber  
3 g sugars  
12 g protein

A great mix of protein (4 g), healthy fats from the avocado and fiber (5 g), this cold soup makes an excellent afternoon snack.

Soups made with legumes or beans deliver the nutritional trifecta—they're packed with protein, fiber, and antioxidants.



# CONDIMENTS

Keep a bottle of apple cider vinegar in your pantry. Sprinkle it on rolls and sandwiches to block some of the digestion of the starch in the bread. Apple cider vinegar's blood-sugar lowering effect is well documented. And this brand is raw, unpasteurized, and made with organic apples.



**Wishbone E.V.O.O. Dressings Sundried Tomato**  
(2 Tbsp)  
80 calories  
7 g fat (1 g saturated)  
320 mg sodium  
0 g fiber  
3 g sugars  
0 g protein



**Bertolli 100% Extra Virgin Olive Oil Spray**  
( $\frac{1}{2}$  second spray)  
0 calories  
0 g fat  
0 mg sodium  
0 g fiber  
0 g sugars  
0 g protein



**Bragg Organic Apple Cider Vinegar**  
(1 Tbsp)  
0 calories  
0 g fat (0 g saturated)  
0 mg sodium  
0 g fiber  
0 g sugars  
0 g protein



**OrganicVille Organic Yellow Mustard**  
(1 tsp)  
0 calories  
0 g fat (0 g saturated)  
60 mg sodium  
0 g fiber  
0 g sugars  
0 g protein



**PaleoChef Wing Sauce**  
(1 Tbsp)  
10 calories  
0 g fat  
140 mg sodium  
0 g fiber  
1 g sugars  
0 g protein



**Organic Girl Salad Love White Cheddar**  
(2 Tbsp)  
60 calories  
5 g fat (2.5 g saturated)  
220 mg sodium  
0 g fiber  
1 g sugars  
2 g protein

# FROZEN LUNCHES & DINNERS

EDITOR'S CHOICE

By eliminating the flour tortilla, Healthy Choice cut calories (270) and fat (4 g) way down. And look how much fiber and protein you get in this filling meal.

Dr. Praeger's Black Bean Quinoa patty is one of the best-tasting veggie burgers we've tried.

Amy's Bowls makes a tasty high-fiber, high-protein dinner under 300 calories.



**Healthy Choice Café Steamers Unwrapped Burrito Bowl**  
(1 meal)  
270 calories  
4 g fat (1 g saturated)  
350 mg sodium  
12 g fiber  
3 g sugars  
9 g protein



**Lean Cuisine Favorites Four Cheese Cannelloni**  
(1 package)  
230 calories  
6 g fat (3 g saturated)  
690 mg sodium  
3 g fiber  
11 g sugars  
11 g protein



**Dr. Praeger's Black Bean Quinoa Veggie Burger**  
(1 patty)  
140 calories  
7 g fat (0.5 g saturated)  
280 mg sodium  
7 g fiber  
1 g sugars  
5 g protein



**Blake's Shepherd's Pie**  
(1 package)  
240 calories  
9 g fat (3 g saturated)  
520 mg sodium  
2 g fiber  
2 g sugars  
14 g protein



**Evol Street Tacos Shredded Chicken & Caramelized Onions**  
(1 package)  
240 calories  
5 g fat (1.5 g saturated)  
320 mg sodium  
4 g fiber  
1 g sugars  
14 g protein



**Amy's Bowls Brown Rice Black-Eyed Peas and Veggies Bowl**  
(1 package)  
290 calories  
11 g fat (1.5 g saturated)  
580 mg sodium  
8 g fiber  
5 g sugars  
11 g protein

# CRACKERS



You can't get much cleaner in a cracker. It's made from just a few simple ingredients: Flax seed, apple cider vinegar, sea salt, rosemary, and sage, all organic. And you get 6 grams of fiber.



## Stubb's Texas Sriracha Anytime Sauce

(1 Tbsp)  
15 calories  
0 g fat  
150 mg sodium  
0 g fiber  
3 g sugars  
0 gram protein



## Triscuit Mediterranean Style Olive

(6 crackers)  
120 calories  
3.5 g fat (0.5 g saturated)  
150 mg sodium  
3 g fiber  
0 g sugars  
3 g protein



## Natural Nectar Organic Certified Flatbread with Spelt

(2 slices)  
60 calories  
0 g fat (0 g saturated)  
95 mg sodium  
3 g fiber  
0 g sugars  
1.5 g protein



## Doctor Kracker Pumpkin Seed Cheddar Crispbread

(1 piece)  
100 calories  
4.5 g fat (1.5 g saturated)  
150 mg sodium  
3 g fiber  
0 g sugars  
4 g protein



## Blue Diamond Almonds: Pecan Nut-Thins Nut & Rice Cracker Snacks

(19 crackers)  
130 calories  
3.5 g fat (0 g saturated)  
115 mg sodium  
1 g fiber  
0 g sugars  
2 g protein



## Doctor in the Kitchen Flackers Organic Flax Seed Crackers Rosemary

(8 Flackers)  
90 calories  
8 g fat (0.5 g saturated)  
110 mg sodium  
6 g fiber  
0 sugars  
4 g protein



## Nabisco Good Thins the Oat One Sweet Oat & Flax

(21 pieces)  
140 calories  
5 g fat (0.5 g saturated)  
170 mg sodium  
2 g fiber  
3 g sugars  
2 g protein



## Mary's Gone Crackers: Super Seed Classic

(12 crackers)  
160 calories  
8 g fat (1 g saturated)  
200 mg sodium  
3 g fiber  
0 g sugars  
3 g protein



## Angel Veggie Meatballs

(3 oz)  
90 calories  
2 g fat (0 g saturated)  
320 mg sodium  
5 g fiber  
2 g sugars  
8 g protein



*Avoid overeating by filling up plastic baggies with single servings of crackers.*



# CHIPS

EDITOR'S CHOICE

Chips, by nature, aren't very healthful, but with 3 grams of both fiber and protein, these spicy pita chips will stick with you, so you won't be hungry 10 minutes later.



## All Natural Flamous Organic Spicy Falafel Chips

(1 oz)

123 calories  
6 g fat (0 g saturated)  
79 mg sodium  
3 g fiber  
0 g sugars  
3 g protein



## Garden of Eatin' Chili & Lime Corn Tortilla Chips

(1 oz)

130 calories  
6 g fat (0.5 g saturated)  
90 mg sodium  
2 g fiber  
0 g sugars  
2 g protein



## GimMe Organic Seaweed Chips with Brown Rice Sriracha

(1 oz, about 12 chips)

130 calories  
7 g fat (0.5 g saturated)  
140 mg sodium  
1 g fiber  
2 g sugars  
2 g protein



## Lay's Kettle Cooked Original Potato Chips

(1 oz, about 16 chips)

160 calories  
9 g fat (1.5 g saturated)  
90 mg sodium  
1 g fiber  
<1 g sugars  
2 g protein



## Plentils Margherita Pizza Crunchy Lentil Chips

(1 oz)

130 calories  
6 g fat (0.5 g saturated)  
350 mg sodium  
1 g fiber  
1 g sugars  
3 g protein

# POPCORN

They have the crunch of kettle corn without the sugar.

EDITOR'S CHOICE



## Quinn Popcorn Parmesan & Rosemary

(2 Tbsp, unpopped)

170 calories  
10 g fat (2 g saturated)  
170 mg sodium  
3 g fiber  
0 g sugars  
4 g protein



## Snickie Puffs Lunch Pack Baked Grilled Cheese Mac 'N Cheese

(1 small bag)

100 calories  
5 g fat (1 g saturated)  
180 mg sodium  
1 g fiber  
2 g sugars  
2 g protein



## Half Pops Curiously Crunchy Popcorn

(1 oz)

140 calories  
6 g fat (1.5 g saturated)  
3 g fiber  
<1 g sugars  
3 g protein

# PASTAS



## Nature's Legacy Spelt Spaghetti

(2 oz)

190 calories  
1.5 g fat (0 g saturated)  
0 mg sodium  
5 g fiber  
4 g sugars  
8 g protein



## Banza Chickpea Spaghetti

(2 oz)

190 calories  
1.5 g fat (0 g saturated)  
0 mg sodium  
5 g fiber  
4 g sugars  
8 g protein



## Barilla Whole Grain Lasagne

(2 sheets)

160 calories  
1.5 g fat (0 g saturated)  
0 mg sodium  
5 g fiber  
2 g sugars  
7 g protein



**Boom Chicka Pop Lightly Sweet Popcorn**  
(3¼ cups)  
120 calories  
4 g fat (0 g saturated)  
110 mg sodium  
3 g fiber  
5 g sugars  
2 g protein



**Pipcorn Truffle Delicious Mini Popcorn**  
(2½ cups)  
120 calories  
6 g fat (0.5g saturated)  
190 mg sodium  
5 g fiber  
1 g sugars  
3 g protein



Look ma, no trans fats!

**Pop Secret Light (Microwave)**  
(4 cups popped)  
100 calories  
1.4 g fat (0.5g saturated)  
270 mg sodium  
2 g fiber  
3 g protein



**Smartfood Delight**  
(3¾ cups)  
140 calories  
7 g fat (1 g saturated)  
115 mg sodium  
4 g fiber  
0 g sugars  
3 g protein

Popcorn is a whole grain, so it contains a healthy dose of fiber, vitamins, and minerals. Plus, it's low in calories.

## SUPERFOODS

The prebiotic fiber in this resistant starch makes you feel full and promotes a healthy gut biome.

Made from glucomannan, a sugar derived from the root of the konjac plant. Studies suggest that glucomannan can help people lose weight by reducing absorption of carbs and eliminating the insulin spikes pasta typically causes.



**EDITOR'S CHOICE**

**Skinny Pasta Spaghetti Shape**  
(½ package)  
9 calories  
0 g fat (0 g saturated)  
0 mg sodium  
3 g fiber  
0 g sugars  
0 g protein



**Modern Table Meals Lentil Elbows**  
(½ cup)  
200 calories  
0.5 g fat (0 g saturated)  
20 mg sodium  
4 g fiber  
1 sugars  
14 g protein

**Sacha Inchi Seeds**  
(¼ cup)  
170 calories  
13 g fat (1.5 g saturated)  
150 mg sodium  
5 g fiber  
0 g sugars  
8.5 g protein



**Spectrum Ground Flaxseed with Mixed Berries**  
(2 Tbsp)  
70 calories  
5 g fat (1 g saturated)  
0 mg sodium  
3 g fiber  
2 g sugars  
3 g protein



**Tiger Nut Smoothie Mix**  
(2 Tbsp)  
50 calories  
2 g fat (1 g saturated)  
15 mg sodium  
g fiber  
2 g sugars  
32 g protein



**Firepot Nomadic Teas Masala Chai**  
(4 oz)  
50 calories  
0 g fat (0 g saturated)  
50 mg sodium  
1 g fiber  
10 g sugars  
0 g protein



These nutty-tasting organic seeds from the rainforest regions of Southeast Asia are about the size of almonds and deliver more protein than most nuts plus a healthy amount of alpha linoleic acid (ALA) a plant-based omega-3 fatty acid, which converts in the body to DHA and EPA, the omegas found in fish. So you get the health benefits of omega-3s without the mercury from fish-based omegas.



# FROZEN SNACKS

Sneak vegetables into your kids with eggplant fries and these broccoli puffs shaped like SpongeBob.

You've got to love tater tots that deliver 60 percent of your daily requirement of vitamin A.

Your kids eat a lot of chicken nuggets. Better to feed them the baked version made from organically raised chickens. You'll snack on them, too.



## Olive Valley Falafel Sticks

(3.5 oz)  
113 calories  
5 g fat (0.3 g saturated)  
519 mg sodium  
3.7 g fiber  
0.6 g sugars  
4.3 g protein

## Dr. Praeger's Broccoli Littles

(2 pieces)  
50 calories  
3 g fat (0 g saturated)  
85 mg sodium  
1 g fiber  
0 g sugars  
1 g protein

## Alexia Sweet Potato Puffs

( $\frac{2}{3}$  cup)  
140 calories  
4.5 g fat (0 g saturated)  
230 mg sodium  
3 g fiber  
9 g sugars  
1 g protein

## Dominex Breaded Eggplant Veggie Fries

(12 pieces)  
160 calories  
9 g fat (1.5 g saturated)  
80 mg sodium  
4 g fiber  
2 g sugars  
2 g protein

## Gardein Seven Grain Crispy Tenders

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

## Applegate Organic Chicken Strips

(3 strips)  
170 calories  
8 g fat (1 g saturated)  
350 mg sodium  
0 g fiber  
1 g sugars  
12 g protein

# BEVERAGES



Love the ingredients list: tomato juice, lemon juice.

With sugars, protein and potassium from the bananas, it's ideal for a post-workout recovery drink.



## Natalie's Tomato Juice

(8 oz)  
45 calories  
0 g fat (0 g saturated)  
10 mg sodium  
3 g fiber  
6 g sugars  
2 g protein

## Silk Vanilla Soy Milk

(1 cup)  
100 calories  
3.5 g fat (0.5 g saturated)  
95 mg sodium  
1 g fiber  
7 g sugars  
6 g protein

## Pacific Organic Oat Non-Dairy Beverage Vanilla

(1 cup)  
130 calories  
2.5 g fat (0 g saturated)  
110 mg sodium  
2 g fiber  
20 g sugars  
4 g protein

## Sir Bananas Chocolate Bananamilk

(1 cup)  
150 calories  
2.5 g fat (1.5 g saturated)  
130 mg sodium  
1 g fiber  
22 g sugars  
7 g protein

## Orgain Cold Brew Coffee + Protein

(1 container, 11.5 oz)  
100 calories  
5 g fat (2 g saturated)  
220 mg sodium  
9 g fiber  
2 g sugars  
10 g protein

## Apple & Eve Organics 100% Apple Juice

(8 oz)  
110 calories  
0 g fat  
5 mg sodium  
0 g fiber  
22 g sugars  
0 g protein

# GRAIN & LEGUME SIDES



Loaded with tender, chewy nutrient-dense wheat berries, faro, black barley, and golden raisins, this Whole Foods Market branded grain medley is made for breakfast, but it's delicious for stand-alone lunch or a dinner side dish.

Share this snack with a friend; it's filling, and you'll halve the calories and sodium.



## Boomerang's Aussie Inspired Pies Pepperoni Pie

(1 pie)  
420 calories  
18 g fat (8 g saturated)  
550 mg sodium  
3 g fiber  
3 g sugars  
18 g protein



## Vana Life Foods Green Chickpeas, Coconut, Lime, Sweet Potato

(1 package)  
330 calories  
15 g fat (9 g saturated)  
450 mg sodium  
11 g fiber  
6 g sugars  
11 g protein



## Birds Eye Steamfresh Multi-Grain Blend with Spinach, Tomato & Onions

(1 1/2 cups)  
180 calories  
1 g fat (0 g saturated)  
40 mg sodium  
4 g fiber  
2 g sugars  
6 g protein



## Cucina & Amore Quinoa Meal Mango & Jalapeño

(1/2 container)  
110 calories  
2 g fat (0 g saturated)  
290 mg sodium  
3 g fiber  
1 g sugars  
3 g protein



## Grainful Steel Cut Oats Meal Mate Jambalaya

(1 cup)  
200 calories  
3 g fat (1 g saturated)  
360 mg sodium  
6 g fiber  
3 g sugar  
7 g protein



## Engine 2 Plant Strong Morning Blend Grain Medley

(1 cup)  
230 calories  
1 g fat (0 g saturated)  
0 mg sodium  
7 g fiber  
12 g sugars  
7 g protein

EDITOR'S CHOICE

# FROZEN DESSERTS

After sampling dozens of healthful frozen desserts (tough duty, we know) journalism interns from Moravian College selected these five frozen treats as best tasting, giving top honors to Halo Top Oatmeal Cookie ("It's sooo good"), which they took back to their dorms for additional research.

It's hard to beat this classic for traditional ice cream made with simple ingredients.



## INVO Coconut Water

(12 oz)  
100 calories  
0 g fat  
65 mg sodium  
0 g fiber  
21 g sugars  
0 g protein



## Stonyfield Organic Frozen NonFat Yogurt Gotta Have Java

(1/2 cup)  
100 calories  
0 g fat (0 g saturated)  
60 mg sodium  
0 g fiber  
19 g sugars  
5 g protein



## Arctic Zero Cake Batter

(1/2 cup)  
35 calories  
0 g fat (0 g saturated)  
100 mg sodium  
2 g fiber  
5 g sugars  
3 g protein



## Halo Top Light Ice Cream Oatmeal Cookie

(1/2 cup)  
70 calories  
2 g fat (1 g saturated)  
110 mg sodium  
3 g fiber  
5 g sugars  
6 g protein



## So Delicious Dairy Free Coconut Milk Minis

(1 sandwich)  
90 calories  
2 g fat (0.5 g saturated)  
70 mg sodium  
1 g fiber  
8 g sugars  
2 g protein



## Breyer's French Vanilla

(1/2 cup)  
140 calories  
7 g fat (4.5 g saturated)  
50 mg sodium  
0 g fiber  
14 g sugars  
2 g protein

INTERNS' CHOICE

EDITOR'S CHOICE



# *The* Pizza Diet



Lose Weight Without Giving Up  
The Foods You Love



# I woke up one day and I noticed I couldn't see my feet.

My stomach was in the way.

I knew I was big, but I didn't realize how heavy I was until I went for a physical examination. I tipped the weight scale at 370 pounds. My doctor told me to stop eating so much. "If you keep this up," she warned me, "you'll be dead of a heart attack soon."

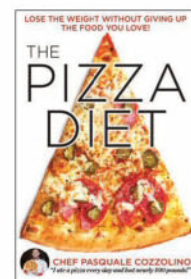


*"I lost 100 pounds eating pizza!"*

—**Chef Pasquale Cozzolino**, 42, is co-owner of Ribalta, in New York's East Village

When I came to New York from Naples in 2011, I had no job and only 50 Euros in my pocket. I had a dream of opening my own restaurant, but I needed investors, and investors had to be convinced I could run it myself. I rushed around New York City tasting every new experience, visiting two or three restaurants a day. One day, I'd visit a restaurant posing as a reporter from Italy and ask all the questions I could think of. The next, I'd just eat my way through the menu. When you eat and eat, your stomach stretches, and mine did. To feel satisfied, you have to eat more. I ate a lot more.

**The Pizza Diet** will be available in March 2017.







## Prosciutto & Mushroom

*Before baking the pizza, add:*

- 3 Tbsp tomato sauce
- 2 oz fresh mozzarella, cubed
- 4 oz cremini or portobello mushrooms, sliced
- 6 slices prosciutto
- 1 tsp fresh parsley
- 2 Tbsp extra virgin olive oil
- 2 cloves of garlic, finely chopped
- Pinch of salt & pepper to taste

It began with an occasional soda. And then something tasty and fast to go with it. Fast food made me feel good—for a moment. When you're trying to build a career and raise a family, you're hustling; everything else isn't so important—like what you're eating. You grab whatever's easy and fast, and go. It never occurred to me, but I'd stopped paying attention to food, and I ignored what poor eating habits I was developing and what they were doing to my body. My doctor made me realize I was eating myself to death with junk food. And I had to change for the sake of my wife and son.

I had tried diets before, of course, but I found that I could never stick to them. I would drop a few pounds and then lose the discipline to continue and, ultimately, gain all the weight back. You've heard the statistics: Between 80 and 95 percent of people who diet end up putting weight back on—and then some. That was me. At the doctor's office, in that moment, I resolved to find a way to lose weight and keep it off. But I needed a strategy that was different.

During the summer I went home to Naples and met with a well-known Italian nutritionist, Giuseppe Moscarella, who told me: "Pasquale, a diet you don't like, you're never going to follow. You have to eat something that tastes good to you."

That evening, I walked through Quartieri Spagnoli, the neighborhood in Naples where I grew up. It's the poorest part of town. We lived in a tiny apartment where I shared a bedroom with my two sisters. There was never extra money for luxuries, but every Saturday night my parents would take us out to try a different pizzeria. In the historic center of Naples, there are more than 600 pizzerias. I longed for Saturdays. Neapolitan families got together over pizza; there was no food in the Quartieri I loved more. In fact, as a boy, I'd already made a decision: "One day I will be a pizza maker so I can eat pizza every day."

As I walked, the smoky scent of cooking pizza brought back wonderful childhood memories. Then it hit me: Pizza! Pizza, the most important food in my life. Pizza, the reason I became a chef. If I cannot have pizza, I reasoned, I cannot follow a diet. But what if I could make a healthier style? Knowing there's a pizza waiting for me in the middle of each day, I could follow any diet.

The next day, I began to develop my Pizza Diet.

I experimented with ways to make pizza healthier and lower in calories. My pizza would be made with high-quality ingredients, and the dough would be fermented so it was lighter and more healthful. Using special Italian dough and fermenting it for 36 hours, much





of the natural sugars are eliminated, leaving healthier complex carbohydrates. I formulated a meal plan based on the Mediterranean diet, eating fresh vegetables, fruits, fish, and whole grains and using healthy fats like olive oil and avocado instead of saturated fats. It's the way I used to eat in Italy, and I'd replaced it with fast food and sugary processed foods when I came to New York. Along with my beloved pizza, which I would eat every day, this dietary change would become my savior. I followed the Mediterranean style of eating religiously for breakfast, snacks, and light dinners.

In the first two weeks alone, I lost 20 pounds. When you see that kind of progress, it gives you motivation. It gives you confidence in your conviction and makes you want to do more. After nine months, I had shed 114 pounds and completely turned my life around.

I understand how it is for people with extra pounds. They feel so frustrated, so hopeless. They feel terrible because they can't do everything they might like. I was that way, too. It's emotionally discouraging and exhausting. And I never want to go back to that place.

When people see me now, they ask how I lost so much weight and how I did it. When I tell them about the Pizza Diet, I can tell they are a little skeptical. "Are you sure?" they'll ask with a puzzled look on their faces.

I'm sure.

My weight-loss story has gone around the globe. I was on the front page of the *New York Post* and featured in magazines and newspapers in South

## Pizza Margherita

*The Neapolitan classic is simple:*

- 3 Tbsp tomato sauce
- 2 oz fresh mozzarella, cubed
- 4 large basil leaves
- 1 Tbsp extra-virgin olive oil



## Grilled Vegetable

*Before baking, grill vegetables and arrange on top:*

- 2 Tbsp tomato sauce
- 2 oz fresh mozzarella, cubed
- Bell pepper
- Eggplant chips
- Radicchio
- 1 Tbsp extra virgin olive oil
- Basil leaves



# The Pizza Diet At a Glance

My plan reduces stubborn belly fat by filling you up with nutritious, fat-burning foods and eliminating the hardest part about dieting—sacrificing your favorite foods—which causes most people to fail.

## Ingredients:

**Three meals a day**, plus snacks

**Mediterranean Diet foods**, such as fresh vegetables, fruits, whole grains, seafood, and lean proteins

**Zero-calorie drinks every day** and a glass of red wine on occasion

**Moderate exercise**—move (walk, swim, bike, etc.) for 30 to 60 minutes a day.

**One special pizza** like those here

## Margherita Bufala

*Before baking the pizza, add:*

**3 Tbsp tomato sauce**

**2 oz fresh mozzarella**

**1 cup cherry tomatoes**

**4 large basil leaves**

*After baking, top with:*

**4 slices buffalo mozzarella**

**1 Tbsp extra-virgin olive oil**



America, Asia, Australia, Europe, and Russia. People are fascinated by my example. They are amazed and encouraged when they see my before-and-after pictures. It proves to them that if I can do it, they can do it. I am living proof that you really can heal your body with food and you do not need to cut pizza out of your life. When the dough is prepared the right way, it can be good for you and part of a well-rounded diet. My book will show you how.

## HOW TO MAKE A WEIGHT-LOSS PIZZA

### The Secret “Sauce” Is Actually the Dough

Long ago, bread was different. Simpler. It wasn’t made from highly processed flour, and it didn’t roll out of giant factories, presliced. It was made more carefully, often with a sourdough starter, and allowed to rise for many hours, if not days. Only in the 20th century have new industrial baking techniques made it possible to churn out a loaf ready to eat in about three hours.

Bread—which is what pizza crust is—wasn’t meant to be produced this way. We’ve sacrificed speed for nutrition, and we’re doing our bodies harm in the process of making baking more profitable. Celiac disease—intolerance of gluten—is now about four times more prevalent than it was 50 years ago, and doctors aren’t quite sure why. One theory suggests it may have to do with the quickie, industrialized bread-making techniques and the way that gluten is not sufficiently broken down before it’s eaten.

A healthier pizza dough is simpler pizza dough. If you take the time to make the dough the right way, you can enjoy pizza without worrying about blood sugar problems, gluten intolerance, and cravings that lead you to overeat. Combined with following a Mediterranean-inspired diet, my special pizza dough is the secret to your success on The Pizza Diet.

Let’s get our fingers in the flour.

When we add yeast to dough, the yeast begins eating the sugar in the flour, releasing carbon dioxide as a by-product (which makes your dough puff up). The fermentation process also breaks down the gluten protein into smaller pieces, making it easier for our bodies to digest and increasing its nutritional value. Think of it this way: Fermentation does part of the job of your digestive system; the gluten is being broken down before it even enters your stomach, so all you have to do is take in its nutrition once it arrives. Fermentation also lowers bread’s glycemic index number, meaning it will be less likely to raise your blood sugar. This is critical because frequent blood sugar spikes can cause cravings and extreme hunger when blood sugar dips. Over time, blood sugar spikes can lead to insulin

resistance and type 2 diabetes. That's why using less-processed flour and fermenting the dough longer is so important to The Pizza Diet strategy.

## FLOUR POWER

In Italy, flour is classified into four main types—2, 1, 0, and 00—according to the way it's produced and how finely it's milled. Type 2 is the coarsest, and Type 00 the most highly refined, and least nutritious. The milling process strips it of nearly all of its bran, as well as its vitamins and minerals. It's very similar to the American white flour most pizzerias in the U.S. use, which is so nutritionally deficient, the government requires it to be enriched with iron, vitamin B, and other nutrients.

For the pizza at my restaurant, Ribalta, I use Type 1 stone-ground flour from an Italian maker called Le 5 Stagioni. It's a beautiful product, but unfortunately, is not widely available at the retail level in the U.S.; however, you can find it on Amazon. (Look for the bag labeled "Tipo 1.") A good alternative, also available online, is Molino Rossetto's "Grano Duro Cappelli—Farina Macinata a Pietra."

Stone-ground flour, which is literally made by pulverizing the grain between two heavy stones, is more expensive to produce, and that's one reason many restaurants don't use it. The flour I recommend is better for your body. The biggest difference between my dough and regular pizza dough is the rising time. I allow my dough to rise for at least 36 hours; that allows time for the yeast to go to work and the gluten to be adequately broken down. Generally, other pizzerias might let their dough rise for less than five hours. It ends up heavy, like a rock in your stomach. No wonder you fall into a food coma after you eat a slice.

## Broccoli Rabe & Italian Sausage

Before baking the basic pizza, add:

**2 oz fresh mozzarella, cubed**

**1 bunch broccoli rabe**

**Italian sausage crumbled**



## PIZZA DIET DOUGH *(makes eleven 12-inch pizzas)*

**35 oz cold water**

**1 tsp dry yeast**

**3.65 lb Italian stone-ground**

**Type 1 flour**

**(Le 5 Stagioni Tipo 1)**

**3 Tbsp sea salt**

*Because it takes so much time, you'll want to make enough all at once for many pies, at least a week's worth. Keep the dough refrigerated until ready to use. Or you can double the recipes and freeze half of the dough for another week.*

- Pour the water into a large mixing bowl and add the yeast. Mix with your hands, breaking up the clumps of yeast. Let stand for 5 minutes until all the yeast has dissolved. This step activates the yeast.
- Add 20 percent of the flour (about ½ cup) and mix with your hands until a creamy slurry forms.
- Add the salt and the remaining flour and mix by hand (or using a stand mixer) until a soft, elastic dough has formed.
- Transfer to a floured work surface and knead and fold with your hands for 5 minutes. If the dough is too wet, add a bit more flour.
- Cover with plastic wrap and allow the dough to rest at room temperature for 20 minutes.
- Cut the dough into balls of 250 grams each, about 9 ounces, for a 12-inch pizza. Seal in an airtight container and let rest for 4 or 5 hours at room temperature. Move the dough into the refrigerator and let rise for another 20 hours. You can let it rise for longer, but no more than 48 hours, as it will begin to sour.
- Dough can be frozen for up to six months.



# Skinny Pizza

Chef Cozzolino shows you how to remake yourself at home with a healthier pizza pie from scratch

You can do this. A leaner, healthier home-baked pizza is easy to pull off with the right ingredients, a little practice, and step-by-step instruction from The Pizza Diet chef. Start by gathering your supplies: The Italian-style Type 1 flour mentioned on page 69, canned San Marzano tomatoes, sea salt, mozzarella cheese, high-quality extra-virgin olive oil, and the toppings. Follow the directions for traditional dough on the previous page. After allowing the dough to rise for 36 hours, follow these next steps. Optional but highly recommended: a pizza baking stone.



## Step 1 Prepare the crust



**A** Toss some flour on your work surface so the dough won't stick. Plop the 9-ounce ball of dough on it and press down with your fingertips to flatten.

**B** Leave a thicker rim or cornicione (core-nee-CHO-nehe), Italian for "cornice."

**C** Form a circle 12 inches in diameter. Stretch from the rim to avoid making the center too thin and tearing a hole in the dough.

## Step 2 Add the Toppings





## Step 3

### Bake

Preheat an oven to 500°F. Place the pie on a parchment-lined baking sheet or a pizza stone and bake for 10 to 11 minutes until the crust is golden brown and looks like this. That's your classic Neapolitan margherita.



**D** Spoon a ladleful of tomato sauce (about 3 ounces) into the center of your dough. Using the rounded back of the spoon, circle your pie to spread the sauce evenly out to the cornicione edge.

**E** Pull one-inch chunks off a fresh roll of local mozzarella and arrange them evenly on top of the tomato sauce.

**F** Drizzle a little extra-virgin olive oil over your creation. Not too much, though, or pools of oil will make your pie soggy.

**G** Finally, arrange fresh basil leaves over your margherita, which should resemble the colors of the Italian flag, and bake.

## Step 4

### Add Fresh Toppings



## Step 5

### Enjoy!



**A** You can turn your margherita into a more elaborate and nutritious pizza using colorful toppings, starting with a large handful of arugula leaves. This tangy green is rich in healthful nutrients like alpha-lipoic acid and sulphorophane, plus calcium and vitamin K.

**B** On top of the greens, arrange thin slices of prosciutto de parma ham, which will add a salty flavor to compliment the peppery bite of the arugula.

**C** Place large, thinly shaved pieces of Parmigiano-Reggiano cheese over the toppings.

**D** Finally, add a half-cup or so of diced raw Better Boy tomato on top.



# COOK ONCE, EAT TWICE (OR MORE!)

**10**  
**DOUBLE-DUTY**  
**MEALS**  
that fight fat and  
save time


You might not use the terms “pizza box” and “serving dish” interchangeably, but if you’re like most people, you probably could. That’s because 64 percent of people spend little to no time preparing their meals. Unfortunately the inexpensive, time-saving foods that people choose most often are also the ones that are the highest in sugar, fat, and calories. Thankfully, we have a culinary solution that’ll perfectly fit your budget, schedule, and diet: Set aside 20 minutes on Sunday to fulfill our 17-item shopping list, then forget about your collection of takeout menus. With our 5-day menu, you’ll have the precise number of ingredients to create 10 fast, flavorful meals, all of which are designed to help melt fat while saving you money. (The average price of 10 meals eaten out: about \$120; the total price of our meals: \$47.96.) Each night, you’ll simply prepare a quick and easy dinner and then creatively use the leftovers to assemble the next day’s lunch. Call it the mixologist’s guide to eating.

A close-up photograph of a whole roasted chicken, golden brown and glistening, served on a dark, textured platter. The chicken is surrounded by a variety of roasted vegetables, including orange carrots, green Brussels sprouts, and white onions. The background is dark and out of focus.

MEAL  
1

# Rotisserie Chicken

with Vegetables

See this recipe  
on the next page 

430 calories  
25 g fat (7 g saturated)  
36 g protein  
18 g carbohydrates  
5 g fiber



MEAL  
1

SUNDAY DINNER

# Rotisserie Chicken

with Vegetables

## YOU'LL NEED

- ¾ bunch asparagus (about 8 spears)
- 3 portobello mushroom caps, sliced ¼" thick
- 2 onions, cut in ¼"-thick rings
- ½ Tbsp extra-virgin olive oil

Salt and pepper

- 1 rotisserie chicken breast or leg
- 1 cup mixed greens, dressed with olive oil and balsamic vinegar

**NOTE:** you can also use carrots, potatoes, onions and other root vegetables in place of the asparagus

## HOW TO MAKE IT

- Preheat the oven to 400°F. Remove the woody ends of the asparagus by gently bending each stalk until it breaks.
- In a baking dish, toss the vegetables with the oil and season with salt and pepper. Roast for 15 to 20 minutes, until the vegetables have developed a light brown crust. Serve half of the vegetables with the chicken and the salad.

*Makes 1 serving*

Reserve the rest of the vegetables and chicken for other meals. Remove the chicken skin and use a fork to pull the meat from the bones. Then cut it into bite-size pieces—it should yield about 3 cups' worth for later in the week.

LEFTOVER  
MEAL  
1



400 calories  
15 g fat (4.5 g saturated)  
43 g protein  
29 g carbohydrates  
5 g fiber

MONDAY LUNCH

# Chicken Portobello Wrap

## YOU'LL NEED

- 1 cup chopped rotisserie chicken (left over from Sunday's dinner)
- 3 large bell peppers
- 1 clove garlic, minced
- 1 Tbsp reduced-fat mayonnaise
- 1 tsp balsamic vinegar
- 1 whole-wheat tortilla
- 2 Tbsp shredded mozzarella
- 1 small handful mixed greens
- 1 cup leftover asparagus, mushrooms, and onions

## HOW TO MAKE IT

- Measure out the chicken and put the rest away for later in the week.
- Chop the peppers into ½" pieces: They should yield about 4 cups; use ½ cup today and save the rest in a plastic bag for tonight's dinner, Wednesday's dinner, and Thursday's lunch.
- Mix the garlic, mayonnaise, and vinegar to make the aioli. Brush the tortilla with the aioli, then put the cheese down the middle, followed by the greens, chicken, and vegetables. To make a tight wrap, fold the bottom of the tortilla up first, then roll it from the side.

*Makes 1 serving*

LEFTOVER  
MEAL

2

TUESDAY DINNER

# Fettuccine

with Chicken, Roasted  
Vegetables, and  
Sun-Dried-Tomato Pesto

## YOU'LL NEED

- 6 oz 100% whole-wheat fettuccine
- ½ Tbsp canola oil
- 1 cup chopped rotisserie chicken (left over from Sunday's dinner)
- 1 cup roasted vegetables (left over from Sunday's dinner)
- 1½ Tbsp sun-dried-tomato pesto
- Salt and black pepper
- Parmesan cheese
- 1 cup mixed greens, dressed with olive oil and balsamic vinegar

## HOW TO MAKE IT

- Cook the fettuccine according to the package directions. Drain. Toss half of the pasta with the oil and reserve in a container for Thursday's lunch.
- Mix the chicken, vegetables, and pesto with the remaining pasta. Season with salt and pepper. Grate some Parmesan and sprinkle on top. Serve with the greens.

*Makes 1 serving*

490 calories  
20 g fat (5 g saturated)  
46 g protein  
34 g carbohydrates  
6 g fiber

LEFTOVER  
MEAL

3



440 calories  
19 g fat (8 g saturated)  
38 g protein  
32 g carbohydrates  
4 g fiber

WEDNESDAY LUNCH

# Italian Quesadilla

## YOU'LL NEED

- 1 Tbsp sun-dried-tomato pesto
- 1 whole-wheat tortilla
- ½ cup shredded mozzarella cheese
- ½ cup chopped rotisserie chicken (left over from Sunday's dinner)
- 1 cup roasted vegetables (left over from Sunday's dinner)

## HOW TO MAKE IT

- Spread the pesto on the tortilla. Top with the cheese, chicken, and vegetables.
- Microwave open-faced for 1 minute, until the cheese has fully melted. Fold over and slice into quarters. If you have time, try cooking it over low heat in a skillet for a crispier result.

*Makes 1 serving*

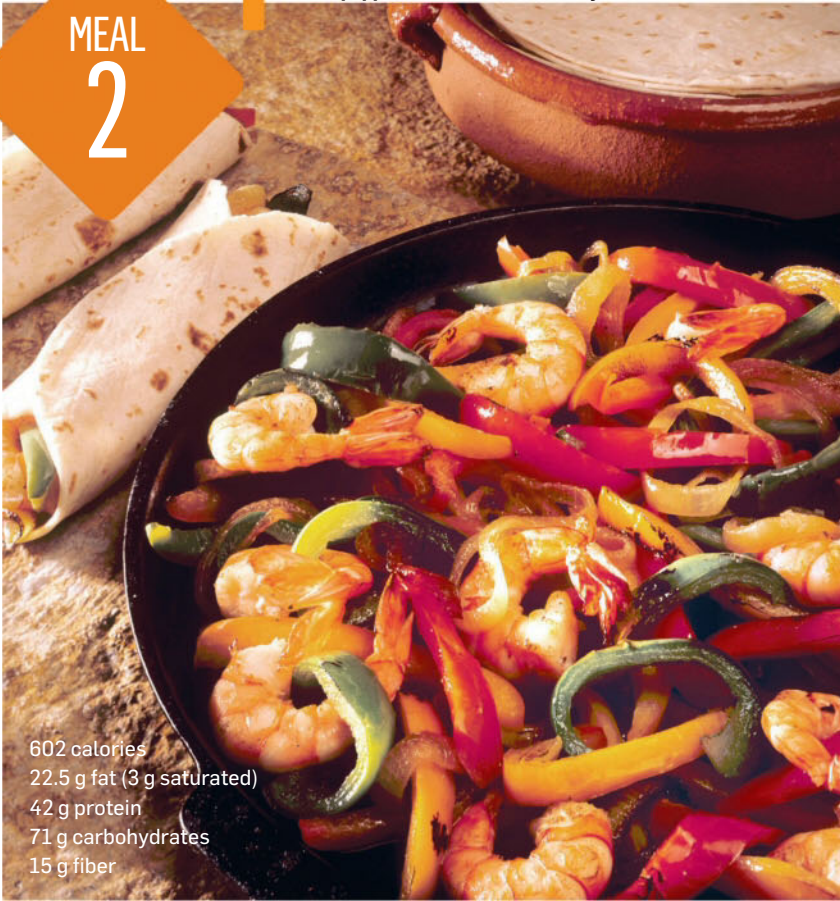
## Classic Kitchen Skill: MINCING GARLIC

You can buy the jarred stuff, but precut garlic lacks many of the essential oils that give this classic vegetable its intense (and addictive) flavor. For the full garlicky effect, you need to mince it yourself—preferably just before using it. Here's how: Lay a clove, still in its papery skin, on a cutting board. Place a heavy knife flat on top and whack it with a tight fist to flatten the clove. Peel off the skin and use the knife to slice the clove lengthwise into thin planks. Rotate the slices 90 degrees and repeat for a fine mince.



+ Bell pepper leftovers from Monday's lunch

MEAL  
2



602 calories  
22.5 g fat (3 g saturated)  
42 g protein  
71 g carbohydrates  
15 g fiber

LEFTOVER  
MEAL

## TUESDAY LUNCH

# Fiesta Rice Bowl

### YOU'LL NEED

Rice, beans, and fajita mix  
(left over from Monday's dinner)  
½ avocado, peeled and thinly sliced  
Salsa (optional)

### HOW TO MAKE IT

- Heat the leftovers in a plastic container or a microwavable bowl for 60 seconds. Top with the avocado and salsa to taste, if desired.

*Makes 1 serving*

650 calories  
20 g fat (3 g saturated)  
37 g protein  
85 g carbohydrates  
16 g fiber

## MONDAY DINNER

# Shrimp Fajitas

### YOU'LL NEED

- ¼ cup instant brown rice,
- ½ can black beans, drained and heated
- ½ Tbsp canola or other cooking oil
- 1 onion, sliced
- 1 cup chopped bell pepper (left over from Monday's lunch)
- 2 garlic cloves, chopped
- 8 oz frozen shrimp, defrosted

Cayenne pepper, crushed red pepper, or Tabasco to taste

½ tsp cumin

Salt and black pepper

½ avocado, pitted, peeled, and thinly sliced

1 whole-wheat tortilla, warmed

### HOW TO MAKE IT

- Cook the rice according to the package directions, then add the beans. Heat the oil in a large skillet or wok over high heat. Add the onion, the bell pepper, and garlic; cook for 5 to 7 minutes, until the vegetables begin to brown.
- Mix in the shrimp and spices; cook for another 3 minutes, until the shrimp are pink and firm. Serve half of the shrimp fajita mix with a small scoop of the rice and beans, the avocado slices, and the tortilla.

*Makes 1 serving*

Reserve the rest of the rice and beans in a microwavable bowl or plastic container along with the leftover fajita mix and use them for tomorrow's lunch. Wrap the leftover avocado well and refrigerate to minimize browning.

## THE GROCERY LIST

A balance of protein-packed meats, fresh produce, and a few versatile extras is all you need to feed yourself well week after week.

MEAL  
3

+ Bell pepper leftovers from Monday's lunch

LEFTOVER  
MEAL



350 calories  
17 g fat (3.5 g saturated)  
37 g protein  
12 g carbohydrates  
2 g fiber

If you want a bigger meal, prepare ¼ cup of instant brown rice, measured dry. It'll add 170 calories, 4 g protein, 36 g carbohydrates, 1 g fat, and 2 g fiber to the nutrition information.

## WEDNESDAY DINNER

# Roasted Pork Loin

## with Peppers and Balsamic Onions

### YOU'LL NEED

- 1 pork tenderloin, about ¾ pound (herb or lemon-garlic marinated)
- 1 onion, quartered
- 1½ cups chopped peppers (left over from Monday's lunch)
- 2 garlic cloves, crushed
- 1 Tbsp extra-virgin olive oil
- 1 Tbsp balsamic vinegar
- Salt and pepper

### HOW TO MAKE IT

- Preheat the oven to 450°F. In a baking dish, toss together the pork, onion, peppers, garlic, oil, and vinegar. Season with salt and pepper. Bake for 20 to 25 minutes, depending on the thickness of the tenderloin (to an internal temperature of 150°F, if using a meat thermometer).
- Enjoy half of the pork and vegetables tonight.

Makes 1 serving

### Frozen shrimp

1 pound uncooked, medium size

### Rotisserie chicken

1 cooked

### Pork tenderloin

1 herb-flavored or lemon-garlic marinated (about ¾ pound)

### Ground turkey breast

1½ pounds

### Bell peppers

1 tray tricolor (or pick out 1 red, 1 yellow, and 1 orange)

### Yellow onions

2½ pounds, medium

### Baby mixed greens

4-ounce bag, washed

### Portobello mushrooms

3 large caps

### Asparagus

1 bunch

### Garlic

1 head

### Sun-dried-tomato pesto

8-ounce jar

### Avocado

1 ripe

### Mozzarella

8-ounce bag of shredded

### Instant brown rice

1-pound box

### Black beans

12-ounce can

### 100% whole-wheat fettuccine

16-ounce box

### 100% whole-wheat tortillas

1 package, 10" size

## THURSDAY LUNCH

# Roasted Pork Wrap

### YOU'LL NEED

- ½ Tbsp sun-dried-tomato pesto
- ½ Tbsp reduced-fat mayonnaise
- 1 whole-wheat tortilla
- 2 Tbsp shredded mozzarella cheese

Vegetables and pork tenderloin, thinly sliced (left over from Wednesday's dinner)

### HOW TO MAKE IT

- Mix the pesto and mayonnaise and spread over the tortilla. Layer the cheese, pork slices, and leftover vegetables on top and wrap it up.

Makes 1 serving

480 calories  
16 g fat (5 g saturated)  
48 g protein  
37 g carbohydrates  
3 g fiber





290 calories  
11 g fat (3 g saturated)  
920 mg sodium

## Five Cheap Eats You Can't Beat

Stretch your dollar and maximize nutrition with these prudent picks

### 1. FROZEN CHICKEN BREASTS

A tremendous source of lean protein for about half the price of fresh chicken. In our taste tests, where we seasoned and grilled chicken breasts, we found it impossible to tell the difference between fresh and frozen.

### 2. CANOLA OIL

Save the pricey olive oil for dressing salads or drizzling over vegetables. Canola is great for cooking, and it happens to have an even better ratio of monounsaturated to saturated fats than the vaunted extra-virgin.

MEAL  
4

THURSDAY DINNER

# Turkey Meat Loaf

## YOU'LL NEED

- 1 small onion, peeled and quartered
- 1/2 red bell pepper, stemmed and quartered
- 1 small carrot, peeled and roughly chopped
- 2 cloves garlic, peeled
- 1/2 cup bread crumbs
- 1/4 cup low-sodium chicken stock
- 1 egg, beaten
- 1 Tbsp Worcestershire sauce
- 1 Tbsp low-sodium soy sauce
- 1/2 tsp dried thyme
- 1/2 tsp salt
- 1/2 tsp black pepper

## GLAZE

- 1/2 cup ketchup
- 2 Tbsp brown sugar
- 2 Tbsp low-sodium soy sauce
- 2 Tbsp apple cider vinegar

## HOW TO MAKE IT

- Preheat the oven to 325°F.
- Combine the onion, bell pepper, carrot, and garlic in a food processor and pulse until finely minced. (If you don't have a food processor, you can do this by hand.)
- Combine the vegetables with the turkey, bread crumbs, stock, egg, Worcestershire, soy sauce, thyme, and salt and black pepper in a large mixing bowl. Gently mix until all of the ingredients are evenly distributed.
- Dump the meat loaf mixture into a 13" x 9" baking dish and use your hands to form a loaf roughly 9" long and 6" wide. Mix the glaze ingredients together and spread over the meat loaf. Bake for 1 hour, until the glaze has turned a deep shade of red and an instant-read thermometer inserted into the center of the loaf registers 160°F. **Makes 6 servings**

## 3. DRY LENTILS

For about the price of a bottle of water you can boil up a massive pot of soup- and salad-ready lentils. A pound-size bag contains 11 grams of fiber and 10 grams of protein in each of its 13 servings.

## 4. SALSA

Not only is salsa more nutritious than ketchup, but it's twice as versatile. Look for store-brand bulk containers and you'll find a half-gallon for less than 6 bucks, a month's supply for about the price of a burrito.

## 5. POPCORN

Paper-bag popcorns run about \$3.50 for nine ounces, versus \$1.25 a pound for kernels. Don't pay a premium. Make popcorn straight from the jar. Just fill the bottom of a large saucepan with kernels and a touch of oil and cover.

LEFTOVER  
MEAL

510 calories  
19 g fat (8 g saturated)  
990 mg sodium



There are more than a few ways to reinvent meat loaf the next day (topped with a fried egg, covered with sautéed peppers and onions), but for our money, the best is still a thick meat loaf sandwich.

FRIDAY LUNCH

# Meat Loaf Sandwich

## YOU'LL NEED

- 1 slice leftover meat loaf, 1/2 inch thick (from Thursday's dinner)
- 1/3 cup shredded smoked mozzarella
- 1 slice sourdough bread, toasted
- Caramelized onions
- Handful of arugula (optional)

## HOW TO MAKE IT

- Preheat the broiler. Top the meat loaf slice with the onions and cheese. Place underneath the broiler until the cheese is fully melted, about 2 minutes.
- Line the bread with the arugula (if using), then place the meat loaf on top. **Makes 1 serving**



# 10

## Slimming Sandwiches

**If you were lucky enough to** try to eat a “Woody on rye” from New York’s iconic Carnegie Deli before the home of enormous Jewish-style sandwiches closed its doors in December, you don’t ever need to eat another sandwich. You’ve experienced the king of bucket-list sandwiches. Named for director Woody Allen, the 5-inch-high pastrami-and-corned beef behemoth with a Kosher pickle was absolutely delicious, even if you had to nearly dislocate your jaw to get it in your mouth.

While the Woody stands apart, many other restaurants proudly push the boundaries of nutritional sanity with their overstuffed sammies. Check the nutrition info online. Places like Firehouse Subs, Jason’s Deli, Jersey Mikes, and Potbelly routinely deliver hoagies topping 1,000 calories.

But sandwiches can fit into a healthy diet...if you make them yourself. When you decide what goes between those two slices of bread, you gain control over your waistline. To help you do that, we’ll show you the leanest cuts of meat, the best types of cheeses, and the smartest toppings for all your handheld creations.

**Grab two pieces of bread and start building a leaner but just as delicious, Dagwood.**





# The Sandwich Matrix

## CHOOSE A BREAD



WHOLE-WHEAT ENGLISH MUFFIN



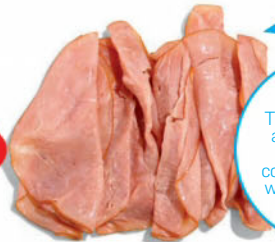
PITA



CIABATTA

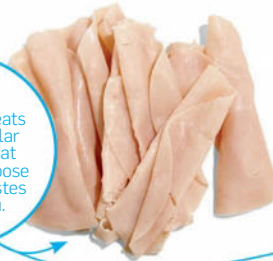
Warning, each roll could pack up to 250 calories. Look for small, lighter, less-dense rolls. And don't be afraid to scoop out some of the excess bread.

## CHOOSE FILLINGS



HAM

The Big Three deli meats all have similar calorie and fat counts, so choose whichever tastes best to you.



TURKEY



ROAST BEEF

## CHOOSE PRODUCE



AVOCADO



TOMATOES



ROMAINE

## CHOOSE CONDIMENTS



HUMMUS



PESTO



OLIVE OIL MAYO

## FOUR SUPER SANDWICHES

Tasty, 350-calorie meals are well within reach.

### POWER-UP PITA

- Whole-grain pita
- + hummus
- + roast beef
- + romaine
- + onion
- + tomato



### VEGAPALOOZA

- Ciabatta
- + grilled vegetables
- + roasted peppers
- + pesto-mayo
- + fresh mozzarella



Sandwich making at its finest is an exalted craft, one capable of packing a delicately balanced, well-proportioned, and even healthy array of meat, vegetables, and condiments into a handheld vessel. Use the grid to form myriad specimens that will restore the sandwich to its rightful place as one of the world's greatest foods.

# Rules of the Sandwich

## Rule 1

Sandwich architecture is essential. Wet ingredients like tomatoes and roasted peppers go in the center of the sandwich to prevent the bread from getting soggy. Lettuce and cheese go against the bread for protection.

## Rule 2

Toasted bread is great for textural contrast, but it can tear up the roof of your mouth. Instead, toast one side under the broiler for a few minutes, keeping the top side of the slice soft.

## Rule 3

As convenient as presliced deli meats are, sandwiches are infinitely better (and considerably healthier) when you prepare the protein yourself. Grill up chicken or steak, or use breastmeat (and stuffing) left over from a turkey dinner.

## Rule 4

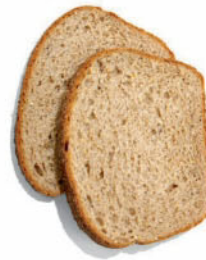
Get creative with condiments. Too many great spreads go overlooked while mayo and oil and vinegar drive calorie counts through the roof. Try pesto, hummus, or even cranberry spread on your next sandwich.



SOURDOUGH



SANDWICH THINS



WHOLE-GRAIN BREAD

Pepperidge Farm makes the best of the new wave of skinny sandwich breads. At 100 calories and 5 grams of fiber, their Deli Flats are at the top of the heap.



BACON



GRILLED CHICKEN



GRILLED VEGETABLES

Rotisserie chicken is perfectly suitable for cold sandwiches, but for a superlative hot sandwich, go with a freshly grilled chicken breast or thigh.



ARUGULA



ROASTED RED PEPPERS



SLICED ONION



SALSA



DIJON MUSTARD



OIL AND VINEGAR

**BLTE**  
Toasted sourdough  
+ bacon  
+ arugula  
+ tomato  
+ sunny-side-up egg



**MEXI MELT**  
English muffin  
+ grilled chicken  
or turkey  
+ Jack cheese  
+ avocado  
+ salsa





# Egg Sandwich with Pastrami and Swiss



325 calories  
16 g fat (6 g saturated)  
860 mg sodium

Is there anything more satisfying than a good breakfast sandwich? We think not, especially when we can chew comfortably knowing that we're starting our day in one of the best possible ways, which is to say, with a metabolism-jolting dose of protein and fiber. The combination of pastrami and Swiss has long been confined to the realm of the lunchtime deli counter, but we think it works beautifully with soft scrambled eggs—especially because pastrami trounces both sausage and bacon in the calorie department. Give it a try.

## You'll Need

- ½ Tbsp butter
- 4 oz lean pastrami (or turkey pastrami), cut into strips
- 6 eggs
- 2 Tbsp milk
- Salt and black pepper to taste
- 4 slices low-fat Swiss cheese
- 4 whole-wheat English muffins, lightly toasted

If pastrami is not your thing, this will work with any deli cut. Try roast beef, ham, or turkey.

## How to Make It

- Melt the butter in a large nonstick skillet over medium heat. Add the pastrami and sauté for 2 to 3 minutes. Turn the heat down to low. Combine the eggs with the milk and a few pinches of salt and pepper. Whisk lightly, then add to the pan. Use a wooden spoon to constantly stir the eggs, scraping from the bottom as they set, as they'll continue to cook once removed from the stovetop.
- Place a slice of Swiss on the bottom of each English muffin. Divide the scrambled eggs among the muffins, top with the muffin tops, and serve.

**Makes 4 servings**

# Turkey Reuben



365 calories  
14 g fat (4 g saturated)  
1,120 mg sodium

We've taken the indulgent essence of this Jewish deli staple and distilled it to create a sandwich with substance and soul but without half a day's calories and a day and a half's worth of saturated fat (which is exactly what Applebee's, and nearly every other major eating establishment, offer in their versions). You're going to love this lighter remake.

## You'll Need

- ¾ cup ketchup
- ¾ cup olive oil mayonnaise
- 2 Tbsp relish
- Few dashes Tabasco sauce
- Black pepper to taste
- 1 lb turkey pastrami (or, failing that, regular turkey)
- 4 slices low-fat Swiss cheese
- 8 slices rye bread, toasted
- 1 cup bottled sauerkraut

## How to Make It

- Combine the ketchup, mayo, relish, and Tabasco in a bowl and mix. Season with a bit of black pepper. Set the dressing aside.
- Divide the pastrami into four portions, pile on plates, and top each with a slice of cheese. Microwave briefly, about 30 seconds each, to melt the cheese.
- Lay out 4 slices of the rye bread on a cutting board. Top each with sauerkraut and then pastrami and cheese. Drizzle with the dressing. Top with the remaining slices of bread. **Makes 4 sandwiches**

You can always skip this step and buy a bottle of Russian or Thousand Island dressing, but it's never as good as the home-made stuff.



# Steak Sandwich Open-Face on Garlic Toast



365 calories  
16 g fat (6 g saturated)  
510 mg sodium

As nice as it is to pick up a meat- and vegetable-stuffed roll with both hands and chomp down on it, there's something especially alluring about the knife-and-fork approach that goes with the open-face sandwich. The brilliance of it is that the cutlery implies a certain heft and decadence—that this sandwich is too loaded to handle by hand—when in fact, you just saved yourself 100 empty calories by ditching half of the bread.

## You'll Need

- 2 ciabatta rolls, split, or 4 6-inch baguette halves
- 2 cloves garlic, peeled and cut in half
- ½ Tbsp olive oil
- 1 medium onion, sliced
- 1 lb sirloin, sliced into thin pieces
- Salt and black pepper to taste
- ¼ cup A.1. Steak Sauce
- 1 large tomato, cut into 4 thick slices
- 4 slices low-fat Swiss or provolone cheese

## How to Make It

- Preheat the oven to 450°F. Place the bread on a baking sheet and bake on an upper rack for about 5 minutes, until lightly toasted. Rub with the garlic cloves.
- Heat the oil in a large sauté pan over medium heat. Add the onion and cook for about 3 minutes, until translucent. Add the sirloin pieces and cook for about 7 minutes, until both the beef and onions are browned and the meat is cooked through. Season with salt and pepper, then stir in the A.1. Remove from the heat.
- Place a slice of tomato on top of each ciabatta half. Top with the beef mixture and then the cheese. Bake for 5 to 7 minutes, until the cheese is fully melted. **Makes 4 sandwiches**

# Caprese Sandwich



This sandwich is best made in the summer months, when tomatoes are at their peak. If you can't get heirlooms, ripe beefsteak tomatoes are your next best bet.

300 calories  
17 g fat (4.5 g saturated)  
410 mg sodium

The pairing of creamy fresh mozzarella, juicy ripe tomatoes, and fat leaves of sweet basil is so good that you'd be crazy not to exploit it as often as possible to make yourself look like a culinary genius. This recipe requires absolutely no effort, save for about 2 minutes of slicing and 2 minutes of toasting. Plus, it morphs easily into other dishes. Not in the mood for a sandwich? Ditch the bread and eat this as a salad for dinner. Need a quick appetizer for a crowd? Slice the baguette into rounds; toast; and layer slices of tomato and mozz and a basil leaf on top of each. This is versatility at its most delicious.

## You'll Need

- 1 baguette, sliced in half lengthwise
- 1 clove garlic, peeled and cut in half
- 2 large heirloom tomatoes, sliced
- 4 oz fresh mozzarella, sliced
- 15–20 fresh basil leaves
- Salt and black pepper to taste
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar

## How to Make It

- Preheat the broiler. Broil the baguette, cut sides up, 6" from heat, for about 2 minutes, until the inside is lightly toasted. Rub each half with a half clove of garlic; the crusty bread will release the garlic's essential oils, giving you instant garlic bread.
- Layer the bottom half of the baguette, alternating with slices of tomato, mozzarella, and basil leaves. Season evenly with salt and lots of fresh black pepper. Finish with a drizzle of olive oil and vinegar, then top with the other baguette half. Cut the whole package into 4 pieces.

**Makes 4 sandwiches**



# Grilled Cheese with Apples and Bacon



330 calories  
15 g fat (6 g saturated)  
790 mg sodium

Funky versions of America's simplest sandwich have been popping up at restaurants and chains in recent years. Problem is, when restaurants start to get creative, it usually spells trouble for your waistline. Some grilled cheese concoctions turn a lunchtime bite into a sandwich that packs as much saturated fat as 5 scoops of ice cream. We're all for innovating, but if you're going to do it, do it right. The curious combination of sweet apples, smoky bacon, and sharp cheese isn't just delicious; it contains less than half the calories of most other grilled cheese sandwiches out there.

## You'll Need

- 1 Tbsp butter
- 8 slices whole-grain bread (we love Martin's Whole Wheat)
- 1 Tbsp Dijon mustard
- 6 oz shredded sharp Cheddar cheese
- 1 Granny Smith apple, peeled, cored, and sliced
- 8 strips cooked bacon

## How to Make It

- Heat the butter in a large skillet or nonstick sauté pan over low heat. Slather 4 slices of bread with the mustard, then divide the cheese, apples, and bacon among them.
- Top with the other bread slices and add to the hot pan. The key to a great grilled cheese (i.e., crispy crust, fully melted cheese) is patience, so cook these sandwiches slowly until each side is deep brown and crunchy, about 10 to 12 minutes total.

*Makes 4 servings*

# 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 Quiznos' 1,000-calorie sandwich 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

## 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 4 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*



# Chicken Salad

## Sandwich

with Curry  
and Raisins



440 calories  
15 g fat (3 g saturated)  
510 mg sodium

Chicken and salad: two great foods on their own that make for a lousy dish when combined. That's because salad, when attached to chicken, is secret speak for mayo overload. In fact, chicken and tuna salad sandwiches are consistently the unhealthiest options you'll find on a deli menu, be it Subway or your neighborhood sandwich shop. We use a modest amount of olive-oil-based mayo then punch up the flavor with plump golden raisins and the complex savory notes of curry powder. Make a big batch and bring it to work all week in sandwiches, in pitas, or over a bowl of mixed greens.

### You'll Need

- 3 Tbsp golden raisins
- 3 cups chopped cooked chicken
- 2 stalks celery, thinly sliced
- ½ onion, diced
- 1 carrot, shredded
- ½ tsp curry powder
- ¼ cup olive-oil mayonnaise

- Salt and black pepper to taste
- 4 large lettuce leaves (romaine, iceberg, or another favorite)
- 8 slices whole-grain bread or English muffin halves, toasted
- 2 medium tomatoes, sliced

### How to Make It

- Cover the raisins with hot water and soak for at least 10 minutes (the warm water will help the raisins plump up); drain and place in a large bowl. Add the chicken, celery, onion, carrot, curry powder, and mayonnaise. Mix well and season with salt and pepper.
- Place the lettuce leaves on top of 4 bread slices, then top with tomatoes, chicken salad, and the remaining bread.

**Makes 4 servings**

# HOW TO CHOOSE A SANDWICH BREAD

5 rules that cut calories and add nutrition with every slice

## Look for Fiber

Choose a bread that contains 1 gram of fiber for every 10 grams of carbohydrates.

## Avoid Simple Carbs

"If the ingredients at the top of the ingredient list read sugar, sucrose, fructose, corn syrup, white or wheat flour, these foods contain mostly simple carbs and should be limited," says Rebecca Lewis, RD for HelloFresh. "A food is only considered a 'whole grain' if the first ingredient on the packaging says, 'whole grain or whole wheat.'"

## Join The Dark Side

The darker the flour, the more antioxidants your bread may have.

## Hunt for Nuts

Breads that are made with nuts and seeds pack a ton of nutrition, tend to be more filling, and have a lower glycemic index, which prevents a quick spike and fall in blood sugar levels.

## Select Frozen Bread

"The breads that sit on the shelves at grocery stores have been bleached of their nutrients and pumped with preservatives, sodium, and sugar to prolong shelf life,"

cautions Lisa Hayim, registered dietician and founder of The Well Necessities. "Instead, look for sprouted grain bread, which is often in the freezer section. Sprouted grain bread goes through a process where enzymes are released and the

protein and carbohydrates are broken down, which makes it easier for the body to digest and absorb nutrients. Sprouted grains still contain gluten, but can be tolerated by some people with mild sensitivity to wheat or gluten."







# Tips & Hints

From *How to Win the Veggie Wars*, page 46

## Trick Your Kids Into Loving Vegetables

3 easy ways to help your children go green

- **SHAPE 'EM.** A carrot is still a carrot—unless it's shaped like a ninja throwing star! A few quick turns of the knife can make vegetables into cool edible toys. And don't forget the old trick of spelling out words in green beans.
- **HIDE 'EM.** Toss broccoli, spinach, and other veggies into the blender, the spoon them into spaghetti sauce. Blended finely, they become almost invisible, but they still impart their magical nutrition content.
- **FRENCH FRY 'EM.** Even kids who hate vegetables love French fries. But traditional fries are laden with grease and low in nutrition. Trick your youngsters with baked fries made from thinly cut potatoes, sweet potatoes, carrots, and parsnips. Splash the fries with a little olive oil, paprika, and salt and bake at 450°F for 30 to 40 minutes.

From *The Pizza Diet*, page 64

## Rules of the Pizza

- Rule 1. The higher the heat, the better.** True Italian pizzas are cooked in about 2 minutes in 1,000°F ovens. Preheat your oven for 30 minutes at 500°F (the max temp for most home ovens) for a light, crispy crust.
- Rule 2. Nothing better approximates the smoky char of a wood-burning oven than a grill.** Have your ingredients ready, slide the raw dough directly onto the hot grates, and grill until lightly charred, about 4 minutes. Flip and immediately add sauce and cheese, then cover the grill and wait for the cheese to melt.
- Rule 3. Pizza isn't about how much cheese you can cram onto a slice;** it's about the subtle interplay of bread, sauce, cheese and toppings. Don't use more than 2 ounces of cheese and a few pieces of meat or vegetable per slice.
- Rule 4. Break of out the box.** Nontraditional ingredients—barbecue sauce, chorizo, pistachios—can elevate a humble pie to new heights.

From *The Eat This, Not That! Food Awards*, page 52

## How Long Can You Keep Meat?

Here are the guidelines, courtesy of the USDA.

MEAT	STORAGE LENGTH
HOT DOGS, DELI SLICES	1 to 2 months
GROUND MEAT	3 to 4 months
PORK CHOPS	4 to 6 months
FISH	2 to 3 months
BEEF, VEAL, LAMB	6 to 12 months
POULTRY	9 months

From *16 Slimming Sandwiches*, page 80

SAVE STRATEGY

## Pseudo Salmon

As much as we love smoked salmon on a bagel—not just for its full-throttle flavor and silky texture, but also for its concentration of omega-3 fatty acids—it's not cheap. Granted, it takes only a few slices to make an excellent sandwich, but if you want a more affordable way to make this part of your two-fisted repertoire, try subbing in smoked turkey, ham, or even canned tuna. The nutritional info won't change much and it will still be twice as satisfying as any breakfast sandwich you can score from a drive-through window.

From *Breakthroughs: Burn Notice*, page 9

MASTER THE TECHNIQUE

## Better Bacon

Most people cook bacon in an over-crowded pan, which yields inconsistent results and increases risk of a grease fire. Make life easier (and tastier and safer) by using the oven instead. Lay bacon out in a baking dish at least 2" deep and bake in a 400°F oven for 10 to 12 minutes, until the meat just begins to brown and crisp around the edges (bacon, like other meat, will continue to cook after you remove it from the oven). Not only will the bacon taste perfect every time, but the fat will also render out more thoroughly this way.

From *16 Slimming Sandwiches*, page 80

### MASTER THE TECHNIQUE

## Roasting Peppers

You can buy bottled roasted red peppers in any supermarket, but save a few bucks and roast them yourself for a homemade sandwich topper. Cook red and yellow bell peppers at 400°F until the skin blackens and the flesh softens. (You can also do this on a grill.) Place the peppers in a bowl, cover with plastic wrap, and let them sit for 10 minutes. Remove the plastic wrap and peel off the dark skin (the steam created by covering the peppers makes this easy). Discard the stems and seeds, and they are ready for your sandwich.

From *Meat Loaf Sandwich Open-Face with Caramelized Onions*, page 79

### MEAL MULTIPLIER

## Open-Face Options

Open-face sandwiches have two great things going for them:

1. the missing slice of bread helps to mitigate the calories and carbs of the sandwich, and
2. the knife-and-fork treatment means you can be more aggressive with the sandwich construction.

Here are a few of our favorite bold combinations:

- Roast chicken with black beans, salsa, and guacamole
- Grilled steak with red wine butter
- Guinness-braised short ribs
- Ham, Swiss, and sliced tomato, slathered in honey mustard
- Grilled ratatouille salad topped with fresh goat cheese
- Herb-roasted turkey breast, stuffing, and turkey gravy or cranberry sauce

From *Breakthroughs: Don't Worry, Add Curry*, page 9

### SECRET WEAPON

## Curry Powder

Curry powder is as ubiquitous throughout Indian cooking as it is diverse, with each cook preferring a different blend of spices such as coriander, cumin, fennel, and cardamom. One thing they nearly all have in common is that distinctive yellow tinge, which comes from turmeric, perhaps the world's healthiest spice. Studies have shown turmeric's vast antioxidant portfolio to be an effective defense against arthritis, prostate and colon cancers, and various other diseases. Get your dose by rubbing curry onto chicken and fish; mixing with yogurt, garlic, and ginger for a sauce or dip; or coating roasted nuts.

From *Grilled Cheese with Apples and Bacon*, page 88

### MEAL MULTIPLIER

## Come to Cheeses

We love a classic grilled cheese made with Kraft Singles as much as the next dude, but why limit yourself to that when so many other great combinations are waiting to be discovered? Here are a few worth trying.

- Gruyère or other Swiss cheese and caramelized onions (think French onion soup on bread)
- Blue cheese, arugula or frisée, and fresh figs
- Fresh mozzarella, tomato, and basil
- Pepper jack cheese, avocado slices, and salsa
- Brie, sliced ham, and sliced pear

From *Italian Tuna Melt*, page 89

### MEAL MULTIPLIER

## Tuna, Hold the Mayo

"Tuna" and "salad" are healthy when on their own, but combined, they're trouble thanks to the mayo. Reinvent this tandem with clever pantry pairings:

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

From *Cook Once, Eat Twice (or More!)*, page 72

### LEFTOVER LOVE

## Pasta Bolognese

Here's another great way to cook once and multiply your meals: This sauce keeps (and freezes) perfectly, so go ahead and double this 6-serving recipe to use over spaghetti, soft polenta, lasagna and more.

### You'll Need

½ Tbsp olive oil	6 oz ground turkey	1 cup milk
3 cloves garlic, minced	6 oz ground pork	2 bay leaves
1 medium carrot, diced	6 oz ground sirloin	Salt and black pepper to taste
2 stalks celery, finely chopped	1 can (28 oz) diced tomatoes	1 package fresh or 1 lb dried fettuccine
1 medium yellow onion, diced	2 Tbsp tomato paste	Parmesan, grated
	1 cup reduced-sodium chicken or beef broth	

### How to Make It

- Heat the oil in a large skillet over medium heat. Add the garlic, carrot, celery, and onion and sauté until the vegetables are cooked through, about 5 minutes. Add the turkey, pork, and ground sirloin and stir with a wooden spoon until the meat is no longer pink.
- Drain any accumulated fat from the bottom of the pan and add the tomatoes, tomato paste, broth, milk, and bay leaves. Turn the heat down and simmer for at least 30 minutes (and up to 2 hours), until the sauce has thickened. Season to taste with salt and pepper and keep warm.
- Cook the pasta in a large pot of salted boiling water according to the package instructions. Drain the pasta and toss with hot sauce. Serve sprinkled with Parmesan.





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A special thanks to those who contributed the great photography in this magazine, including Thomas MacDonald, Jennifer May, Jeff Harris, Dan Engongoro, and the following image agencies: Shutterstock; Stocksy; iStock; FoodStock America; Offset; and Getty Images.





*I'll Have What She's Having*

# The Remaking of a Baker

NCIS actor **Jennifer Esposito** shares her recipe for a healthy and happy life

After decades of feeling bloated, achy, and depressed, Jennifer Esposito's health took a dramatic shift for the better. Four years ago, she learned she had celiac disease so she eliminated all gluten from her diet and embraced the challenge of learning ways to cook food that her body could tolerate. Today, the 43-year-old star of CBS's hit drama, *NCIS*, is leaner, healthier, and happier. And her diet shift led to another passion, "Jennifer's Way," her popular gluten-free bakery in Manhattan's East Village.



## What were your first steps to going gluten-free?

I started to follow the Autoimmune Protocol (AIP) diet: no grain, seeds, nuts, sugar, dairy, caffeine. It gives your autoimmune system a chance to calm the inflammation. Once I really started to heal my body, I lost a good seven pounds.

## Why did you open a bakery?

I couldn't bear to not have a piece of good bread again, and what was readily available was just awful. Celiac disease is a cruel joke because I've always been a food maniac. I wanted to eat food that I believed in—that was safe for me. I can't have eggs, corn, soy, dairy, refined sugar,

and gluten, obviously, so I had to be creative. Open my freezer and it's packed with grain-free flours, such as quinoa, sweet potato, sorghum, almond, and plantain flour for pancakes.

## How do you not gain weight eating all those carbs?

Gluten is glue that binds things together, and that's basically what it does in your system. I don't want glue in my system! We use hearty, gluten-free grains, so it's a whole different experience. You might eat something that looks like a cupcake, but basically, you're eating quinoa, which is clean in your system.

## What's for dinner at home?

I make things like a cauliflower pizza crust topped with butternut squash and sage or bouillabaisse with spaghetti squash.

## How do you order safely in a restaurant?

I always bring my own bread and worst-case scenario, I get a salad with nothing on it.

## Jennifer's Coconut Cacao Chip Macarons

### YOU'LL NEED

- |                                    |                      |   |
|------------------------------------|----------------------|---|
| 1 cup shredded unsweetened coconut | 4 Tbsp maple syrup   | Pinch of fresh ground vanilla               |
| ½ cup + 1 tsp coconut milk         | 1 Tbsp coconut flour | Pinch of Himalayan sea salt                 |
|                                    | Pinch of cinnamon    | ⅓ cup semi-sweet chocolate (or cacao) chips |

### HOW TO MAKE IT

- Preheat oven to 350°F.
- Combine all ingredients except chocolate chips in a saucepan and stir over low heat until sticky. When mixture is still warm, transfer to a bowl and let cool for a few minutes, then add chips.
- Press or scoop out small balls of mixture and place on a cookie sheet lined with parchment paper. Bake 12 to 15 minutes or until tops start to lightly brown. Let cool before removing from tray.

**FLOUR POWER:**  
Esposito's NY bakery is gluten-free.

(For more healthy recipes, go to Esposito's website, [livingfreejennifer.com](http://livingfreejennifer.com))

# EVEN BETTER

## MORE REASONS TO LOVE AVOCADOS.

### ✓ 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.

### 🕒 ALWAYS FRESH

Avocados From Mexico are available year-round, so you can enjoy all their benefits, no matter the season.

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ALWAYS FRESH ♦ ALWAYS DELICIOSO ♦ ALWAYS IN SEASON

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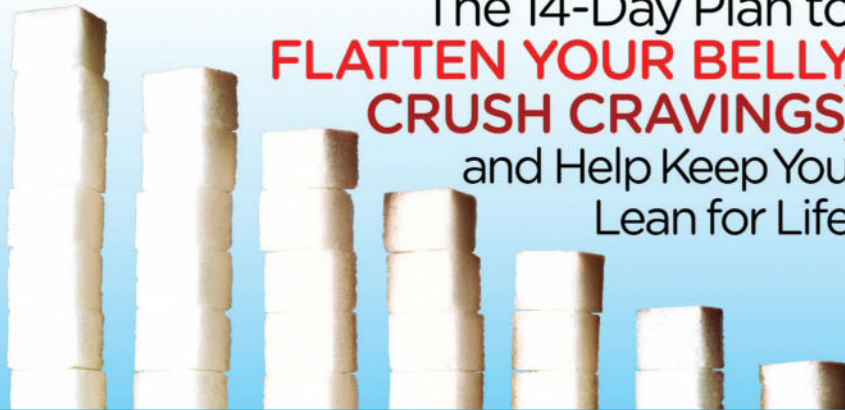


#1 *New York Times* bestselling author  
**DAVID ZINCZENKO**  
with Stephen Perrine

# 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.