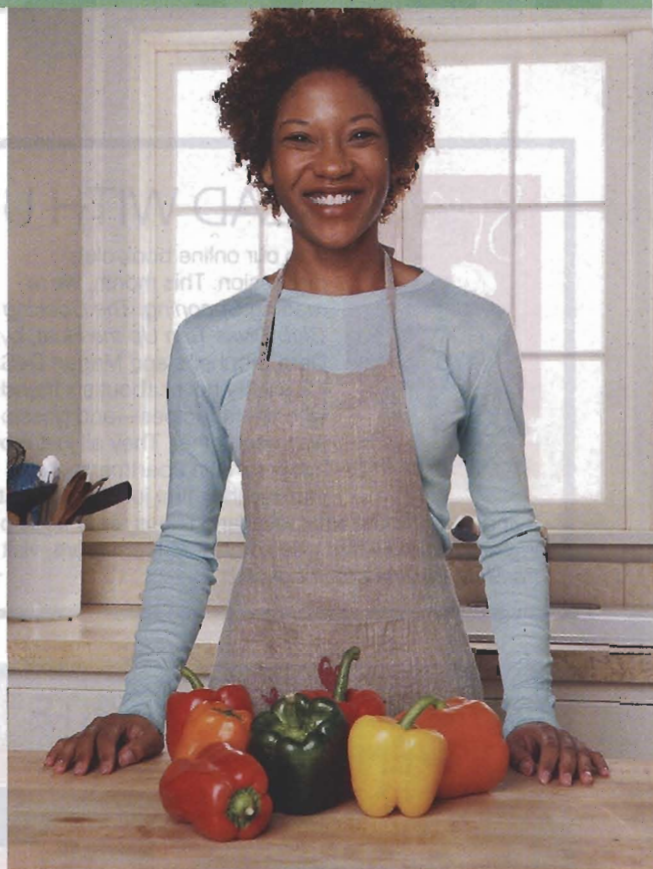


Eat Healthier!

by Karen Asp

Think of the big-time payoffs associated with a nutritious diet—like better health and a slimmer body. Suddenly, it seems a lot easier to make it a priority, right? “Although it’s tough at first, once you adopt healthy eating habits, they become such a part of your life that you can’t remember what it was like to eat *unhealthy*,” says Ellie Krieger, M.S., R.D., host of the new Food Network show *Healthy Appetite*. Luckily, you’ve got our plan to help you through!



For meal
makeovers,
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GOAL 1 EAT REGULARLY

Healthy eating isn't just about which foods you consume, it's also about *how* you consume them. So meal skippers, listen up: “People who eat at regular intervals have better blood sugar levels, which prevents impulsive eating,” Ellie says. By eating every few hours, you also keep your energy level up. Some pointers:

Join the breakfast club Eating breakfast not only jump-starts your metabolism, it also may prevent you from overeating at lunchtime. Something as simple as a bowl of whole-grain cereal topped with strawberries will do the trick.

Pack a goody bag Always on the go? Ensure you won't be rushing around hungry by toting a granola bar or baggies filled with pre-cut veggies. You'll keep yourself from losing steam—and from reaching

for whatever food happens to be in sight once you finally allow yourself to eat, Ellie says.

GOAL 2 GET YOUR FIVE TO NINE A DAY

We're talking fruits and veggies here, which are packed with disease-fighting antioxidants and offer protection against certain cancers, heart disease, diabetes, stroke and cognitive decline. Five to nine servings may sound like a lot, but when you consider what makes up a serving, it becomes a lot less intimidating. (For example, six ounces of 100 percent fruit juice counts as one serving.) Some strategies:

Add two (at first) The average American woman eats only about four servings of fruits and veggies a day, so chances are, your diet could

use a boost. Don't take this to mean you have to shoot straight up to nine servings, though, Ellie says. Start by increasing your intake by two servings, she suggests; once you've mastered that, make another jump.

Trick yourself Not big on solo fruits and veggies? “Sneak” one or two servings into the dishes you already eat regularly, suggests Jessica Adler, R.D., L.D., a dietitian with LiveHealthier.com. Some ideas: Add bananas to your PB&J sandwich or squash and onions to lasagna.

GOAL 3 MONITOR PORTIONS

“Portion sizes are now two to five times larger than they were in the 1970s,” notes Lisa Young, Ph.D., R.D., author of *The Portion Teller*. Adds Jessica, “Watching portions helps you control calories, but also

More
on the
Web

Sign up for the challenge at ForMeMagazine.com/yearforme, where you'll also find a full rundown of the recommended daily nutritional requirements, additional information on serving sizes and more!

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ANGELA HUFF FOR MARK EDWARDS INC. (Phyllis @izo); COURTESY OF APPLE.COM (iPad mini)

What keeps you from eating healthy?

"I work long hours and don't have much time to eat."

Demanding jobs can be a huge obstacle. Factor in stress, and it's no wonder you seek refuge at the vending machine or with comforting fast food.

Solution Take advantage of your next slow day by scoping out restaurants around your work site. Note items that seem to be healthiest at each, and then check each restaurant's website to see if the nutritional information is available. That way, the next time a colleague volunteers to grab something for you, or you have only a few minutes to rush out, you'll know exactly what you're after.

"My guy buys junk food I can't resist."

There's no temptation like chips or cookies staring you in the face whenever you walk into the kitchen.

Solution Assign one cabinet for his items, or if you really want his food to be "out of sight, out of mind," insist that he keep his snacks on a shelf in the basement. Refrigerated items are a little trickier, so Jessica suggests you quiz yourself before indulging. Are you eating because you're bored? Also, ask what nutritional value that food holds for you. "Taking these few seconds before you eat will probably kill your urge to binge," she says.

"My friends aren't as concerned about a healthy diet as I am."

Whenever you and the girls get together, the group rules in favor of nachos. Or worse, you head to happy hour first, then out for nachos.

Solution Suggest that the group meet up for something other than a meal—maybe a walk or a shopping excursion. If that doesn't work, don't bow out in the name of healthy eating—just don't go out hungry. Eat an apple or some yogurt beforehand, so you'll only have a taste of the nachos instead of half the plate. Drinking? Stick with lower-calorie options, such as wine or light beer.

improves your overall eating habits by helping you avoid overindulging on less nutritious foods." Follow these guidelines to keep your portions in check:

Use visual cues You don't need to pull out measuring cups. Instead, use these easy cues: A proper portion of fruit, pasta, veggies or rice = a small fist; an appropriate serving of cooked poultry or meat = the palm of your hand.

Pay attention to serving methods At home, give up big dinner plates in favor of smaller, salad-size ones, Ellie advises, because large plates often make proper portions look tiny. And beware: Sit-down restaurants are portion land mines. "At least in fast-food places, you can order a small, medium or large," says Lisa, whose research determined that restaurants almost always serve oversize portions. So ask that half your entrée be packed in a doggy bag before it's served, or share an entrée with someone at your table.

C'mon, join us!



DON'T FEEL BAD THAT YOU DON'T CRAVE APPLES.

On many an afternoon, after less-than-nutritious lunches, cries of "who has chocolate?" fill our office—so it's not exactly like our staffers are the picture of healthy eating, either. One of our biggest junk-food junkies: Phyllis Gizzo, an editorial assistant. Join her on our online support group, located at ForMeMagazine.com/yearforme, beginning May 2 (click on the Nutrition Challenge Forum).

Eat to the Beat

OK, we know that this month we can't be too literal with our tunes. So we've collected our staffers' favorite food-related songs instead. (Get them all on the iTunes music store.)

- 1 "Ice Cream," Sarah McLachlan
- 2 "Candy Girl," New Edition
- 3 "I Want Candy," Bow Wow Wow
- 4 "I Like Food," Descendents
- 5 "Happy Meal 2," The Cardigans
- 6 "Peaches," The Presidents of the United States of America

Win an iPod nano!

Sign up to participate in this month's A Year For Me Challenge and you could be one of five lucky *FM* readers to win an iPod nano (ARV: \$199). This recent addition to the iPod family sure is tiny (it can fit in the palm of your hand!), but don't let its slender figure fool you. Nano can hold up to 500 songs—as well as photos, podcasts and audiobooks—so you can load it up with shots of your healthy-eater sister or whatever else might motivate you. For rules and to enter, log on to ForMeMagazine.com/yearforme. Entry period: May 2 to June 6, 2006. Giveaway begins at noon ET. **NO PURCHASE NECESSARY TO ENTER OR WIN.**

