

Be a Picky Eater

Along with scrubbing windows or organizing your closets this spring, clean up your diet. With just a few simple tweaks to your eating habits at work and at home, you can boost your energy, trim unnecessary calories and increase important nutrients women need, like fiber and calcium. Here, a diet and nutrition makeover from Lisa Young, PhD, RD, an adjunct professor of nutrition and weight loss research at New York University and the author of *The Portion Teller*.

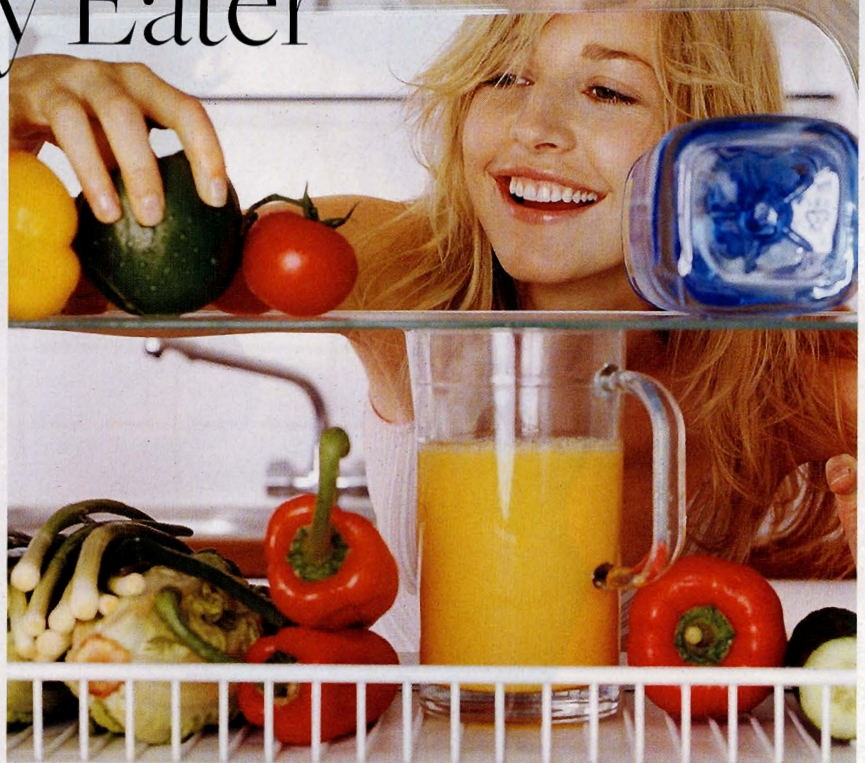
At Home

Choose whole-grain products. “Whole grains have fiber, which may protect against diseases like cancer but also makes you feel full,” says Dr. Young. “Foods without fiber, like white breads, cause your blood sugar to go up and down more quickly, so you become hungrier faster.”

Drink lots of H₂O. Water will fill you up and fend off dehydration, which people often mistake for hunger.

Swap out sugar-sweetened beverages.

Juices, soda, bottled iced teas and fruit drinks are usually high in calories, and



research shows that the calories we *drink* don't fill us up as much as those we *eat*.

Keep only one treat around at a time. Studies show that we tend to eat more when we have a variety of sweets to choose from. So have ice cream *or* brownies on hand—not both.

Trade whole-milk dairy for low-fat or fat-free. Opt for 2 percent milk and low-fat yogurt and cheeses.

“You'll still get the calcium you need, but with fewer calories and less of the saturated fat,” says Dr. Young.

At Work

Think healthy when you snack. Keep baby carrots with hummus dip or smart sweets like low-fat yogurt and fruit in your office refrigerator.

Beware of the candy dish. A new study from Cornell University found that people ate nearly twice as many chocolates when the treats were on their desks versus six feet away. You can also swap your glass container for an opaque one. The same study found that people ate 40 percent fewer candies offered in opaque containers versus clear ones.

Skip that sugary three o'clock snack. That candy bar will only cause your blood sugar to rise and fall quickly, leaving you hungry soon after. Opt for a high-protein pick-me-up like cheese or nuts to keep you full and alert.

Take a pass on the doughnuts. Avoid unhealthy foods served at meetings by bringing your own healthy goodies. Or brush your teeth or suck on a mint right before the meeting—nothing else tastes good with a mint taste in your mouth.

—Michele Bender

1 Cup of Watermelon

= 46
luscious
calories