

SPECIAL DIET ISSUE

159 new fat-burning secrets

# Health

Eat healthy for less  
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**LOSE**  
**15** LBS  
**FAST!**  
NO HUNGER...  
EVER

**Instant**  
**pain**  
**cures**  
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**Best**  
**ways to**  
**MELT**  
**STRESS**  
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**PLUS**

**A FLAT BELLY**  
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health.com  
Jan/Feb 2009

**ELAINE IRWIN-MELLENCAMP** <<  
The health scare that changed her life



earned consistently high marks from our experts. Roshini Rajapaksa, MD, who looked at the motivational elements of each diet, was impressed by the realistic goals embraced by the Best Life plan, as well as the weekly menus and recipes offered on its Web site (which also features message-board support groups, a good source of dieting motivation).

Best Life has three phases that each dieter is encouraged to embark upon at his or her own pace, a strategy that leads to slimming, nutritional eating and increased physical activity. Dietitian Christine Palumbo gave this staged approach a perfect 10: "For people who like to ease into lifestyle changes in order to get used to them oh-so-gradually," she says, "this is a good bet."

Greene doesn't advocate keeping strict track of calories, which may make the Best Life more challenging for rule-loving dieters, yet panelists applauded his holistic approach to healthy eating. "He's emphasizing healthy foods in reasonable portions," nutrition expert Maureen Callahan says.

"Dieters shouldn't feel deprived on this plan," *Health's* Frances Largeman-Roth says. "However, the fact that this diet doesn't have 'magic' foods or promise rapid results may make it less attractive to dieters looking for a silver bullet." And that may be its best recommendation of all.

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## The Solution

Collins



"This program excels at helping people figure out why they're overeating," Callahan says, "and that's what's going to keep the weight off." Squarely facing the emotional and behavioral underpinnings of overeating, dietitian Laurel Mellin's method is based on The Shapedown Program, a successful weight-management plan she created for overweight children and adolescents in the late 1970s. Mellin views obesity not so much in terms of diet and exercise but as another expression of the interaction of mind, body, and lifestyle. And *The Solution*, designed for dieters of all ages, targets five root causes of weight problems: unbalanced eating, low energy, body shame, setting ineffective limits, and weak self-nurturing skills.

The food aspects of this program center on four "light" lists—grains, proteins, milk foods, and fruit and vegetables. And Mellin's guidelines and food suggestions got high marks on healthy balance from our panelists. Largeman-Roth liked the variety of the plan, as well as its overall mod-

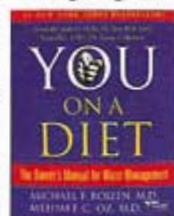
eration. And Palumbo awarded it a hat-trick of perfect 10s in all nutritional aspects.

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## You: On a Diet

Free Press

[www.realage.com/ct/shape-up-slim-down/you-on-a-diet](http://www.realage.com/ct/shape-up-slim-down/you-on-a-diet)



"No wonder Dr. Oz is Oprah's favorite doctor!" Palumbo raves, hailing the friendly diet book that is the centerpiece of the "You" docs Mehmet C. Oz and Michael F. Roizen's mini-empire of healthy lifestyle guides and products (including a very interactive Web site). This diet, Palumbo adds, "teaches and motivates about weight (and waist) loss with a sense of good humor and fun."

Indeed, the book offers a lot of education amidst the menu plans, which include recipes for Stuffed Whole Wheat Pizza, Grilled Peanut Shrimp with Sesame Snow Peas, and Sweet Beet and Gorgonzola Salad. Panelist Samantha Heller praised its easy-to-understand nutrition information, while Dr. Rajapaksa gave points for its good explanations of how the body works. The weight-loss trajectory centers on cutting about 500 calories per day, and panelists liked

### ➤ SNACK ATTACK #4: You need a preworkout nibble.

Carbs are the best source of fuel for working muscles because they give you a quick hit of energy to help you power through a workout, says Pamela M. Nisevich, MS, RD, LD, a Dayton, Ohio-based nutrition consultant. A 100- to 250-calorie snack should do the trick, depending on how hungry you are and how intense your workout will be. The obvious choice is an energy bar. "It's cliché, but they are designed to fuel workouts, and they won't weigh you down," Nisevich says. Pretzels and peanut butter might be more satisfying if you've had a light lunch, and a cup of applesauce gives you two servings of fruit for the day.



**GOOD:** 10 Rold Gold Braided Twists pretzels with 1 (100-calorie) pack Justin's Honey Peanut Butter

**BETTER:** 1 cup Mott's Classic Apple Sauce

**BEST:** 1 PowerBar Energize Fruit Smoothie bar

