

Smart ways to live well

JUNE 2008

# Prevention

EXPERT-APPROVED CHOICES!

## Healthiest NEW FOODS

38 PICKS THAT

- Fight Disease
- Flatten Your Belly
- Fire Up Energy

## Look & Feel 10 YEARS YOUNGER

- Skin That Glows
- #1 Age-Defying Secret

**4** CUTTING-EDGE  
CURES YOUR DOC  
WON'T REVEAL

Meet the 5  
**Picture  
of Health**  
FINALISTS  
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**Instant  
CALM**  
15 Easy  
Stress  
Zappers

**DROP 10  
POUNDS  
In 2 Weeks!**

EXCLUSIVE  
SOUTH BEACH DIET  
FITNESS PLAN

**TAKE  
CHARGE  
OF YOUR  
HEALTH!**

The Diet Trick That  
Heals Your Heart



ALL NEW!

flat belly

FOODS

38 GROCERY STORE PICKS  
THAT TARGET AB FAT, BOOST  
HEALTH, AND TASTE AMAZING!

**I spend hours in supermarkets.** As a registered dietitian, *Prevention's* Grocery Guru, and coauthor of *Flat Belly Diet!*, it's my job to wade through the 20,000-plus new foods and drinks that hit the shelves each year. Here are my new favorites.

These items are quick, healthy, easy (see "Symbols of Health" on p. 154), and delicious. Plus, they're all belly flat-tening! That means they either provide 200 calories or less per serving to help you lose weight, or they're chock-full of one or both of these belly-fat-attacking nutrients: MUFAs (monounsaturated fatty acids) and whole grains.

Several studies reveal that a diet rich in MUFAs may help reduce belly fat and increase fat burning in people with larger waists. And, a new study in the *American Journal of Clinical Nutrition* found that whole grains may help you lose twice as much belly fat.

These foods are more than weight loss aids—they can help you meet your health goals. And rest assured, they're not "processed," even if they do come in packages. Happy shopping!

BY CYNTHIA SASS, MPH, RD ■ PHOTOGRAPHS BY KANG KIM



## 20 NUT MIX

**Planters Macadamia Lovers Mix** Macadamias have a reputation for being “fattening,” but they don’t deserve it. In fact, “macs” are the top nut when it comes to MUFAs, and they have only 190 calories and 2.5 g of saturated fat per ounce, along with 3 g each of fiber and protein. They’re so rich tasting, you only need a small portion. +++

## 21 NUT BUTTER

**Justin’s Natural or Organic Nut Butter Squeeze Pack** Each box contains 10 single-serving packets (1.15 ounces), perfect for portion control and quick meals. All are natural or USDA-certified organic, trans fat free, and sweetened with honey. MUFA-rich flavors include Honey Almond Butter or Honey Peanut Butter, Cinnamon Peanut Butter, Maple Almond Butter, and Classic Peanut or Almond. Per packet (Honey Almond Butter): 190 calories, 1.5 g of sat fat, 3 g of fiber (12% DV), and 6 g of protein. +++

## 22 FROZEN DINNER

**Kashi Lime Cilantro Shrimp** Finally, a tasty frozen entrée made with whole grains, lean protein, and natural flavor-

ing. This 250-calorie, ready-in-5-minutes dish provides a quarter of the fiber you need daily, along with 12 g of protein, 120% of the DV for vitamin A, and only 2 g of saturated fat. +++

## 23 SOUP

**Imagine Bistro Organic Cuban Black Bean Bisque** Ready-to-eat soup, chock-full of nutrients as well as rich flavor from onions, garlic, and chipotle peppers. One cup provides 170 calories, 0 g of sat fat, 6 g of fiber, 8 g of protein, and 15% of the DV for both iron and vitamin C. Simply made from organic vegetables and seasonings, without the additives found in some canned varieties, such as monosodium glutamate (MSG), a flavor enhancer linked to headaches. Just heat and eat. ++++

## 24 CHOCOLATE BAR

**Attune Dark Chocolate Probiotic Wellness Bar** Fortified with the same immune-bolstering bacteria in yogurt, this treat can satisfy cravings for just 80 calories while providing 30% of a day’s calcium needs. A great option if you’re not a yogurt fan. Bonus: Dark chocolate counts as a Flat Belly Diet MUFA. +++

SYMBOLS OF HEALTH + FLAT BELLY + HEART HEALTHY + IMMUNE-BOOSTING +