

Health &
Fitness

EXTRA
all*you

*ENJOY LIFE FOR LESS

**EAT
THIS,
AVOID
THAT**

Make easy food swaps
to drop pounds

**ALWAYS
EXHAUSTED?**
SMART WAYS TO BOOST
ENERGY—FAST

As seen on TV
EXERCISE GADGETS
THAT REALLY WORK!

Don't give up on a **flat belly!**
Simple moves to do at home

**57
DELICIOUS
RECIPES
INSIDE**



**FAST & EASY
DINNERS**



**HOMEMADE
POTATO CHIPS**



**SUPERFOOD
SALADS**



**GUILT-FREE
TREATS**

* Eat well

New ideas, nutrition tips and recipes for healthy and satisfying meals

Pick the best of the bars

Enjoy a healthy nosh, not a sugar trap

When it's 3 p.m. and your stomach is rumbling, sometimes a piece of fruit just won't cut it. A snack bar can be the right bridge between lunch and dinner. Look for one with 190 calories or less, 3 or more grams of fiber and at least 4 grams of protein.

BEST LOW-CALORIE

Kashi TLC Chewy Trail Mix



140 CAL., 4G FIBER, 6G PRO.

MOST PROTEIN

Luna Protein Chocolate



170 CAL., 3G FIBER, 12G PRO.

LIKE DESSERT

Lärabar Apple Pie



190 CAL., 5G FIBER, 4G PRO.

HAS ANTIOXIDANTS

Kind Dark Chocolate Cherry Cashew



180 CAL., 3G FIBER, 4G PRO.

GOOD FOR KIDS

Clif Kid Z Bar Honey Graham



120 CAL., 3G FIBER, 3G PRO.

Source: Bonnie Taub-Dix, weight-loss expert and author of *Read It Before You Eat It*



Perfect your portions

These gadgets keep your portion size (and your waistline) in check.

The Healthy Steps Portion Control dressing cruet (\$8; amazon.com) pours out 2 tablespoons, so your salad is dressed just right every time.



Use your noodle: It's hard to estimate portion sizes of dry pasta. Instead, be precise with a spaghetti measure (\$7; josephjoseph.com).



EDITOR'S TIP "Whole-wheat pastry flour can be swapped for all-purpose flour in baked goods for a boost of nutrition. Unlike other whole-grain flour, pastry flour allows a one-for-one substitution in recipes."

—Beth Lipton edits food stories

Stove-top steaming 101

Cooking vegetables, chicken and fish with steam is fast and healthful, and it requires no special equipment.

Use a large pot with a lid and something to hold food above the water, like an insert made for steaming (right, Chef'n steamer, \$13; amazon.com) or a heatproof plate supported by ramekins. Be sure the plate has space around it in the pot, and use silicone oven mitts when handling the plate. Bring a half-inch of water to a boil, place the insert or plate inside, lower heat to simmer, cover and cook food until tender.

