

Smart ways to live well

MARCH 2010

# Prevention

Take  
YEARS  
Off Your  
SKIN!

## EAT GREAT LOSE WEIGHT

The All-Natural  
Eating Plan  
Guaranteed to  
Melt Fat!

## Flatten YOUR BELLY!

LOSE AN  
INCH  
A WEEK

## SLEEP DEEPLY

Wake Up  
Energized!

50 Healthiest  
EVERYDAY  
FOODS

**MARG HELGENBERGER**

How She Finds Calm &  
Balance in Her Busy Life

## The Surprising Problem That Packs on Pounds

Prevention.com

## Breads

*Sprouted grain bread contains more than twice the dietary fiber of white or wheat bread.*

- Food for Life Organic 7 Sprouted Grains Bread
- Alvarado St. Bakery Sprouted Multi-Grain Bread

## Snacks/Condiments/Spreads

*From the one ingredient in Crazy Richard's Peanut Butter (peanuts) to the blend of raw fruits, nuts, and spices in the Lärabar, these snacks are as real as processed pets.*

- Lärabar energy bars
- Snyder's of Hanover Sourdough Hard Pretzels
- St. Dalfour Black Cherry 100% Fruit Spread
- Crazy Richard's Natural Chunky Peanut Butter
- Guiltless Gourmet Mild Black Bean Dip
- Wholly Guacamole Classic
- Sabra Classic Hummus
- San Marcos Chipotle Peppers in Adobo Sauce
- Drew's All Natural Organic Salsa

## Desserts

- Häagen-Dazs Fat-Free Mango Sorbet

—Joe Kita

## Get Started

# 3-DAY MENU

Follow the sample diet below as closely as you can, buying ingredients that are local, seasonal, whole, fresh, traditional, and organic, if possible. When buying foods such as bread, milk, cereal, and oatmeal, refer to our list of "Packaged Foods We Love" at left for less-processed alternatives.

### Day 1

**BREAKFAST** 2 pasture-raised scrambled eggs with chopped veggies or herbs; 1 slice whole grain toast with butter; 100% orange juice (either fresh-squeezed or carton)

**LUNCH** Peanut butter on whole grain bread with sliced bananas and a drizzle of natural honey; milk

**SNACK** Bowl of cereal with almonds and dried fruit

**DINNER** Takeout Chinese (steamed vegetables and brown rice); water or tea

### Day 2

**BREAKFAST** Oatmeal with fresh fruit and natural honey; milk

**LUNCH** Baby spinach salad with hard-boiled egg, cherry tomatoes, red onion, crumbled natural bacon, and a drizzle of olive oil; iced green tea that you brew and sweeten yourself

**SNACK** Lärabar

**DINNER** Pasture-raised, hormone-free beef steak with blue cheese and spring peas; water; square of organic dark chocolate

### Day 3

**BREAKFAST** Plain yogurt with granola and fresh fruit; hot green tea

**LUNCH** Pasture-raised chicken breast with low-sugar or homemade tomato sauce and fresh Parmesan cheese; spring water

**SNACK** Whole wheat pita wedges with guacamole

**DINNER** Wild salmon with potatoes and greens; water; sorbet

CLEAN UP  
YOUR DIET

## Packaged Foods We Love

YOU DON'T HAVE TO sacrifice convenience or your budget to eat clean. More companies are producing foods that are relatively unprocessed and more healthful. We asked our experts to recommend their favorites—the foods they grab off supermarket shelves when they don't have time to cook from scratch.

### Fruits/Veggies

*Produce picked and frozen at peak ripeness has just as many nutrients and antioxidants as fresh, if not more.*

- Dole Wildly Nutritious Signature Blends Frozen Mixed Berries
- Cascadian Farm Organic Frozen Cut Spinach

### Cereals

*Simplicity is key for these three brands: minimal processing and few additives.*

- Bear Naked 100% Pure & Natural Cranberry Raisin Cereal
- Arrowhead Mills Organic Steel Cut Oats Hot Cereal
- Post Shredded Wheat Cereal

### Dairy

*These brands are made from milk that's free of antibiotics and hormones.*

- Stonyfield Farm Organic Yogurt
- Organic Valley Lowfat 1% Milk

### Meals

*These items let their ingredients' natural flavors speak for themselves—no refined sugar or excessive fat or salt.*

- Birds Eye Asparagus Stir-Fry
- Annie's Homegrown Organic Whole Wheat Shells & White Cheddar
- Kashi All-Natural Tuscan Veggie Bake

### Pantry Staples

*These products make it easy and delicious to incorporate whole grains and omega-3s into your diet.*

- Uncle Ben's Fast and Natural Whole Grain Instant Brown Rice
- Ronzoni Healthy Harvest Whole Wheat Blend Spaghetti
- Colavita Extra Virgin Olive Oil
- Pacific Natural Foods Organic Free-Range Chicken Broth
- Bumble Bee Skinless and Boneless Pink Salmon

