

AUGUST 2010

# Prevention

**Proven Results!**

## A FLAT BELLY FAST!

From Flab to Fab in Just 7 Days!

**SHOPPER ALERT!**

### When to Buy ORGANIC

- ◆ 12 foods to go for
- ◆ 15 you can skip

Calm Excess Worry

# 287

RIDICULOUSLY EASY WAYS TO:  
Fight Frizzy Hair, Soothe Sunburn,  
Catch a Nap, Burn More Calories...

15-Min  
No Cook  
Meals!

LOOK  
YOUNGER  
Instantly!

Trick Your  
Body into  
Frying Fat

A LIFE  
LESSON  
(from my dogs)  
p. 180

*Laura  
Linney*

*Why she cares  
about cancer  
prevention*

## BAR EXAM: DOES YOURS PASS?

An energy bar can be a healthy snack—if you choose the right one. We found 15 that met our high standards: less than 100 mg of sodium, minimal added sugars, and an ingredient list consisting mainly of fruits, nuts, and whole grains. Then we taste-tested them to come up with these five winners. —*Brittany Risher*

WE  
ATE 'EM.  
WE RATE  
'EM.

### FOR FRUIT FANATICS ProBar Fruition Strawberry

This little bar packs two servings of fruit; oats and cashews for fiber; and chia seeds, which contain omega-3 fatty acids. "It's very fruity tasting and nice and moist," said one tester. *Per bar: 160 cal, 3 g pro, 4 g fiber, 2 g fat, 0 g sat fat, 20 mg sodium*

### FOR GRANOLA GIRLS Bear Naked Grain-ola Tropical Fruit

Mango, papaya, coconut, and oats make this a tasty way to get 17 g of whole grains in one convenient snack: "It has a nice chewy texture and lots of dried fruit." *Per bar: 220 cal, 3 g pro, 4 g fiber, 7 g fat, 2 g sat fat, 60 mg sodium*

### FOR PIE CRAVERS Clif C Apple

An almond-and-macadamia crust is topped with organic apples and cinnamon and lightly baked. The result: "It's soft, nutty, and spicy." *Per bar: 130 cal, 2 g pro, 4 g fiber, 4.5 g fat, 0 g sat fat, 15 mg sodium*

### FOR NUT LOVERS Kind Fruit & Nut Delight

Peanuts, almonds, Brazil nuts, and walnuts mix with raisins and apricots for a satisfying crunch: "It's trail mix in a bar!" *Per bar: 180 cal, 5 g pro, 4 g fiber, 11 g fat, 2 g sat fat, 30 mg sodium*

### FOR MINIMALISTS Lärabar Banana Bread

Three ingredients—almonds, dates, and unsweetened bananas—prove that simple can be loaded with flavor: "It tastes like banana nut bread but isn't overpowering or fake." *Per bar: 230 cal, 6 g pro, 5 g fiber, 11 g fat, 1 g sat fat, 0 mg sodium*

## Give Your Appetite a Rest

It only takes a night of sleep deprivation to increase levels of ghrelin (the hormone that triggers hunger) and decrease levels of leptin (which suppresses hunger). As a result, your body thinks you're starving, which spikes cravings for high-fat and high-calorie foods, says Ann E. Rogers, PhD, RN, an associate professor at the University of Pennsylvania School of Nursing. —*BR*