

STAR WORKOUT REVEALED: JENNIFER GARNER'S EQUIPMENT-FREE ROUTINE

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SHAPE UP
FAST

15 MINUTES A DAY TO A
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BIKINI-WORTHY ABS

...ARE MADE ON THE REFORMER!

(No airbrushing anywhere, we swear!)

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CHOLESTEROL MYTHS DEBUNKED

WHAT YOUR DOCTOR MAY NOT KNOW

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BEAT BREAKFAST BOREDOM!

OCTOBER 2012

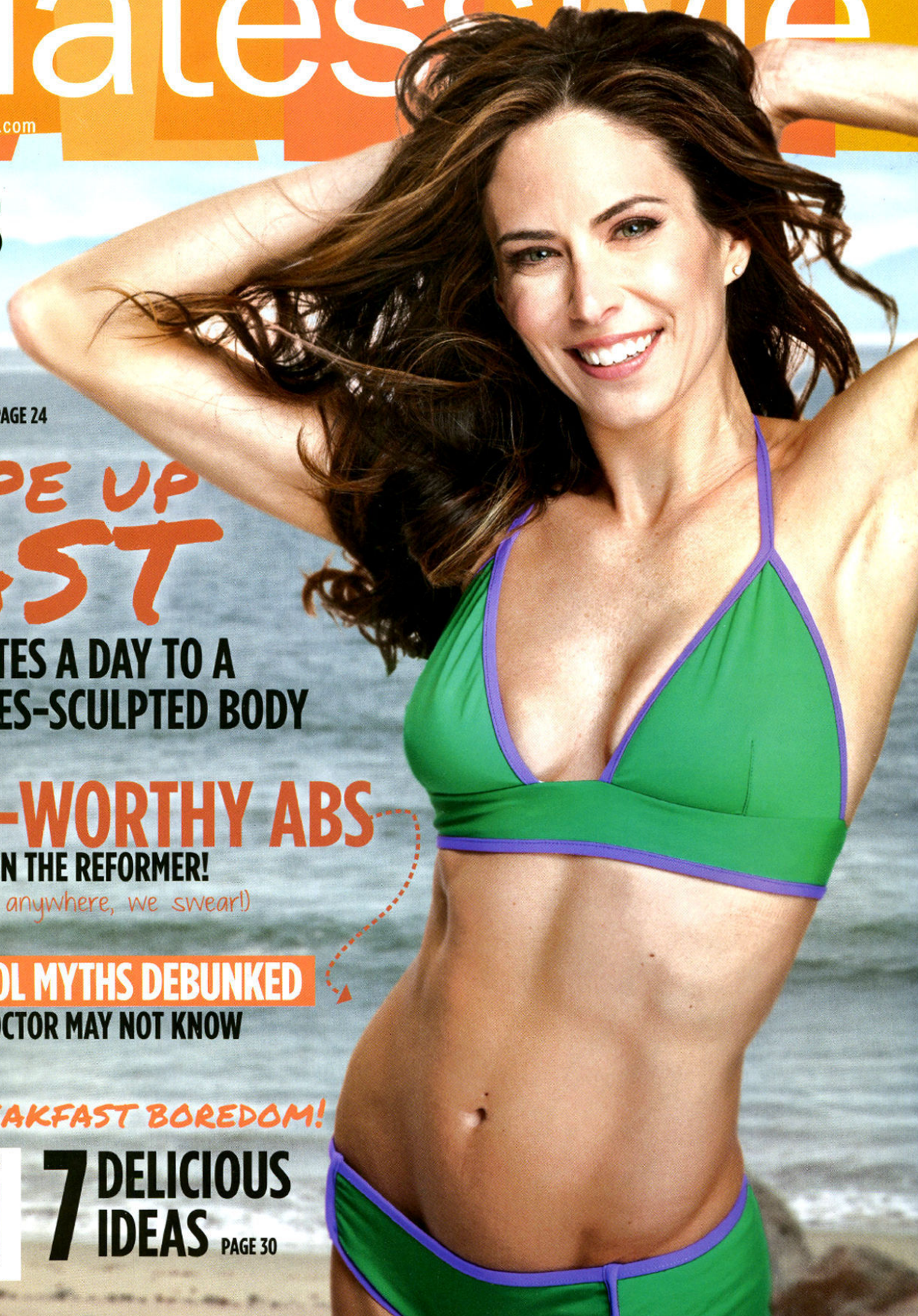
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7 DELICIOUS
IDEAS

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Snack Smart

With our busy schedules, we're constantly running back and forth between work, home, Pilates class and everywhere else, sometimes making it impossible to sit down for a full meal. Women, especially, are having a hard time fitting into the daily breakfast-lunch-dinner framework, according to Institute for the Future, an independent, non-profit strategic research group. In fact, they found that over the next decade, women will consume most of their food through snacking alone.

But with so many unhealthy choices lurking in vending machines and convenience stores, how do we snack wisely? We talked to Tara Dellolacono Thies, RD and Nutrition Strategist for Clif Bar & Company, to get her best snacking tips that won't come back to bite you.

REMOVE REMORSE. Feeling guilty about snacks can lead to what Dellolacono calls snacking sabotage, or emotional eating (e.g., inhaling a bag of chips while watching TV). Make smart choices like a protein bar, a serving of dried fruit, or fat-free milk.

SNACK WITH INTENTION. Choose delicious snacks that balance carbs, fats and proteins to not only satisfy your cravings, but to also energize your body and mind.

KNOW YOUR "POWER CURVE." Skipping meals can throw your body off its natural power curve and send you into ravenous hunger mode. Listen to your body's signals and eat when you feel hungry, rather than depriving yourself or eating because it's "technically" lunchtime.

BE RESOURCEFUL. Use friends, family, websites, apps and other reliable sources to help you make the best snack choices for your lifestyle. Dellolacono says that having an accountability partner—someone you trust to help you maintain healthy habits and vice versa—can keep you on track in the long run.

TRUST THE USUAL SUSPECTS. Whole grains, fruits and vegetables are always go-to choices for healthy, satisfying snacks. Some of Dellolacono's favorite snack combos: apple slices with peanut butter and whole wheat crackers, and low-fat yogurt with berries and high-fiber cereal.

SHOP PINK!

According to the National Breast Cancer Foundation, an estimated **200,000 women** are diagnosed with breast cancer each year. While we can't all be scientists who work on a cure, we can go shopping this October to benefit breast cancer awareness. Check out these cool products that will leave you tickled pink.

A. Skinn Cosmetics Twin Set Collagen Boost Lipstick and Wet Gloss in Pink Tulip

Throughout October, **100 percent** of sales from the pretty pink hue, with vitamin E and aloe, will go to the Susan G. Komen for the Cure Foundation (\$18.50; www.store.skinn.com).

B. Dermelect Cosmeceuticals Provocative Peptide-Infused Color Nail Treatment

The company will donate **30 percent** of net proceeds from this strengthening nail treatment, free of DBP, toluene and formaldehyde, to CEW Cancer and Careers, a non-profit that works to eliminate fear and uncertainty in working cancer survivors (\$14; www.dermelect.com).



DON'T REACH FOR SUGARY JUNK FOOD! SATISFY YOUR SWEET TOOTH WITH NUTRIENT-DENSE DARK CHOCOLATE.

All calories are **NOT** created equal.

You might want to trade in those 100-calorie packs for a different 100-calorie snack. According to a new study conducted by researchers at the New Balance Foundation Obesity Prevention Center at Boston Children's Hospital, **all calories are not registered by our bodies in the same way.** By monitoring three groups of participants who each consumed a different common diet, researchers observed which diet helped keep weight off the

best. They found that more **nutrient-dense foods**—those with vitamins and fiber and also balanced with healthy carbs, fats and proteins—make better, healthier snacks than less-nutritious counterparts, even if they have the same amount of calories. Some of the most nutrient-dense snacks on the planet? **Broccoli, kale, dark chocolate** (the super-dark kind) and **chia seeds**, which are all loaded with **fiber** and **antioxidants**.

—Valentina Palladino

- C. BRULEE Boudoir Chemise**
Twenty-five percent of proceeds from this sexy yet demure Blush/Black nightie will go to the Breast Cancer Research Foundation when purchased online in October (\$168; www.brulee.net).
- D. FatBoy The Original—Pink**
Fifteen percent of proceeds from this modern, comfy pillow will benefit Susan G. Komen for the Cure (\$239; www.shophorne.com).
- E. Malie Organics Plumeria Collection**
 Buy any item from the entire line of home, bath and body goods, laced with jasmine, citrus and gardenia, and the company will donate **20 percent** of the profits to the National Breast Cancer Foundation in October (\$18–\$69; www.malie.com).

—Rachael Grannell

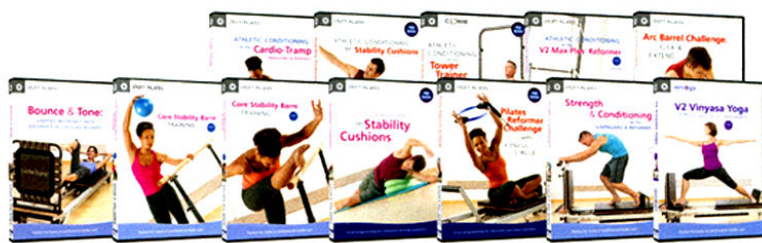


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