

summer eating special



Say cheese! Calcium and veggies deliver bikini benefits.

## Swimsuit snacks!

Time for a two-piece? No need to starve. Just munch daily on these eats to look and feel your best. **By Linda Wasmer Andrews**

### TO BANISH BLOAT

**Reach for Calcium-packed foods** **How much** 1,000 mg calcium  
Researchers aren't sure why, but consuming high-calcium foods before you bare (nearly) all may help deflate PMS puffiness as well as the bloat that results from eating salty foods, says Toby Smithson, R.D., a spokeswoman in Waukegan, Illinois, for the American Dietetic Association. PMS bloating may occur when levels of calcium and vitamin D—which can fluctuate during your cycle—are low. To hit the RDA, try combos of 1 cup lowfat milk (290 milligrams calcium), 8 ounces lowfat plain yogurt (415 mg calcium) and 2½ oz lowfat cheddar (295 mg calcium).

### TO FIGHT FAT

**Reach for Almonds** **How much** ¼ cup  
A delicious way to whittle your middle? Nosh on nuts! Research shows that when almonds replace less healthful foods, dieters can lose more weight and trim more inches from their waistline—even though, ounce for ounce, almonds often have more calories and fat than other bites. The nuts' healthy fat keeps you satisfied, staving off future snack attacks.

### TO FEEL FULL

**Reach for Water-rich fruit and veggies** **How much** 2 cups  
Drink up, and grab foods such as melon and tomatoes, which are more than 90 percent water, so they count toward your total fluid intake, says Matthew Ganio, Ph.D., of the University of Connecticut at Storrs. Juicy fruit and vegetables with high water content fill you up for very few calories, so dig in!

## WHICH NEW DIET BOOK HAS YOUR NAME ON IT?

I want specific rules.

I ditched my last diet because of...

constant hunger.

When it comes to exercise, I...

inflexible rules.

**What's Your Diet Type?** By Heather K. Jones, R.D. (Hatherleigh Press) A personality quiz refers you to a chapter of tailor-made tips. Once you've ID'd your ideal plan, dive in to the collection of recipes.

**The Instinct Diet** By Susan B. Roberts, Ph.D., and Betty Kelly Sargent (Workman Publishing) The diet shows you how to make small changes (more meals, smaller forks) to redirect the biological instincts that tell you to overeat.

**The Skinny on Losing Weight Without Being Hungry** By Louis J. Arrone, M.D. (Random House) Dieters fill up on protein and low-cal veggies to avoid constant hunger and do easy strength-building moves.

**Diet Myths That Keep Us Fat** By Nancy L. Snyderman, M.D. (Crown) It does not offer an extensive food plan, but the book touts proven truths (yes, you can eat after 8 p.m. and not gain weight!) and exposes hype.

**The Self-Hypnosis Diet** By Steven Gurgevich, Ph.D., and Jby Gurgevich (Sounds True) In lieu of recipes or regimens, this book comes with a self-hypnosis CD to help persuade you to love healthy foods.

**THINK GREEN**  
**Go Green Get Lean** By Kate Geagan, M.S., R.D. (Rodale) The low-carbon, low-cal diet has recipes (mmm... gazpacho) and tips that shrink your waist and eco-footprint.  
—Merritt Watts

PICK YOUR PLAN

I prefer general mantras.

At the grocery store, I'm attracted to labels that say...

new!

I meditate...

never.

regularly.

organic!