

✂️ **SAVE BIG! OVER \$44 OF COUPONS INSIDE!**

GREAT VALUE ONLY
\$1.97

allyou

NOW WITH SUDOKU PUZZLES IN EVERY ISSUE!



Ideas * Tips * Life with a Reality Check

Issue 8, August 31, 2007

Feel-good food



- Throw the best tailgate party
- Classic diner desserts

Your style



- Find your most flattering jeans

Your home

- Decorating tricks that cut the clutter

Save \$\$\$

- Cut your energy bills all year long
- Get the best deal on a new computer

Get your 'jeans body' back!
Walk off 10, 20, 35 lbs

UPDATE YOUR HAIR

The 4 best cuts of 2007
Choose the one that's right for YOU!

HEALTH REPORT

Protect yourself from OTC drug dangers

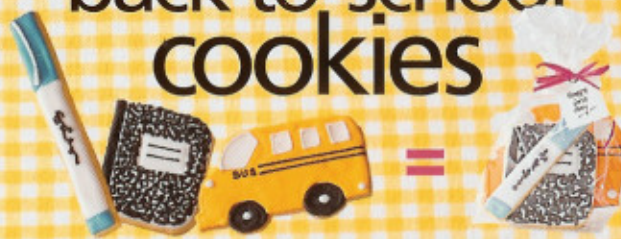
Get organized **FOR FALL**

- ✓ School **supplies**
- ✓ Homework **desks**
- ✓ Kid-friendly **snacks**
- ✓ Child **health planner**

Plus
● **Supernanny's 5 top tips** for raising happy kids

HOW-TO INSIDE

Give them a fun send-off with **back-to-school cookies**



www.allyou.com AOL keyword: All You \$1.97US



Your diet questions answered



WEIGHT-LOSS
EXPERT

Dawn Jackson Blatner

Straightforward advice to help you stay healthy



Q & A

Find out if there's a healthful soft drink

Are the new vitamin drinks Coca-Cola and Pepsi are coming out with good for me?

These enriched sodas—Diet Coke Plus and Pepsi Tava—are low-calorie, which does make them better for you than full-sugar soda. But even with the addition of vitamins and minerals, they aren't preferable to healthful

foods. If you like the taste, enjoy these beverages in moderation (12 ounces, or one can, a day). But drinking water and eating nutritious foods to get your daily dose of vitamins and minerals would be a healthier route.

Lose weight while you eat pasta

Q & A
I love pasta, but I know that it has a ton of calories. Is there a way for me to change my diet and lose weight without having to give it up?

You don't have to stop eating pasta to lose weight. You just have to eat the right kind and the right amount. Choose whole-wheat pasta: You'll forgo about 50 calories per serving and take in extra fiber and healthful phytochemicals that may help prevent heart disease and certain types of cancer. One cup of cooked whole-wheat spaghetti has about 180 calories, which can

easily fit into a 1,500-calorie-a-day weight-loss plan. For a perfectly portioned pasta dinner, try one of these 500-calorie meals:

- One cup of cooked whole-wheat pasta, two tablespoons of prepared pesto, a half cup of canned white beans (rinsed and drained) and two cups of chopped, stir-fried



vegetables such as zucchini and yellow squash.

- One cup of cooked whole-wheat pasta, 3 ounces of baked chicken (half of a breast), two cups of steamed vegetables—try broccoli, bell peppers and mushrooms—and a half cup of marinara sauce.

- One cup of cooked whole-wheat pasta, one tablespoon of sesame oil, one tablespoon of low-sodium soy sauce, 3 ounces of shrimp and two cups of chopped, steamed broccoli.

- One cup of cooked whole-wheat pasta stir-fried with one tablespoon of olive oil, one minced garlic clove, two cups of fresh baby spinach and one chopped link of cooked Italian chicken sausage or spicy Italian-style vegetarian sausage.

*Dawn Jackson Blatner is a registered dietitian and a spokeswoman for the American Dietetic Association.



Ask All You... Do you have a diet or fitness question? Write to us at health@allyou.com.