

Smart ways to live well

JUNE 2009

Prevention

COOK!
Bonus
Meals and
Recipes
P. 119

FLAT BELLY AFTER 40!

■ 28 easy meals take
off ab fat first

■ Drop 8 pounds,
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Easy Slim-Down Idea: MEATLESS MONDAYS

Just one meatless day per week (any day will do) may reduce your saturated fat intake by 15%, which can equal significant improvements in your weight and heart health, according to calculations by researchers at Johns Hopkins Bloomberg School of Public Health. Here, Dawn Jackson Blatner, RD, author of *The Flexitarian Diet*, offers strategies to help even ardent meat eaters become part-time vegetarians:

1. TRADE MEAT FOR HEARTY LEGUMES. Substitute $\frac{1}{4}$ cup of cooked beans, peas, or lentils for each ounce of meat in recipes; try it in tacos, pasta dishes, meat chili, soups, and casseroles.

2. REDIRECT SAVORY CRAVINGS. That rich flavor you crave is called *umami*—meaning “savory” in Japanese. Considered the fifth taste, it’s common in meat and fish but can also be found in a variety



of vegetarian-friendly sources, including mushrooms, aged cheeses like Parmesan, sweet potatoes, tomatoes, and walnuts.

3. REINVENT OLD FAVORITES. Exchange your hamburger patty for a black-bean burger, diced chicken for cubed tofu, and seafood stir-fry for one made with edamame. —Rachel Meltzer Warren



The Power of Pits

For a hefty helping of disease-fighting antioxidants, sink your teeth into a juicy, portable peach, nectarine, or plum (pictured). Each stone fruit—so called because of the hard pit surrounding a seed—has potent antioxidants. According to scientists at Texas AgriLife Research, just one plum contains at least the same levels of phytonutrients and antioxidants as 1-plus cup of blueberries. Since stone fruits fit in the palm of your hand, it’s easy to get your antioxidants on the run. All three are in season now, so they’ll taste fresh and cost less. —Stephanie Breakstone

LEFT: ILLUSTRATION BY SCOTT RHODES; RIGHT: JONATHAN KANTOR