

THIS
MAGAZINE
PAYS FOR
ITSELF

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VALUABLE
COUPONS
INSIDE

Issue 8, August 26, 2011

131 Savings Shortcuts

Fresh ideas for watermelon

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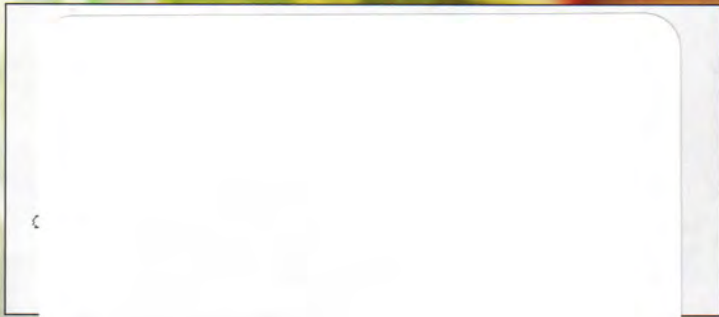
Clear the clutter from every room

Need cash fast?
Here's what you do

Summer's best

Easy, low-cost recipes your family will love

See pages 16, 25, 88, 113 for great dishes



HEALTH
EXPERT

Dawn Jackson Blatner

Your diet questions answered

Strategies to help you eat better and lose weight

Pick out produce that can perk up your skin

Q Will eating foods high in vitamin C help give my skin a healthy glow?

A Vitamin C is great for your skin. The powerful antioxidant can brighten your complexion, protect it from sun damage and help reduce the appearance of wrinkles and fine lines. The vitamin is also essential for the production of collagen, a protein that boosts the strength and flexibility of your skin. Because the body does not store vitamin C, it's important to incorporate it into your diet through certain foods (try red bell peppers, citrus fruits, broccoli, strawberries and cantaloupe). Consuming foods



high in carotenoids (plant compounds found in carrots, tomatoes, sweet potatoes, spinach and kale) can help keep

skin healthy, too. For the best results, aim to eat at least 4½ cups of produce in a variety of colors each day.

Learn to like nutritious grains

Q I hate the taste of whole-wheat and other whole-grain rolls, bagels and breads. What else can I try?

A Before giving up on whole wheat, choose other brands. You might come across one that has a more pleasing flavor. If you can't find something you enjoy, try 100 percent whole-wheat versions of crackers, English muffins, tortillas, pitas, pasta and couscous. Or branch out to other whole grains, including oats, corn, popcorn, brown rice and bulgur (available in many grocery stores near the rice). For an easy, yummy alternative, check out quinoa (look in the rice aisle). Packed with protein, it's simple to make (bring one part quinoa to two parts water or low-sodium broth to a boil, then simmer, covered, for about 10 minutes) and tastes great (stir in fresh herbs and chopped nuts for more flavor). Tracking down something you like is worth it—whole-grain foods might help you keep extra pounds off and lower your risk of heart disease, diabetes and cancer. To be sure you're getting the real deal, look for the word *whole* in the ingredient list.

Skip the meat, drop the pounds

Q If I become a vegetarian, will I lose weight?

A A vegetarian diet can help you slim down—as long as your meals are healthful, balanced and not too high in calories. On average, female vegetarians weigh about 11.5 percent less than female

meat-eaters, according to a study published in *Nutrition Reviews*. However, if your new diet is high in calories and simple carbohydrates, you could gain weight and miss out on nutrients such as protein, calcium, iron, vitamin D and omega-3 fat. Include foods rich in plant protein and iron (beans, nuts and seeds), calcium and

vitamin D (dairy or plant-based milks) and omega-3s (walnuts and flaxseeds) at each meal. Remember, a common nutritional pitfall for vegetarians is overeating high-fat cheese and carb-heavy foods such as pasta and bread, so be sure to keep portions of such foods in check for optimal health and weight loss.



* Dawn Jackson Blatner is a registered dietitian and author of *The Flexitarian Diet*.

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