

The 2-minute trick that prevents cancer, page 82

# Health

*Summer special!*

The most  
slimming  
swimsuits  
**EVER**

\*  
Secrets to  
frizz-free  
hair

\*  
A nice,  
firm butt  
in 10  
minutes

More  
energy  
now

Our exclusive  
lose weight,  
feel great plan

Are you  
over 30?

Important  
health warning  
on page 115

Hotter sex  
TONIGHT

Real Women Reveal  
Their Best Moves

Can you  
trust  
your doc?

See page 84

KITCHEN  
GERMS  
UNCOVERED

Here's what's  
hiding in  
your fridge

Grocery list makeover

Low-fat foods that save you money!

\$3.50 US \$4.99 CAN



May 2007  
Health.com



# Healthy Weight

Edited by Shaun Chavis

## Splurge a little and lose

Here's how to end your day with a special treat—without packing on the pounds.

By Dawn Jackson Blatner, RD, LDN

**Plan ahead for treats:** Use our tricks to satisfy your craving for a hot fudge sundae without sabotaging your diet.

The secret to enjoying your favorite indulgence without sacrificing your waistline? Make your calories count. Try our tricks (on page 100) that'll save calories for something you crave. The government's dietary guidelines build in room for such treats: Uncle Sam calls them "discretionary" calories; we like to call them "I Deserve It!" calories. So pick your pleasure. ▶▶



**Your splurge plan:** With this 1,800-calorie-a-day menu, you'll get the nutrition you need, plus your favorite 200-calorie splurge—and lose half a pound a week.

**Breakfast**

1 cup whole-grain cereal,  
1 cup skim milk,  
1 banana,  
1 cup coffee



Are cream and sugar really worth the calories? Try skipping them in your coffee.

**Save 30 calories**

**Lunch**

2 slices whole-grain bread,  
4 ounces sliced turkey,  
1 slice low-fat mozzarella cheese,  
1 tomato slice, lettuce



When it's time to put a spread on your bread, use mustard instead of mayo.

**Save 67 calories**

**Afternoon snack**

1 cup plain low-fat yogurt,  
 $\frac{1}{2}$  cup fresh blueberries,  
1 ounce almonds



Stir fresh berries into plain low-fat yogurt instead of buying blueberry-flavored.

**Save 46 calories**

**Dinner**

$\frac{1}{2}$  cup black beans,  $\frac{1}{4}$  cup corn,  
 $\frac{1}{2}$  cup chopped green bell pepper,  
 $\frac{1}{2}$  cup steamed brown rice,  
2 tablespoons salsa,  $\frac{1}{4}$  avocado



Choose brown rice instead of white rice, and pass on the cheese.

**Save 62 calories**

**Our favorite ways to enjoy the 205 "I Deserve It!" calories you've saved:**

**Ice Cream With Fudge Sauce**

Top  $\frac{1}{2}$  cup chocolate fudge chunk ice cream (such as Edy's) with 1 tablespoon dark chocolate sauce (such as Dove).

**190 calories**

**Italian Treat**

Top 1 ( $\frac{1}{2}$ -inch-thick) slice French baguette with 1 tablespoon tomato-and-basil bruschetta topping (such as Classico); enjoy with 5 ounces of your favorite white wine.

**212 calories**

**Cheese Plate**

Have 1 ounce brie,  $\frac{1}{2}$  cup grapes, and 15 pistachios.

**192 calories**

**Truffle Trio**

Have 3 chocolate truffles (about  $\frac{1}{2}$  ounce each).

**190 calories**

**Pomegranate Cocktail**

Mix 10 ounces pomegranate soda (such as Izze) with a jigger (1  $\frac{1}{2}$  ounces) of vodka.

**197 calories**

Total calories without changes: 1,797; Total calories using the Splurge Plan: 1,592