



THE DIET  
THAT  
REALLY  
DROPS  
POUNDS

Beans are a great source of filling protein and fiber.

**W**hat's the easiest summer weight-loss plan? It's going vegetarian. According to a recent study published in the journal *Nutrition Reviews*, vegetarians weigh 4-20 percent less than meat eaters. And another new study may reveal one reason why: People who regularly include beans in their diet are, on average, nearly 7 pounds lighter than those who don't eat any legumes.

Still, when you cut out meat you need to be careful to replace the nutrients it provided in your diet, says Dawn Jackson Blatner, R.D., a dietitian at Northwestern Memorial Hospital Wellness Institute in Chicago. Here, three guidelines for going meatless:

**LOOK FOR VARIETY.** Many new vegetarians don't know how to make meatless meals, so they tend to eat the same dishes over and over — and miss out on important nutrients. Make sure your meals contain an assortment of different fruits, vegetables, proteins and whole grains.

**MIND YOUR B'S.** If you don't get a lot of dairy or are vegan (those who only eat plant-based foods), you may need a vitamin B<sub>12</sub> supplement. This energy-boosting nutrient is found primarily in animal products. You need 2.4 micrograms a day (a cup of milk fulfills about half that).

**IMPROVE YOUR IRON INTAKE.** Plant-based iron isn't processed by the body as easily as the kind found in meat, so pair iron-rich foods (like lentils) with those high in vitamin C (like tomatoes) to boost absorption. —J.S.



in-season pick

arugula

This vitamin-rich leafy green is delicious raw or cooked, says Christian Gaudreault, co-author of *As Fresh as It Gets: Everyday Recipes From the Tomato Fresh Food Café* (Arsenal Pulp Press, 2006). Sneak some of its peppery flavor into every meal:

➤ **at breakfast** Perk up an egg-white omelet by folding in chopped arugula with diced tomatoes and a little grated fontina or Gouda cheese a few minutes before serving.

➤ **at lunch** Toss arugula with grilled chicken and sliced pears (the tangy bite of the greens complements the sweetness of the fruit). For milder flavor, add a cup of green-leaf lettuce.

➤ **at dinner** Add kick to cooked pasta with bite-sized pieces of arugula, oven-roasted tomatoes and minced garlic. Mix with olive oil and a sprinkle of freshly grated Parmesan cheese.

IN 1 CUP OF RAW ARUGULA: 4 CALORIES, 20 MCG FOLATE, 475 IU VITAMIN A, 22 MCG VITAMIN K.