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Food Lies That Are Making You Fat

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On the Double

Three may be a crowd, but two really are better than one when it comes to these foods.

**CHEESE** Eating two slices a day (we like Kerrygold Reduced-Fat Dubliner and Cabot Pepper Jack Light) could cut your diabetes risk by 12 percent, a study in the *American Journal of Clinical Nutrition* shows. The benefit may come from good-for-you bacteria.

**APPLES** Florida State University researchers found that women who ate 75 grams of dried apples (about the equivalent of two fresh ones) a day lowered their LDL, or "bad," cholesterol by nearly 25 percent. Stir chopped apple into your oatmeal, snack on slices with peanut butter or bake a half with cinnamon and sugar for dessert.

**OLIVE OIL** People who consumed slightly more than two tablespoons daily were 44 percent less likely to die from cardiac problems than those who consumed less, Spanish scientists discovered. Drizzle one tablespoon on your salad and use the other to sauté, roast or pan fry your main dish at dinner.

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**The Get-More-Done Diet**

Eating right could help you tackle your to-do list. According to a Brigham Young University study, people who did not eat a healthy diet were 65 percent more likely to be unproductive on the job. "It takes a lot of energy to digest large, heavy meals, leaving little left over for work," explains Dawn Jackson Blatner, R.D., a FITNESS advisory board member. Snack on a mix of protein and produce, like string cheese and grape tomatoes.

**Now C Here!**

Juicy fruit is gonna move you. That's because citrus is packed— with vitamin C, and Oregon State University research suggests that upping your intake from 75 milligrams a day (the recommended amount) to 200 could give you an energy boost plus reduce your risk of heart disease and certain cancers. Other sources of C include broccoli, bell peppers and strawberries, all of which contain about 100 milligrams per cup.

**Go Figure**

$2,275

Amount the average family of four wastes on uneaten food each year. Limit your losses by buying exact amounts from bulk bins, making one use-it-up meal a week and storing leftovers in clear containers toward the front of the fridge.

*Source: Natural Resources Defense Council*

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**Good Catch** Ordering sushi just got simpler: Research shows that sustainable fish tend to have the most omega-3s and the least mercury. Top choices include yellowfin tuna, wild Alaskan salmon and pollock (in imitation crab). To skip extra calories, avoid rolls with cream cheese, mayo or tempura, code for "fried."

*Source: Frontiers in Ecology and the Environment*