LOSE YOUR BELLY FAT
Drop 5 Pounds Superfast

Get Slim for Life Plan
Jillian Michaels’ Get Slim for Life Plan

25 Secrets of Women Who Eat, Drink and Shrink

How to Succeed at Work, Love, Anything

Healthier in 1 Day!
Easy Tweaks, Big Results

The Top Anti-Aging Products
Skin Docs Reveal What Works

Smoothies That Take Off Weight
Yippee! P. 24
a compound called allcin, which gives garlic its pungent smell. "Alcin may keep you from overeating by stimulating satiety in the brain," says Tara Gidus, RD, a dietitian in Orlando, Florida. Spring garlic has a milder, sweeter taste than the dried white bulbs you buy later in the season. Enjoy it diced on salad for a fat-fighting side or lunch.

**LE GUMES**

Beans are one of your best bets if you're trying to drop pounds, says Joseph Colella, MD, a bariatric surgeon at Magee-Womens Hospital in Pittsburgh. "Your body has to work to break down the bean to get through the fiber," he explains, "so you're actually expending energy to digest it." Even better, Dr. Colella says, the protein in legumes activates an "I'm satisfied" message in the hunger center of your brain.

**IS IT BETTER RAW?**

"Some produce is most nutritious uncooked, while other kinds need heat to bring out the best in them," says Dawn Jackson Blatner, RD, a registered dietitian with a practice in Chicago. Here's how to get the most from your farmers' market picks:

**CRUNCH IT**

- **BEETS**
  Beets lose more than 25 percent of their folate when cooked; eat them raw to preserve this brain compound.

- **BROCCOLI**
  Heating deactivates myrosinase, an enzyme in broccoli that helps cleanse the liver of carcinogens.

- **ONIONS**
  Just slice and eat: You get less of the hunger-busting phytonutrient alcin when you cook onions.

- **RED PEPPERS**
  Their vitamin C breaks down when roasted, fried, or grilled above 375 degrees.

**COOK IT**

- **ASPARAGUS**
  Steaming that asparagus ignites its cancer-fighting potential.

- **MUSHROOMS**
  Heat shrinks to bring out more muscle-building potassium.

- **SPINACH**
  Have it cooked and you'll absorb more calcium, iron, and magnesium.

- **TOMATOES**
  Surprise: When you eat tomatoes cooked, your body absorbs more of their cancer-fighting lycopene.