

oxygen COLLECTOR'S ISSUE
PRESENTS:

FREE!
Pullout
INSIDE
You can reuse it!

Nutrition

FOR THE ACTIVE WOMAN

Your
**best body
ever!**

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ALWAYS EXHAUSTED?

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FOOD FACTS to help you lose weight and keep it off!



HOMEMADE ENERGY BARS • CLEAN DIET CHECKLIST • TOP 10 POWER FOODS

BEFORE



Learn how to
make over your diet—
face it, we can all use
a little help with our
eating habits.



"When people cut out all fat from their diets, their bodies start to hoard the body fat they have because they're not getting it through their diets," says Kimball. When you go ultra low-fat, your levels of HDL (good) cholesterol will drop, and you'll also miss out on heart-healthy fats such as omega-3. In addition, your body needs fat to use the fat-soluble vitamins A, D, E and K.

Carbs are broken down into glucose, which is the brain's number one source of fuel. When you cut carbs your focus is off, your energy is off and you become fatigued quickly.

Finally, eating fat-free can actually cause you to down more food. "People are so hungry when they eat fat-free," says Kimball. "They'll eat fat-free everything, but then they'll eat too much of those things. Once you add in fat, you're much more satiated."

Making over the fat-free diet is easy: have a thin slice of cheese on your deli sandwich and put peanut butter on your toast instead of that butterlike spread. Says Kimball, "It's huge what fat does for flavor and texture to make a meal so much more satisfying."

the carb-o-phobe

Thoughts of terrorism and natural disasters scarcely make you break a sweat, but carbs? Code red! If that sounds like you, it's time for a diet makeover.

"There are many women who cut out all carbs, and they're missing the big picture," says Dr. Susan Mitchell, author of *Fat is Not Your Fate: Outsmart Your Genes and Lose the Weight Forever* (Fireside, 2004). "Carbs are broken down into glucose, which is the brain's number one source of fuel. When you cut carbs your focus is off, your energy is off and you become fatigued quickly." Eighty-sixing all carbs means eschewing fruits and veggies, which are chock-full of vitamins, minerals, fiber and disease-fighting antioxidants. Many of the new low-carb and no-carb foods are made with sugar

alcohols and have zero fiber. Also, they often have saturated fat, which is a bane for your heart.

It's not about cutting all carbs, says Mitchell – it's about eating carb smart. This means nixing white, refined carbs such as white bread, sugar and white rice, and loading up on good carbs such as whole-grain bread and whole-wheat pasta.

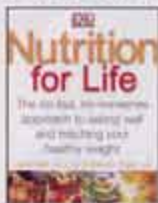
the emotional eater

Stress makes you grab for the nearest salty food, and you drown your sorrows in a bowl (or two) of banana pudding. Yep, you're an emotional eater. Here's how you can make over your emotionally charged diet.

"The first thing is to realize you're doing it," says Mitchell. "Ask yourself if you're eating because you're hungry or because of a response to an emotion. To change, you have to know what's going on." Keep a food journal and note down when and why you reach for a snack. This will help you uncover emotional eating patterns.

Then, suggests Mitchell, replace food with another activity. "You're used to putting food in your mouth," she says. "Replace the food with a positive thing that will bring comfort, such as calling a friend, meeting a buddy for a movie or going shopping."

If you're an emotional eater, eat six small meals per day to keep your moods on an even keel, and make sure each meal has protein and a high-fiber carbohydrate. Says Mitchell, "The two together give a sense of satiety and keep your blood glucose levels – and your moods – more constant."



RECIPES ADAPTED FROM NUTRITION FOR LIFE (DK PUBLISHING, 2003) BY DR. LISA MARK AND DR. DARWIN DEEN.

Craving junk?
Try this recipe
instead. It has less
salt than a bag of
chips and less fat
than a burger.

low-sodium spicy chicken kabobs

Makes 4 servings.

INGREDIENTS:

- 4 skinless chicken breasts
- Black pepper, to taste
- 3 lemons
- 1 tbsp freshly grated ginger
- 3 garlic cloves, crushed
- 1/4 tsp ground cumin
- 1 green chili, chopped

INSTRUCTIONS:

1. Chop each chicken breast into 1-inch cubes. Season with black pepper and the juice of 1 lemon. Cover and refrigerate for 30 minutes.
2. In a small bowl, combine ginger, garlic, cumin and chili. Rub mixture onto chicken, cover and refrigerate for an hour.
3. Cut remaining two lemons into wedges. Thread chicken cubes and lemon wedges onto skewers.
4. Grill over medium-hot coals until chicken is opaque. Or cook under preheated broiler for 5 minutes each side.

