

REDBOOK

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“Hungry Girl’s Food Fix”
March 2011



HUNGRY GIRL'S FOOD FIX

Grocery cart **makeover!**

Give your low-cal staples a rest. “Boredom can easily derail your smart-eating plan,” says Hungry Girl Lisa Lillien. Trust her swaps—she’s taste-tested *everything!*

INSTEAD OF light cream cheese...



TRY The Laughing Cow Light Cheese Wedges

These wedges (35 calories, 1.5g fat each) are tastier than low-fat cream cheese but less fatty than a regular schmear. Try Swiss on mini bagels or the new blue cheese flavor on whole-grain crackers as a snack.

INSTEAD OF regular peanut butter...



TRY Justin's Nut Butter spread

Enjoy this amazing all-natural nut butter on sandwiches or serve with apple slices for a filling treat. They come in tons of decadent flavors—such as chocolate hazelnut and maple almond—in convenient single-serving 80-calorie packs.

INSTEAD OF plain old skim milk...



TRY Blue Diamond Unsweetened Vanilla Almond Breeze

A cup of this vanilla-licious nondairy drink has less than half the calories of cow's milk. Don't be scared of the 3g of fat in each serving: It's the healthy, monounsaturated kind. Use it for cereal, smoothies, or sweet recipes that call for milk.

INSTEAD OF half gallons of light ice cream...



TRY Skinny Cow single-serving cups

Research shows that the larger the container, the more you'll eat! There's no need for self control with these cups (150 to 170 calories each) in flavors like Caramel Cone, Strawberry Cheesecake, and Cookies 'N Cream. One will totally satisfy you.

REDBOOK

31 days of outfits for \$200 total!

GET IN A SEXY MOOD, INSTANTLY
Read this before you say, “Not tonight”

What bloats your belly (and how to deflate fast)

“WHY'D HE DO THAT?”
Men explain their most annoying habits



Jenna Fischer
The Office star on losing weight, and after divorce

TAKE A FREE TRIP!
We're giving away fantasy vacations

BETTER SLEEP FOR LIFE
The fix for what keeps you up at night

Flash dinners for busy women
Yummy recipes, saner nights



MARCH'S SUPERFOOD: BEETS

The fresh produce selection in winter can be thin, which makes in-season beets a gem. Plus, they have just 58 calories per cup, 4 grams of fiber, and a third of your daily folate. Pick small bulbs (they're more tender) and, for no-mess prep, wrap beets in foil and bake at 425°F for 45 minutes. Let them cool, then use a paper towel to slide skins off, says culinary dietitian Jennifer Cohen Katz, R.D. Cut them into chunks, add toothpicks, and let kids dip them in salad dressing for a snack. —HELEN FRISK

5 LIGHT BREWS WE LOVE

A flood of super-low-calorie new suds in stores and bars inspired us to throw a taste test in the REDBOOK office (now that was a tough day at work). We narrowed the field to 11 brands with fewer than 100 calories and 10 grams of carbs per bottle. These five floated to the top.



- **YUENGLING LIGHT LAGER** (99 calories, 8.8g carbs) We were won over by its spiciness and found it “flavorful and full-bodied.” Grab a six-pack: “I’d definitely serve this at a barbecue or party,” said one tester. (Can we get an invite?)
- **AMSTEL LIGHT** (95 calories, 5g carbs) You can’t beat the classic. Our testers loved the “golden color” and “light sweetness” of this “smooth” lager—it could even pass for regular beer. Said one sipper: “Only 95 calories? No way!”
- **BUDWEISER** (94 calories, 2.4g carbs) We were floored by how much rich, malty flavor is packed into each bottle. It was “not bitter or watery” like some others we tried, and one tester said, “I’ve found my new happy-hour chaser!”
- **MICHELLE'S ULTRA POMEGRANATE RASPBERRY** (95 calories, 5.5g carbs) This was our favorite of Michelle's three new fruity beers, and it's a perfect low-cal alternative for fans of Belgian fruitbeers or other berry-infused brews. Testers said it was “sweet” and “goes down easy.”
- **SELECT 55** (95 calories, 1.9g carbs) The lightest beer on the shelves is surprisingly crisp and refreshing, with a “nice flavor.” It's a slam dunk for calorie-counters but might not satisfy loyal fans of regular beer. —LAUREL LEIGHT

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