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Justin's Peanut Butter Squeeze Packs as mentioned by dietician in

Women's Health

Over the years we've all had favorite eats hit the healthy-food blacklist, but thankfully, some of them are making a return. Stick with natural PB with no added sweeteners and focus on portion control. If you can't be bothered to measure out two level tablespoons, buy individual packets (try Justin's) for 200 calories or fewer.

- Women's Health, October 2011



So Glad to Eat You Again!
Eggs, steak, peanut butter—a slew of so-called naughty foods are experiencing a waist-whittling comeback.
By Leslie Goldman

GOOD EGG Eggs are healthier than they're cracked up to be.

BANANA These fit most in consider on your plate. Lots of diets restrict carbs, but bananas can't do that. Other nutrients in post- says less restrict at the C. Tantalize. One of us and your acid the ability to it to eat. Bring it banana, usually has live longer. If you do, one into hunger. And tak sipping. The fit and Red Chicago.

Eggs These yolks were considered try cholesterol buns. New: Numerous studies, including one in a 2011 issue of the European Journal of Clinical Nutrition, have debunked the link between eggs and heart disease. Although a single yolk contains nearly the recommended daily limit for

dietary cholesterol, it is the most nutrient-rich part, packed with zinc, iron, vitamins A and E, and choline, which may help reduce breast-cancer risk. Plus, the yolk contains nearly half of an egg's hunger-quenching protein, which is why white-only omelets aren't as satisfying. "Because you feel full, you're less likely to overeat later on," says NIH's Ph.D., or Penn Research. Bring it egg, not sitting around fatness often as butter.

COCONUT OIL This because it's high in saturated fat, coconut oil was demonized by dieters. New: Turns out, coconut oil is winning its medium-chain triglycerides, fat that can be metabolized faster than the long-chain variety found in other oil-like substances. "They're rarely stored as fat because the body prefers to use them for energy," says Bruce Broun, Ph.D., author of The 100 Healthiest Foods on Earth. A 2009 study in *Diabetes* found that supplementing women's diets with about two tablespoons of coconut oil per day led to a reduction in abdominal obesity while helping elevate HDL (good) cholesterol levels. (Other studies have confirmed there is no negative impact on LDL cholesterol or blood pressure.)

Bring it back Because coconut oil is calorie dense—about 120 calories per tablespoon—you still want to watch how much you down. Broun suggests swapping with high-energy veg, like corn or vegetable, for virgin or extra-virgin coconut oil.

Red Meat There beef had a reputation for contributing to heart disease and wide waistlines. New: New research suggests that saturated fat—at least in moderation—may not be the evil meat attacker it's been made out to be. And today you can eat red meat that's leaner than what was available a decade ago. Red meat is a stellar source of satisfying protein, a booster for its weight management. "It requires more time and energy to digest and can help you gain metabolically active muscle, which burns more calories at rest than fat does," says Varda Shulman, D.P.H., R.D., author of *The Superfoods Diet*. Plus, beef—particularly the grass-fed variety—contains high concentrations

of conjugated linoleic acid (CLA), which is associated with a lower body-fat percentage. Early research indicates that CLA may disrupt enzymes that help deposit and store fat.

Bring it back The cut of beef is the deciding factor. Extra lean steaks include top sirloin select, sirloin tip, round, and eye of round steaks. They all have fewer than five grams of total fat and two grams of saturated fat per three-ounce serving, but avoid anything labeled prime, which tends to be fatty. Steaks for a three- to four-ounce portion—the size of a Blackberry—and grill, roast, or bake it (pan-frying only adds it to butter or oil).

NUT GUILTY Scrub that? No, nutritionally, you're not!

PEANUT BUTTER This sandwich staple has been shunned as high-fat and high-cal. New: True, peanut butter contains 16 grams of fat per two-tablespoon serving, but it's the heart-healthy, monounsaturated kind. "Peanut butter helps with appetite regulation without your own trying," says Broun. "It's so nutrient dense that we simply end up consuming fewer calories overall." A study in the *International Journal of Obesity* found that people who remained on a diet that included peanut butter for 18 months lost an average of nine pounds.

Bring it back Skip reduced-fat varieties, which are often heavily sweetened to compensate for missing flavor. Stick with natural PB with no added sweeteners and buy on portion control. If you can't be bothered to measure out two level tablespoons, buy individual packets (try Justin's) for 200 calories or fewer.

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