

# Health

2013 WEIGHT-LOSS SPECIAL ISSUE



*Jennie Garth*  
**MY SECRETS TO SLIM**

**LOSE 12 LBS THIS MONTH**

Fast! Safe! For Good!

**Softer Skin, Head to Heel**

Your Body Will Love Our Tips

**5 DIET MISTAKES EVEN "GOOD" EATERS MAKE**

**Get the Best Energy of Your Life!**

**BURN 200 CALORIES IN JUST 3 MINUTES**

**THE #1 HEALTH RISK FOR WOMEN**

**PROTECT YOURSELF P. 83**

health.com  
\$4.50US \$5.50CAN  
0 70992 10410 9 01>

BEST

# Shape

## Retro Diet Tricks That Work

Cottage cheese, grapefruit, and rice cakes are hot. But do they take off pounds? Pop open a Tab and read our report.

By LESLEY ROTCHFORD

→ **CELEBRITIES HAVE A** well-manicured finger on the pulse of what's trendy, which is why we were surprised to hear that many stars are trading in their fruit-juice fasts and cleanses for old-school diet foods: grapefruit, cottage cheese, rice cakes—stuff your mom nibbled on before darting off to Jazzercise. Case in point: Jessica Simpson and Lauren Conrad are grapefruit fans. To prevent their thighs from developing a curd-like texture, Samantha Harris and

### METABOLISM BOOSTER!

Compounds in grapefruit aid in fat burning.



### PROTEIN PACKER!

Cottage cheese is satiating yet light.

### HUNGER STOPPER!

High-volume foods like rice cakes trick you into feeling full.



*Bachelorette* star Ashley Hebert crack open the cottage cheese. And Jennifer Hudson, the poster girl for successful dieting, snacks on popcorn. This shift is not lost on experts, who say there's not only a trend toward retro weight-loss methods, but new research to back up the slimming benefits of many of these foods.

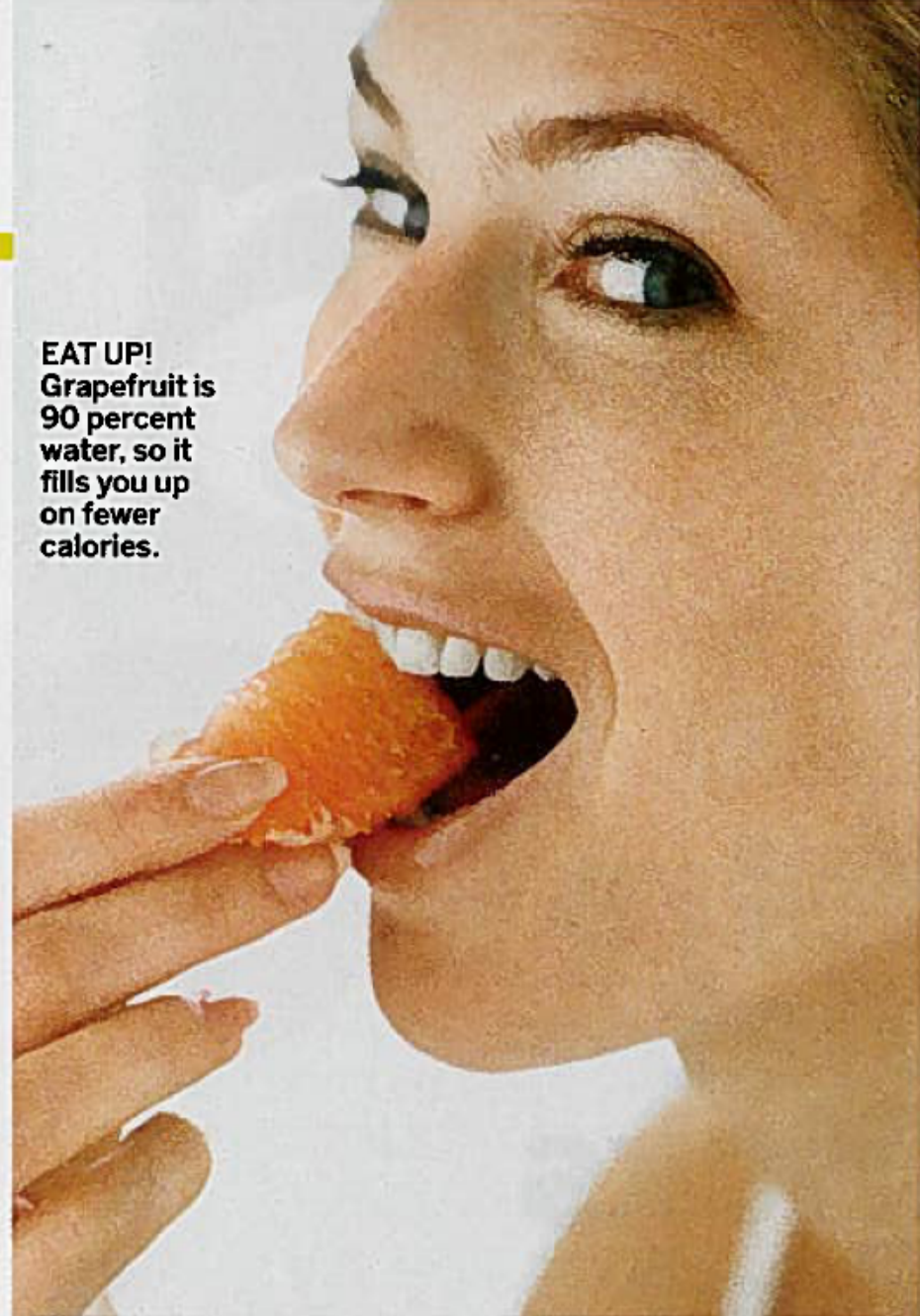
**WHAT'S OLD IS NEW AGAIN**

Interestingly, millennials—who were born in the 1980s and '90s and thus were not even alive when these foods dominated the diet world in the '60s and '70s—are driving this movement back to the basics. "They yearn for authenticity and are distrustful of gimmicks," says Phil Lempert, food trend expert and founder of supermarketguru.com. So retro foods—which are often minimally processed, easy to eat, and so low in calories and fat they're almost guaranteed to work—appeal to them, Lempert adds.

And no matter your age, flashback foods can provide comfort. During uncertain times—like now—we revert to things that we remember from childhood and trust will work. "Nostalgic feelings often make

people gravitate towards classic diet items," says Susan Albers, PsyD, a psychologist at the Cleveland Clinic Family Health Center and author of *Eating Mindfully*. "My clients tell me that they eat cabbage soup or low-fat cheese because those are things their mothers used to eat while dieting." (That may also be why we're reverting to all those gym-class classics like push-ups, jumping rope, and hula-hooping that are popping up everywhere from *The Dr. Oz Show* and *Late Night with Jimmy Fallon* to your fitness club's class schedule.)

This resurgence is also part of the natural cycle of food trends. For years, a steady stream of highly publicized—and celebrity-endorsed—weight-loss books flooded the market. "But we're in a period of diet burnout," explains Brian Wansink, PhD, director of the Food and Brand Lab at Cornell University and author of *Mindless Eating: Why We Eat More Than We Think*. "Whenever a diet trend begins to die down because it doesn't deliver, there's renewed interest in these types of foods." That's what is likely happening now, as waistline-watchers discover that gluten-free  
*Continues on page 38*



**EAT UP!** Grapefruit is 90 percent water, so it fills you up on fewer calories.

**CLASSIC ADVICE THAT SLIMS YOU**

We should've listened to Mom! New research reaffirms what she preached.

**Eat three meals a day**

In recent years, having several small meals has been a popular diet tactic. But a 2011 study from Purdue University found that eating three meals a day with high amounts of lean protein helped people feel more satiated compared to those who ate smaller, more frequent meals. "It forces you to eat a substantial breakfast, and people who are

most successful at managing their weight are those who eat breakfast daily," says Jackie Newgent, RD, author of *1,000 Low-Calorie Recipes*.

**Drink water before you start to eat**

Blunting hunger with a no-cal fluid still holds true. Researchers at Virginia Tech found that those who drank two glasses of water before meals lost 50 percent

more weight than those who didn't drink up.

**Have grapefruit at every meal**

The guiding principle of the Grapefruit Diet is making a comeback, thanks to a review of research from 2003 to 2008 that found women who consumed the citrus fruit weighed up to 10 pounds less than those who didn't eat it.

**TOP 5 FLASHBACK FOODS**

**1**  
Low-Fat Cottage Cheese  
1% Milk Fat  
**81 calories**  
(4 oz)

**2**  
Grapefruit  
**53 calories**  
(large grapefruit)

**3**  
Rice Cake  
**35 calories**  
(standard size)

**4**  
Melba Toast  
**48 calories**  
(4 toasts)

**5**  
Canned Tuna  
in Water  
**73 calories**  
(3 oz)

Continued from page 34 diets and exotic health foods like quinoa aren't automatically slimming. "I'm seeing people gain weight on gluten-free diets left and right," says Rachel Beller, RD, author of *Eat to Lose, Eat to Win*. "And things like quinoa and farro, while healthy, can be calorie bombs if you don't mind your portions."

## A RICE-CAKE SUSHI ROLL?

Yes! Try this modern classic by Deb Perelman, author of *The Smitten Kitchen Cookbook*.



Mash half an avocado and spread it on a rice cake. Mix ¼ cup minced, seedless cucumber with ¾ tsp rice vinegar, ¼ tsp toasted sesame oil, a pinch of salt, and ½ tsp each of black and white sesame seeds. Spoon mixture onto avocado-topped rice cake. (Makes 1 serving, 210 calories)

### THE ICING ON THE RICE CAKE

Ultimately, throwback diet foods are popular because they work. "I have two clients in their mid 30s, TV stars, who were trying sugar-free this and gluten-free that," says Christine Avanti, author of *Skinny Chicks Eat Real Food* and a celebrity nutritionist in Los Angeles. "When they threw out the gimmicky diet foods and busted out the regular cereal with skim milk, and the cottage cheese and baked potatoes,

they started seeing results within a week."

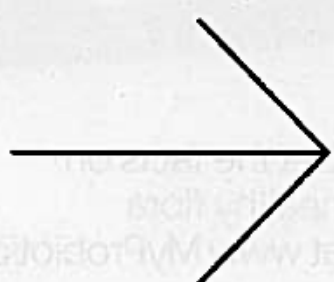
After all, low-fat cottage cheese is a great source of satiating protein; research shows that eating grapefruit can reduce insulin levels, and aid in weight loss; and rice cakes, which are low-cal, give you a lot of bang for your bite. Even baked potatoes—diet terrorists during the low-carb craze—can help you lose. These foods for the most part fall into two camps, explains Barbara Rolls, PhD, professor

of nutritional sciences at Pennsylvania State University and author of *The Ultimate Volumetrics Diet*. "Things like Jell-O, cottage cheese, and cabbage have low calorie density, meaning they have few calories per ounce," Rolls says. "Foods such as air-popped popcorn and rice cakes have high volume, in that they are aerated and trick your mind into thinking you're eating more than you are. Both are effective for weight loss."

Some may even have pound-melting super-powers. "High-calcium foods (yogurt and cottage cheese) and high-fiber foods (like fruit and vegetables) may increase weight loss by either blocking the absorption of other calories or by enhancing metabolic efficiency," says weight control specialist Stephen Gullo, PhD, author of *The Thin Commandments Diet*. "We may not understand all the ways this works, but if you're losing weight, does it really matter?"

## SWEATING TO THE OLDIES

Some of the hottest new exercise trends are actually just updates on yesterday's classics. See how new classes compare to old-school favorites.



**THEN** Boot Camp  
**NOW** CrossFit  
**What they have in common** Both utilize military drills like push-ups and jumping jacks.  
**Why new is better** "CrossFit is more intense," says Carol Espel, senior director of group fitness and Pilates for Equinox.



**THEN** Jazzercise  
**NOW** Zumba  
**What they have in common** They're both dance-based, low-impact aerobic classes.  
**Why new is better** "Zumba moves faster, so you get even more cardio conditioning," Espel notes.



**THEN** Lotte Berk  
**NOW** Physique 57, Barre3, Figure 4  
**What they have in common** Exercise moves are done on a ballet barre.  
**Why new is better** According to Espel, "Classes use light weights and body-weight moves like push-ups and planks to tone."



**THEN** Body conditioning  
**NOW** Metabolic training  
**What they have in common** Both use weights to improve strength and endurance.  
**Why new is better** "Metabolic training is faster and more athletic," Espel says.