

PARADE

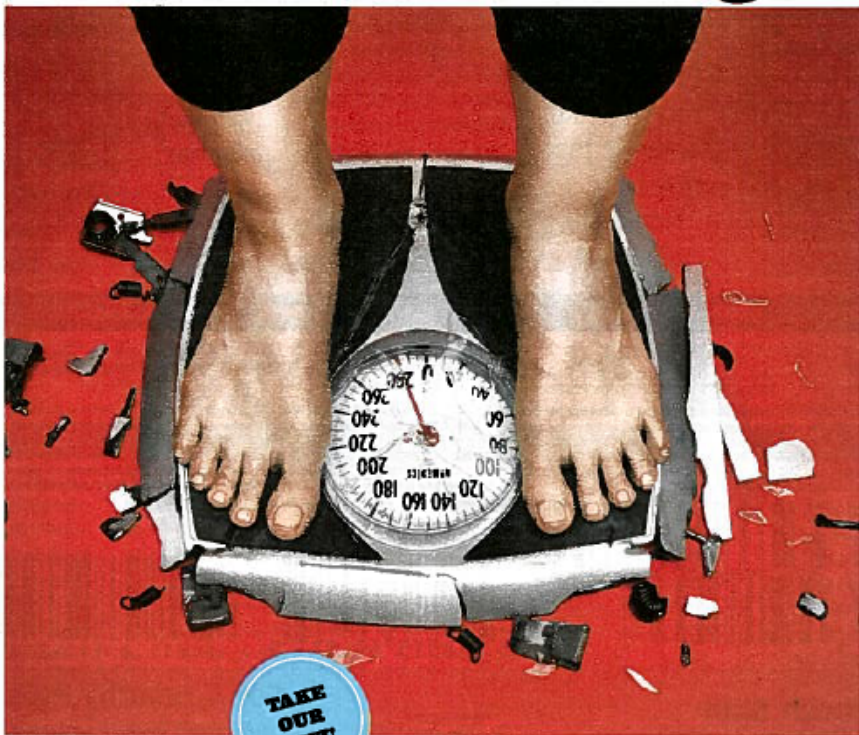
SUNDAY, FEBRUARY 3, 2013



MEET OUR PLAYER OF THE YEAR

Florida phenom
Derrick Henry ran for over
12,000 yards in high
school, shattering a national
record that had stood
since the Eisenhower era

Stay Healthy



TAKE
OUR
QUIZ!

It's important to track your daily intake of:

- (a) Fiber
- (b) Carbs
- (c) Fat
- (d) All of the above

Diet-friendly answer:

(a). The majority of weight-loss research has found that the exact number of carbohydrate or fat grams you take in isn't as important as total calories—but tracking fiber could make a big difference, says *Biggest Loser* dietitian Rachel Beller, R.D., author of the new book *Eat to Lose, Eat to Win*. That's because the more fiber you have, the more satisfied and full you feel, and the less you'll

WHAT'S KEEPING YOU FROM LOSING WEIGHT?

Test your knowledge of common diet pitfalls to help you win the battle of the bulge

BY SUNNY SEA GOLD

ultimately eat. Women should aim for 25 grams a day; men need 38.

2 At the grocery store, you should look for foods labeled:

- (a) Vegan
- (b) Gluten free
- (c) Whole grain

Diet-friendly answer:

(c). Manufacturers of ready-made snacks and sweets often add extra sugar and fat to make gluten-free or vegan foods as tasty as regular versions, says Beller. "Whole grain," however, generally means that the food is higher in

filling fiber, a good thing for appetite control.

3 True or false: It's smart to stash low-calorie snacks in case you get hungry between meals.

Diet-friendly answer:

True. Waiting too many hours to eat sends your blood sugar and energy levels off a cliff, so cravings soar. If you need something between breakfast and lunch, keep it to 100 calories or less (like a stick of low-fat string cheese), suggests Beller. Afternoon snacks can be 150 to 175 calories (like an apple spread with a teaspoon of peanut butter).

4 True or false: Skipping breakfast is a good way to shave calories off your daily total.

Diet-friendly answer:

False. Eating regular meals helps keep your fat-burning metabolism stoked and cravings under control. Need proof? The National Weight Control Registry—a research project that tracks 10,000 people who have lost at least 30 pounds and kept them off—found that about 80 percent of successful dieters eat breakfast every day.

5 Which "grab and go" snack packs the most calories?

- (a) A Kit Kat (four bars)
- (b) A bottled "Green Machine" smoothie (15.2 oz)
- (c) A Jamba Juice Strawberry Whirt smoothie (16 oz)

Diet-friendly answer:

(b). Surprised? A Kit Kat has 210 calories, but one bottle of Naked's "Green

Machine" contains the equivalent of almost three apples, half a banana, a third of a kiwi, and a third of a mango, adding up to 280 calories. "Fruit is healthy, but that's more than you would ever eat in one sitting," says Beller. The Jamba Juice has 220 calories. The lesson: Pay attention to calories per serving, even in nutritious foods.

6 True or false: Dieters should get up early to hit the gym—even if it means skipping on sleep.

Diet-friendly answer:

False. If you have to choose between exercising and getting fewer than six hours of shut-eye, you may want to skip the gym. Reams of research have shown that lack of sleep causes imbalances in hunger hormones that may lead to weight gain and obesity. Instead of cutting your rest short, sneak in smaller periods of exercise throughout the day by doing quick sets of strength moves like push-ups and crunches before and after work and taking a brisk walk during lunch.

7 True or false: When trying to shed pounds, it's better to eat too few calories than too many.

Diet-friendly answer:

False. Eating too little can actually slow your metabolism. "I had a client who ate only egg whites for breakfast and lunch and was so frustrated that she couldn't lose weight," says Beller. "Her metabolism had slowed down dramatically after weeks of being deprived." **E**