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April
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HEALTHY EATING

Light-Lunch Fake-Outs!

Biggest Loser nutritionist Rachel Beller exposes common caloric bombs masquerading as healthy foods ● FROM *Eat to Lose, Eat to Win*

This salad ...



Sneaky ingredients hide among those leafy greens: Thick vinaigrette, dried cranberries, candied walnuts, and a blanket of blue cheese are the caloric equivalent of eating a snack bag of potato chips, one slice of pizza, two string cheeses, and a doughnut!

DO IT BETTER: Go for a heavy-on-the-greens salad with colorful vegetables, lean protein, a little dressing, and toppings like water chestnuts and hearts of palm.

... is like eating all this



PHOTOGRAPHS BY KANG KIM

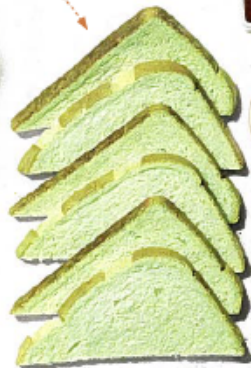
This wrap ...



You see green and assume you're getting spinach in a thin wrap that has fewer calories than bread. But that green hue comes from a very small dash (2 percent) of spinach powder mixed with food coloring, and the wrap has as many carbs as three slices of bread. Amount of actual veggies: pitiful.

DO IT BETTER: Top whole-grain toast with spinach, tomato, avocado, and grilled chicken for a meal full of real greens. Ask the deli guy, and he'll make it open-faced too. Bonus points if you include a side of carrot, red pepper, and celery sticks!

... is like eating all this



FOOD STYLIST: JAMIE KIM; PROP STYLIST: SARAH GUIDO FOR HALLEY RESOURCES

This sushi ...



Nothing deep-fried, no gravy or butter sauces, lots of fresh ingredients. What could go wrong? One California roll equals two sandwiches filled with imitation crab (processed fish) and very few veggies. Add a spicy tuna roll, and you're essentially eating an additional 1½ tuna sandwiches with full-fat mayo. You might as well eat half a loaf of white bread in one meal.

DO IT BETTER: Even at the grocery store sushi counter, you can ask for rolls that are "easy on the rice," and add a side salad.

... is like eating all this



WORD OF MOUTH

"Grapple-snapping"

Raiding the refrigerator instead of sitting down to a proper meal. It's one of the many fun food phrases Elizabeth Taylor and Richard Burton invented.

Source: *The Richard Burton Diaries*