

GLAMOUR

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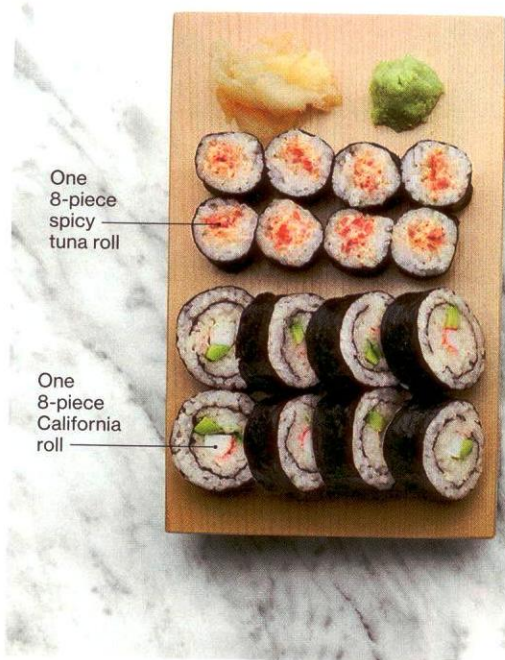


JANUARY 2013

"Eating crappy food is not a reward—it's a punishment." —Drew Carey

Glamour Health

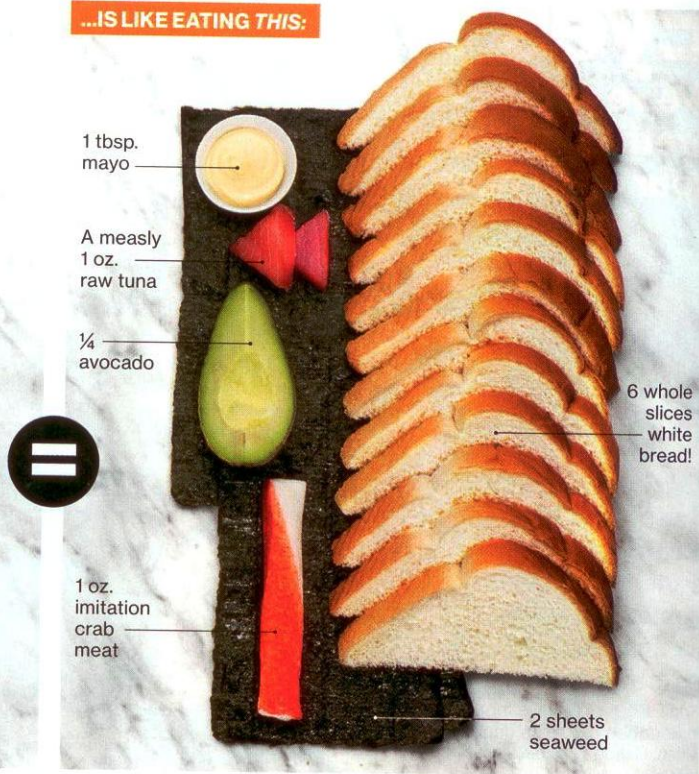
A TYPICAL SUSHI LUNCH...



One 8-piece spicy tuna roll

One 8-piece California roll

...IS LIKE EATING THIS:



1 tbsp. mayo

A measly 1 oz. raw tuna

¼ avocado

1 oz. imitation crab meat

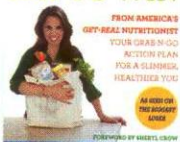
6 whole slices white bread!

2 sheets seaweed

Your Favorite "Healthy" Foods, Exposed!

These shocking "food autopsies" by celeb nutritionist Rachel Beller, R.D., may change how you eat forever. A *Glamour* exclusive.

EAT TO LOSE, EAT TO WIN



Rachel Beller, M.S., R.D.

Beller's book: full of the advice she gives her friends

▶ Everyone knows the formula for weight loss: Eat healthier, get exercise. So why do so many people need help with it? As I point out in my new book, *Eat to Lose, Eat to Win*, when you put many "healthy" foods under a nutritional magnifying glass, you see that a lot of them actually sabotage your diet. That's why I started doing "food autopsy" analyses—I break down meals to see what's really in them. The first time I did one, I was a researcher at Cedars-Sinai medical center in Los Angeles, and some doctors asked me to check their lunches. When I told them they were downing tons of calories and carbs disguised as healthy foods, they looked as if I'd knocked the trays right out of their hands! So what are you really eating? Check out these eye-popping pictures—and learn to do better.

FOOD STYLING: BRIAN PRESTON-CAMPBELL. FROM THE FORTHCOMING BOOK *EAT TO LOSE, EAT TO WIN* BY RACHEL BELLER, R.D. PHOTOGRAPH BY TOM SCHIERLITZ



THE SMARTER CHOICE

Food Autopsy #1: Sushi Lunch

The breakdown: Two sushi rolls may seem like the perfect light lunch. It's fish, right? But what most women don't know is that a typical California roll contains the carb equivalent of two and a half to four slices of bread—that's like eat-

ing two sandwiches filled with fake crab, avocado, and a teeny bit of veggies. Add a spicy tuna roll (another common choice) and you're eating another mayo-laden tuna sammy. At 640 calories, these rolls aren't terrible. But all those simple carbs are crowding out the protein and veggies.

What to eat instead:

Order brown rice instead of white for more fiber, skip the mayo, and ask for your roll "easy on the rice"—or get a hand roll and hold the rice altogether. Then add a salad. You'll get more omega-3s and cancer-fighting antioxidants.

Your new sushi order:

Two salmon and yellowtail hand rolls made with 1½ oz. fish each, pea sprouts, julienned carrots, sliced green onion, and 2 sheets seaweed; tuna roll made with ½ cup brown Japanese rice, 2 oz. tuna, ¼ avocado, cucumber, and seaweed sheets; a green salad with edamame, peppers, and a light ponzu dressing

TOTAL:
405 calories.
You saved
235 calories—and
got more fiber,
protein, and
healthy fats.

Continued on next page ▶

Food Autopsy #2: The “Healthy” Spinach Wrap

A TYPICAL SPINACH WRAP...

...IS LIKE EATING THIS:



THE SMARTER CHOICE



The breakdown: A friend often picks up a spinach wrap, thinking it's better than a sandwich: The tortilla's thinner than bread—plus, it's got some spinach, right? Think again. When I took a closer look, the only greenery in her tortilla was spinach powder. It was essentially colored white bread with artificial flavors. What's more, it had nearly as many calories as three slices of bread—and that's before I looked at what was *inside* the wrap. Her meal: 830 calories!

What to eat instead: Rather than put carbs or protein at the center of your meal, flip it and make veggies the focus of your soup and salad. (I call this my Flip-It Method.) Then add lean protein, a touch of healthy fat, and a serving of complex carbs. You'll get *more* food and all the stuff you crave.

Your new lunch: Open-faced sandwich made with 1 slice whole-grain toast, 3 oz. chicken, 2 leaves romaine, 1 sliced tomato, and 1 tbsp. guacamole. Also, 1 cup broth-based veggie-rich soup.

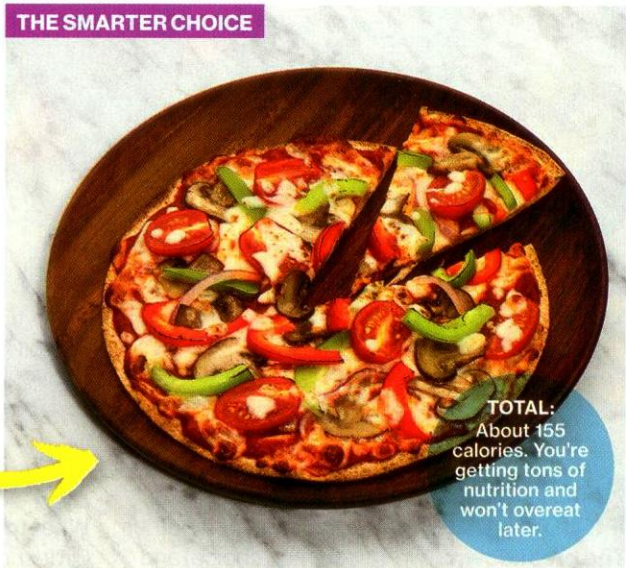
Food Autopsy #3: The “100-Calorie Pack” Afternoon Snack

A TYPICAL SNACK...

...IS LIKE EATING THIS:



THE SMARTER CHOICE



The breakdown: Dieters think all snacks are The Enemy. The truth is, you can't afford *not* to snack. If you don't, you'll get too hungry and go overboard at mealtime to the tune of 300 to 400 extra calories. But this snack pack, a common choice, will never hold you over until dinner, plus it delivers a ton of salt, corn syrup, and unhealthy oils. And an intensely sweet drink—even if it's diet—only triggers sugar cravings; studies have proved it!

What to eat instead: A real snack—between 150 and 175 calories, with a satisfying combo of protein, fiber, and some good fat—will tide you over till dinner. So what to eat? You can do the carrots-and-hummus thing, but this homemade pizza clocks in at just 155 calories too, thanks to its thin crust.

Your new snack: Toaster-oven tortilla pizza made with one 10-inch whole-wheat low-carb tortilla, 1/4 cup marinara sauce, 1 oz. low-fat mozzarella, mushrooms, peppers, onion, and tomatoes (or any veggies!)