

# Diet insiders

SELF's newest contributing experts, Willow Jarosh, R.D., and Stephanie Clarke, R.D., are ready to solve your toughest diet dilemmas.



Jarosh (left) and Clarke make healthy eating easy.

**Q** I eat lightly until 3 P.M., but it's all downhill from there. Can you help? —Hayley Opalek, Los Angeles

**A** You'll be surprised by our answer: You need to eat more. Many women wake up with regrets about the previous day's eating and make the mistake of trying to save calories by skimping on breakfast or lunch. But eating less early won't curb calorie intake—it leads to extreme hunger later, when you'll find yourself staring aghast at the bottom of an empty bag of chips. Short-circuit the binge by eating breakfast and lunch every day. Include protein (like eggs or chicken) and whole grains (like oatmeal or brown rice) at both meals; plan a healthy afternoon snack such as nonfat Greek yogurt with fruit or hummus with whole-grain crackers. If you aren't hungry when you wake up, that's a clue you might be overeating at night. Close the kitchen two hours

before bedtime. And place fresh fruit on your counter, veggies at eye level in the fridge and microwave popcorn in your cabinet so you reach for one of them as a nighttime snack.

**Q** I'm training for a marathon and eating all the time! How can I adjust my diet after the race to stay slim? —Sheila M., New York City

**A** Whether you're currently training or not, you should eat a variety of fruit, vegetables, whole grains and lean proteins. After the event, continue to stick to those general guidelines but fiddle with portions. To keep off the weight...

**Clue in to calories.** While you're training, your calorie intake will rise and fall, depending on the intensity of your workouts. But you should be more consistent day to day during the off period. Most women doing

30 to 60 minutes of activity daily can maintain their weight on 2,000 calories.

**Eat all day.** Dig in to a 400-calorie breakfast, a 550-calorie lunch, a 650-calorie dinner and two 200-calorie snacks. If you go back into training, maintain the same schedule but bump up the number of calories at each meal so you stay properly fueled.

**Add more water.** With exercise scaled down, you need to limit liquid calories—skip the sports drink (and its calories).

**Fill up on fiber.** If you've avoided bulky foods that didn't sit well during runs, reinstate them. Beans, high-fiber cereals and produce will satisfy you for fewer calories. Keep up the good work and you'll be ready to tackle the next race!

**ONE-WORD ANSWER**

**Q** What's the healthiest pie?  
**A** Pumpkin!

## RED, WHITE...AND GREEN? *What eco-conscious wines truly mean for the planet—and your health.*

**LABEL LINGO 100% organic**

**WHAT IT MEANS** The wine is produced from organically grown ingredients, and no synthetic preservatives are added when the wine is being processed.

**HEALTHY OR HYPE?** This type is better for the planet but offers no extra health perks for you. Conventionally produced wine can have some pesticide residues, but fermentation reduces them. Bottom line: It's OK to opt for a nonorganic selection.

**LABEL LINGO Made with organic grapes**

**WHAT IT MEANS** It's made with at least 70 percent organic ingredients, and it may contain some nonorganic grapes and limited amounts of preservatives.

**HEALTHY OR HYPE?** This sip is fine for you, and it's tasty, too. In the early days, it used to get a bad rap for quality, but now it tends to score high in *Wine Spectator* reviews.

**BEST PICK! LABEL LINGO Biodynamic**

**WHAT IT MEANS** These vineyards have even tougher standards than the USDA. The grapes (and wine) are minimally processed, and winemakers take extra care to improve the health of the land.  
**HEALTHY OR HYPE?** Überhealthy. A biodynamic farm is the greenest kind, so toast to your earth-mama savvy.

**LABEL LINGO Vegan**

**WHAT IT MEANS** All wines aren't vegan? Sorry, but most are filtered through materials containing fish bladders and eggshells. This label ensures that no animal products were used.

**HEALTHY OR HYPE?** Mostly hype, in that vegan wine is no healthier than any other type of wine. The amount of animal by-products used in processing wine is very small, but if you're limiting your intake for ethical reasons, you can reach for this pour. Raise a glass and enjoy. *iSalud!*

—Maridel Reyes



Stock up: Wines with eco labels cost about 7 percent less than conventional wines.