

Winter diet snags solved!

Feel as if your eat-well plans always get foiled this time of year? SELF contributing experts Willow Jarosh, R.D., and Stephanie Clarke, R.D., help you stay on track.

THE SITCH *You're swamped with holiday errands after work and famished when you get home. Dinner? Pizza—again.*

THE FIX You've mastered packing a healthy lunch, but have you ever tried brown bagging it for dinner? An on-the-go meal like a spiced peanut butter and apple sandwich with a side of carrots provides long-lasting energy and keeps blood sugar steady. Spread 4½ teaspoons peanut butter onto 1 slice whole-wheat bread. Layer on 4 thin apple slices, sprinkle with ¼ tsp cinnamon and top with another slice of bread. Peel and slice 2 carrots.

THE DISH 428 calories, 17 g fat (3 g saturated), 66 g carbs, 13 g fiber, 15 g protein

THE SITCH *The in-season produce selection is bland (squash and more squash!), so you're skimping on your 2½ cups of vegetables a day.*

THE FIX Soup is one of the most versatile ways to hit your quota and change things up: Chop up a few winter faves, toss them into a basic broth, and voilà! Plus, a soup appetizer can help you feel more satisfied, so you eat 20 percent fewer calories during the meal, a study in *Appetite* finds. Try this speedy recipe: Sauté 1 cup chopped collard



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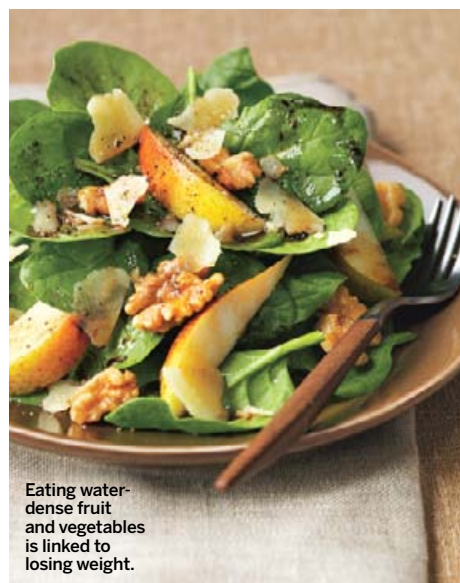
greens, ½ cup sliced mushrooms and ¼ cup diced onion in 1 tsp olive oil. Combine vegetables with 1 cup prepared tomato soup in a medium pan; simmer 5 minutes. Top with 1 tablespoon Parmesan.

THE DISH 235 calories, 13 g fat (4 g saturated), 24 g carbs, 5 g fiber, 6 g protein

THE SITCH *Cookies at the office, hors d'oeuvres at parties: High-calorie nibbles are everywhere!*

THE FIX Enjoy a high-protein breakfast: People who did so ate fewer calories all day, research from the University of Kansas at Kansas City shows. Protein ups levels of satiety hormones, so you'll be less likely to snack. Sip this smoothie: Blend 1 cup nonfat Greek yogurt with ½ cup canned pumpkin puree, 1 banana, 2 tsp almond butter, ½ cup vanilla soy milk, ¼ tsp pumpkin-pie spice and 5 ice cubes.

THE DISH 399 calories per serving, 9 g fat (1 g saturated), 54 g carbs, 9 g fiber, 30 g protein



Eating water-dense fruit and vegetables is linked to losing weight.

THE DO-GOODER DIET *Get green and lean! Eco-friendly eating is healthy for you and Mother Earth.* —Jessica Girdwain

Buy quality protein

PLUS FOR THE PLANET At the supermarket, opt for grass-fed meat; farm to table, it requires only 5 to 10 percent of the fossil fuel needed to produce other meats. For instance, for animal feed, many farms rely on corn and grain that's been shipped.

PLUS FOR YOU Grass-fed beef contains less fat and more heart-helping omega-3 fatty acids than meat from grain-fed cows, research from California State University shows.

Skip processed foods

PLUS FOR THE PLANET These items use a lot of packaging, which ends up as waste in our landfills, says Anna Lappé, author of *Diet for a Hot Planet*.

PLUS FOR YOU Fresh foods can help your waistline: Of the calories in our diet, 41 percent comes from added sugars, fats and oils—all common ingredients in processed foods, the USDA reports. Fresh may also mean free of preservatives, which have been linked to migraines and more.

Shop seasonally

PLUS FOR THE PLANET Conventional produce is shipped an average of 1,500 miles, whereas locally grown fare in Iowa, for example, traveled about 56 miles, research from Iowa State University indicates. "Buying locally grown food saves on fuel and supports community farmers," says Marion Nestle, Ph.D., author of *What to Eat*.
PLUS FOR YOU Fresher produce tastes better, and it may deliver more healthy nutrients.

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