



Use skim milk in smoothies to stay svelte and benefit your bones.

Losing weight?

Great! But skimping on certain essentials as you shrink could cause health problems or pound rebound. To slim down successfully, stock up on...

Calcium Getting smaller may sap your skeleton. When women lost weight on a low-calorie plan, they had weaker bones, research from the University of Missouri at Columbia notes. Why? In part, dieters' hormone changes may spur bone breakdown, explains researcher Pamela Hinton, Ph.D. Get at least 1,000 milligrams of calcium and 200 international units of vitamin D (which helps bones absorb the mineral) daily. Two cups of fortified skim milk deliver both.

Protein When you drop a dress size, you inevitably lose some metabolism-stoking muscle, too. "Weight loss is about 60 percent fat and 40 percent lean tissue," says Donald Layman, Ph.D., nutrition professor at the University of Illinois at Urbana-Champaign. To maintain hard-won losses, add an extra strength workout and get at least 20 percent of your day's calories from protein. (That's 80 grams for a 1,600-calorie diet.) Chicken has 15 g in 3.5 ounces, a cup of nonfat Greek yogurt provides 20 g, and a 3-oz serving of tofu has 8 g.

Support To dodge weight loss roadblocks, seek out others traveling the same path. The encouragement and accountability you get from hanging with a healthy crowd will help you stick with new habits, says Stephen Ball, Ph.D., associate professor of exercise physiology at the University of Missouri at Columbia. Rally your troops on the Lose Weight With Friends forum at Self.com/forums, where thousands of users share snack ideas and eat-right strategies. Soon, summer-slender will be your year-round shape! —Winnie Yu

S N A P I T

TEAM UP, TRIM DOWN! Snap this icon to view a video of get-fit moves you can do with friends. Get the free app for your phone at <http://gettag.mobi>.

FIGHT FAT WITH FLAVOR

Whipping up a mouthwatering dish to thrill your taste buds may also help trim your waist. Savoring strongly flavored foods can help you feel more satisfied with less food. Say bye-bye to bland, without adding creamy sauces or sugary glazes, by using these four items; they lend zest with fewer than 10 calories each. —Stephanie Clarke, R.D., and Willow Jarosh, R.D.

	WHAT IS IT?	BUY IT...	TRY IT!
Chinese five-spice powder 	This sweet and spicy medley sounds exotic, but it's actually a blend of five common seasonings. Ground cinnamon is one star; it can help keep your blood sugar stable.	Spot it in the spice aisle or make your own. Mix 1½ tablespoons ground star anise, 2½ teaspoons ground fennel seed, 1½ tsp cinnamon, ½ tsp each ground Szechuan pepper and clove.	For candied nuts with a kick, toss 2 cups raw almonds with 1 egg white, 1 tbsp Chinese five-spice powder and 3 tbsp brown sugar and bake at 250° until brown and crispy, about 45 minutes.
Fruity balsamic vinegar 	The tart vinegar in this fruity blend is a proven fat fighter. Its acetic acid activates a gene that breaks down fat before it can be stored in your body, research reveals.	Read nutrition labels closely. Fruit-flavored vinegars can range from 5 to 40 calories per tbsp! To snag the skinniest pick, choose elixirs that top off at 10 calories and 2 g sugar.	Soak berries in vinegar for 30 minutes; pour on top of waffles instead of syrup to cut more than 150 calories per ¼ cup. Or simmer in a saucepan until reduced by half for a sauce that pairs well with pork.
Wasabi powder 	This is the green paste you love with sushi only dehydrated and ground, so it's more versatile. Chemicals that give zip to wasabi (isothiocyanates) can kill germs that cause tooth decay.	Look for it in your supermarket's Asian section or at health food stores. Skip jars with added salt; this seasoning has enough flavor on its own, thank you very much!	Mix ¼ tsp with 2 tbsp light mayo for a nose-tingling sandwich spread. Create a sushi-inspired salmon topper with 2 tsp wasabi powder, ½ tsp low-sodium soy sauce and 2 tbsp Greek-style yogurt.
Sriracha sauce 	Chili is the first ingredient in this fiery flavoring, and the mouth burner is a body boon: Capsaicin, the compound that makes chiles spicy, has been shown to increase satiety.	You can come upon this crimson hot sauce almost anywhere. Its soaring popularity means it's widely available in most grocery stores and even at Wal-Mart.	Only 1 tsp of the piquant puree can rev up a bowlful of low-sodium black bean or tomato soup. Or try it instead of ketchup on eggs scrambled with veggies for an extra-filling breakfast.