

Go Figure



Number of extra M&M's consumed when the candies were served in a large bowl instead of a small one. That's 199 calories' worth! Buy them in fun-size bags or portion out a handful (about 1 ounce).

Source: Appetite

The Breakfast Club

The secret to flat abs: crunching on food first thing in the morning. University of Minnesota researchers found that daily breakfast eaters were 40 percent less likely to develop abdominal obesity than people who ate an a.m. meal three or fewer times a week. Sick of cereal? Turn to page 144.

Little Miss Sunshine

A Mediterranean diet could improve your quality of life, according to a *European Journal of Clinical Nutrition* study. "The phytonutrients and omega-3s in whole grains, fresh produce, lean protein and olive oil are known to boost levels of serotonin, the so-called happiness hormone," explains Connie Diekman, R.D., the director of university nutrition for Washington University.



The Incredible Bulk

You know that fiber is a filler-upper, but here's a new reason to get more roughage: In a recent study, people who ate 29 grams or more a day were 24 percent less likely to die during a 13-year period versus those who consumed fewer than 16 grams a day. Power up your next meal with these fiber-rich superfoods, suggests Dawn Jackson Blatner, R.D., a FITNESS advisory board member and the author of *The Flexitarian Diet*.

Pears

(6 grams apiece)

For a treat that only tastes like a splurge, mist two pear halves with nonstick cooking spray and broil them for two minutes a side. Dollop with low-fat Greek yogurt and drizzle with honey.

Avocados

(14 grams apiece)

Sure, guac rocks, but half an avocado can also make your smoothie extra creamy. Bonus: Throw in raspberries or blackberries, both of which pack about 8 grams of fiber per cup.

Lentils

(8 grams per half cup)

Sauté lentils—which you can cook in less than 30 minutes or buy canned—with lean ground turkey and taco seasoning, then serve in tortillas with lettuce, tomato and cheddar.

Brown Bag Benefit Want to lose weight? Get packing—your lunch, that is. Women who went out for lunch once a week or more lost an average of five fewer pounds over the course of a year than those who ate out less frequently.

Source: Journal of the Academy of Nutrition and Dietetics