



Another reason to make lemonade: Vitamin C can help you feel more energized.

« CAN VITAMIN C BURN FAT?

Boosting your vitamin C intake to 500 milligrams a day may result in a two- to three-pound weight loss over a year without any extra effort, says Carol S. Johnston, Ph.D., R.D., of Arizona State University. In a recent study, dieters taking supplements lost more fat than those taking placebos. She theorizes that the vitamin helps the body use fat as a fuel source instead of burning more easily available carbs.

SHOPPING FOR...

Healthy cold cereal

You know Count Chocula isn't the Breakfast of Champions. But with so many seemingly nutritious options, how can you tell if you're picking the best cereal? Jackie Newgent, R.D., a culinary nutritionist in New York, recommends checking the label for:

- **Three or more grams** of total fiber per serving.
- **One or more grams of soluble fiber**, which may help lower cholesterol and keeps blood sugar stable. (Whole-oat cereals are especially good sources.)
- **Fewer than two grams of saturated fat** and no trans fats, both of which contribute to heart disease risk.
- **Fewer than 10 grams of sugar**, unless it has dried fruit, which contains natural sugars.

OUR PICKS: General Mills Fiber One Honey Clusters, Kellogg's All Bran Bran Buds and Cheerios.



Easy Ways to Eat More Produce

It can be a challenge to fit in five to nine servings of fruits and vegetables each day, but these sneaky tricks will make it seem as simple as scarfing down a bag of chips:

- **MAKE THEM INTERESTING.** Broccoli's a lot more appetizing when it's perfectly steamed with a little garlic and fresh ginger—which is probably why people who took a class on how to prepare fruits and vegetables started eating a lot more of them, according to a 2005 study in the *Journal of Nutrition Education and Behavior*.
- **HAVE THEM DELIVERED.** Many farms will bring freshly picked tomatoes, corn, peaches and other fruits and veggies practically to your kitchen table. To find a home-delivery service near you, check out localharvest.org/csa/ or Google "produce delivery."
- **HIDE THEM IN OLD FAVORITES.** Mix pureed cauliflower and mashed potatoes in equal parts, or add shredded carrots or chopped spinach to your spaghetti sauce, suggests Evelyn Tribole, R.D., author of *Stealth Health: How to Sneak Nutrition Painlessly Into Your Diet*. —Julia Tolliver Maranan

FOOD FIGHT

THE WINNER!

PANERA BREAD SIERRA TURKEY SANDWICH
(950 calories, 54 g fat, 14 g saturated fat)

PANERA BREAD SMOKED TURKEY BREAST SANDWICH ON SOURDOUGH
(430 calories, 14 g fat, 2.5 g saturated fat)

CANCER-FIGHTING FUNGI! Mushrooms are packed with a powerful antioxidant called ergothioneine. —Pennsylvania State University study