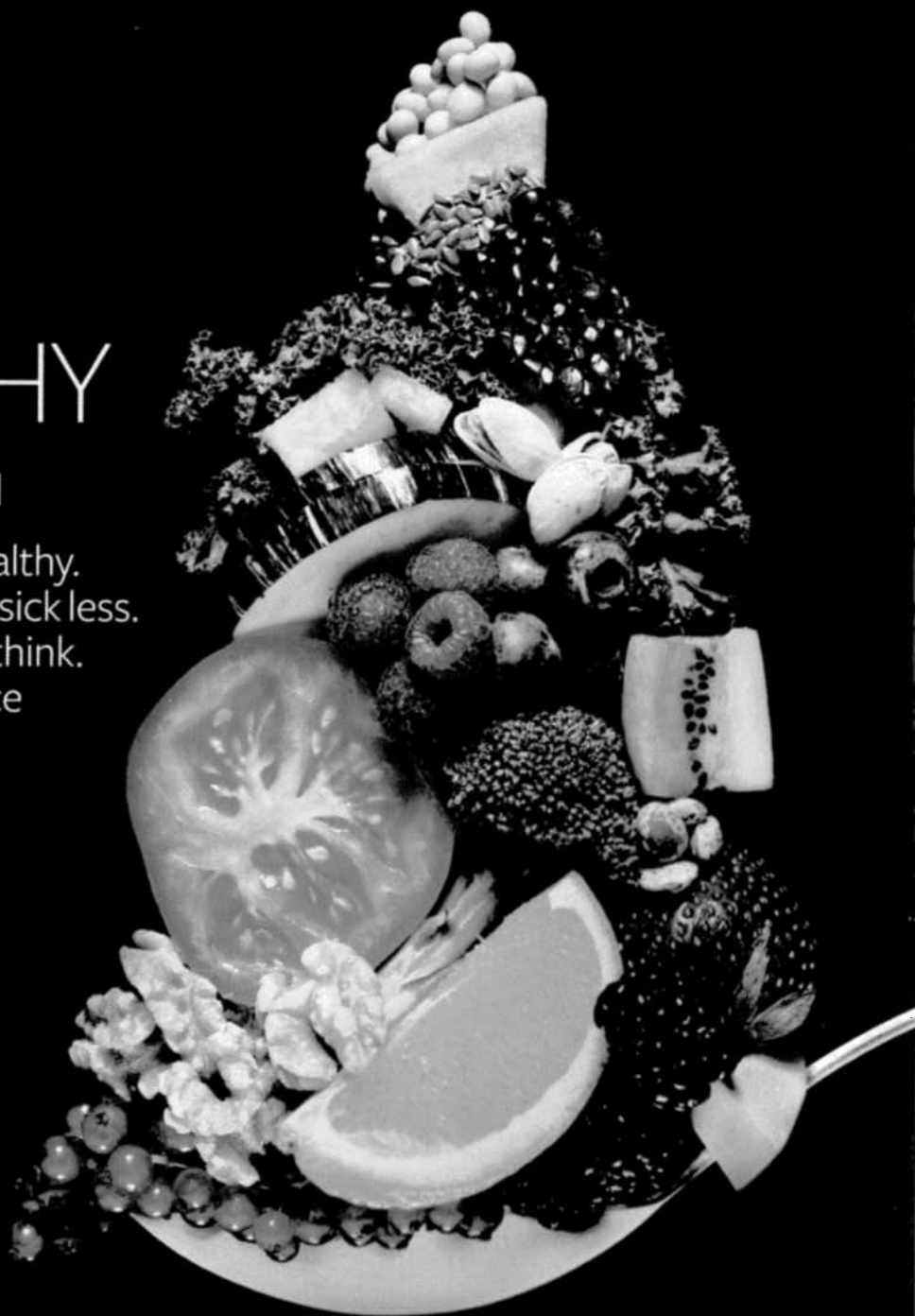


# THE NEW RULES FOR HEALTHY EATING

Look young and healthy.  
Feel full longer. Get sick less.  
It's easier than you think.  
Just add this, replace  
that — and voila!

by Laurie Jennings



## 1 Eat the REAL superfoods

Every time you open a magazine, there's a new list of superfoods. Here are the five to remember.

**Leafy greens** Try kale, Swiss chard, arugula and spinach raw in salads or sautéed as the perfect accompaniment to lean meats. **Whole eggs** Study after study heralds their benefits. Research has shown that choline, which is found in egg yolks, may help stave off breast cancer and prevent eye disease. **Berries** All varieties are high in powerful cancer-preventing antioxidants. Make sure you enjoy the full spectrum, available year-round thanks to individually frozen fruit. **Chia seeds** Adding a tablespoon of these nutrient-dense seeds, commonly sold under the brand name Salba, to your morning oatmeal will give you a boost of calcium, magnesium, fibre and iron. **Wild salmon** The omega-3 fatty acids in wild salmon may help improve your memory, skin and heart health.

# 2

Kick your drinking water's nutritional value up a notch with a burst of vitamin C. Squeeze half a lemon or lime into your glass. Try it first thing every morning to jump-start your metabolism and improve your liver function.

Switch to raw almonds, but take it slow. If you like to eat salted peanuts, don't make the leap to raw almonds right away. "I tell my clients to make changes in stages," says **Joy McCarthy**. In other words, switch from salted peanuts to unsalted, then peanuts to roasted almonds and finally raw, unsalted almonds (bonus points if you soak them overnight, which makes them easier to digest). Some of the nutritional bang of almonds is in their skin, so use raw instead of blanched when cooking, too.



# 3

**4** Jump on the plain-yogurt bandwagon. The trick is to avoid added sugar and worry less about fat content. Try it tonight for dessert: Mix plain yogurt, frozen berries and a little maple syrup together. It literally takes seconds to prepare, and it provides essential protein and calcium while satisfying that sweet tooth.



**5** Trade in your tuna sandwich for sardines at lunch. Wild sardines are low in mercury and high in vitamin D, which is essential in helping our bodies absorb calcium.



Replace your bagel and cream cheese with an egg. A 2005 study in the *Journal of the American College of Nutrition* revealed that eating protein-rich eggs may lower the number of calories you consume throughout the day and keep you feeling full longer.

Use more herbs and spices. Add fresh basil, which boasts high levels of the antioxidant beta carotene, to pastas, salads and sauces. Garlic and oregano are both antibacterial and antimicrobial, turmeric helps reduce inflammation and cinnamon helps lower blood sugar.

# 7

**8** Eat mashed yams or sweet potatoes instead of white potatoes. The same rule applies to all vegetables: Brighter colours pack a greater nutrient punch. If you're stuck on white potatoes, be sure to eat the skin to get the most nutritional benefits.



# 9

Add spinach to pastas, sauces and pizzas. Throw a handful of baby spinach into a sauce or stir it into a pasta dish. You won't even taste it, but you'll get all the health benefits. Hello, iron and vitamins A and K, plus omega-3s!



Eat ancient whole grains instead of white rice or couscous. "Most people still don't eat enough whole grains. I always recommend quinoa. It has a subtle nutty flavour and it's also the only grain that's considered a complete protein," says **Ali Chernoff**. Or choose pasta and bread made from buckwheat, spelt and Kamut instead of refined flour. Those grains have more fibre, so they cause less of a blood-sugar spike.

# 10

# 11

Downsize your dishes. "Studies show that we eat more when we're served more, and we match our servings to the size of our dishes. Doling out food onto smaller plates fools our brains into thinking we're getting more," says **Megan MacMillan**.

# 14

**12** Read ingredient lists as well as nutritional labels: The label is only half the story. If something has more than five ingredients, including things you can't pronounce, leave it on the shelf.



Spread ripe avocado instead of butter, margarine or mayonnaise on your sandwich tomorrow. Avocado will satisfy your body's urge for fat, but with the good unsaturated stuff.

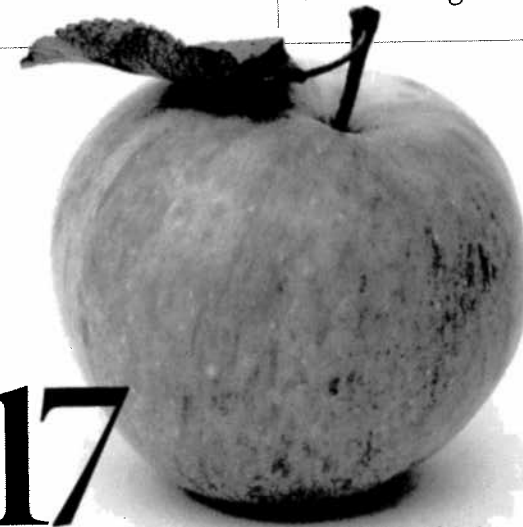
# 15

When you use salt, choose sea salt, which has traces of other minerals. And even then, go easy. Or try salt-free seasonings such as Spike All Purpose All Natural Seasoning or President's Choice Blue Menu Seasoning Blend Lemon & Herb. Lemon is also a great salt substitute.



# 17

Skip the fruit juice and eat an orange or apple instead. A piece of fruit is more satisfying and contains fewer calories than a glass of juice. Plus, while it's easy to OD on juice, you'd never eat five apples in one sitting.



**18** Cut down on sugar. "It packs on pounds, unleashes free radicals and can break down the collagen that keeps skin firm and elastic," says **Megan MacMillan**. It's the number-one problem in our diets today. The natural sugars in honey, fruit and maple syrup aren't any better, so use them sparingly.



# 19

Eat more fibre-rich foods, like black-bean or lentil soup. When you buy cereal and grains, **Joey Shulman** suggests a five-plus-five rule: Choose items with more than five grams of fibre and less than five grams of sugar per serving.

# 16

Drink green tea instead of black. Green tea boasts more antioxidants than either black tea or oolong.

MEET THE EXPERT PANEL

**Ali Chernoff**, registered dietitian, nutrition consultant and founder of Nutrition at Its Best (Nutritionatitsbest.com), Vancouver. **Natalie Brown**, registered dietitian and founder of Whiterock Dietitian (Whiterockdietitian.com), Langley, B.C. **Donald K. Layman**, professor emeritus of nutrition, University of Illinois. **Megan MacMillan**, registered nutritionist and founder of Healthbites (Healthbites.ca), Toronto.

**Joy McCarthy**, registered holistic nutritionist and founder of Joyous Health (Joyoushealth.ca), Toronto. **Rose Reisman**, health and wellness consultant (Artoflivingwell.ca) and author of the upcoming book *The Art of Family Cooking* (Whitecap, 2010), Toronto. **Joey Shulman**, registered nutritionist, author and founder of Shulman Weight Loss Clinics. Her latest book is *Healthy Sin Foods: Decadence without the Guilt* (Penguin, 2009), Thornhill, Ont.

## 20

Hunger? What hunger?  
Outsmart cravings now!

Four smart strategies to help you feel full longer.

**Avoid skipping meals**, especially breakfast. All our experts agree that eating within an hour or two of waking up is the best way to keep your metabolism buzzing all day long. And you'll feel full longer if your breakfast includes protein.

**Make sure your diet includes whole grains and protein.**

They take longer to digest than carbohydrates. "My favourite filling combos include veggie and bean chili, salmon with sweet potatoes and spinach, oatmeal with plain yogurt and berries, and a scrambled egg with salsa in a whole-grain wrap," says Megan MacMillan.

**Embrace healthy fat and expunge refined sugar.**

"Low fat usually means high sugar," says Joey Shulman. "And remember that sugar is a one-way ticket to stronger cravings and weight gain." Fat also makes food taste better, so you're more likely to be satisfied with less.

**Spot hunger imposters**, like boredom, thirst and fatigue. If you feel hungry an hour after eating, have a glass of water. "We only need to eat a big meal every three to four hours," says Rose Reisman. And a good night's sleep is essential. Studies show inadequate sleep stimulates your appetite by increasing the hormones associated with hunger.

## Quinoa and lentil soup

by Joy McCarthy

- 1 medium red onion, diced**
- 3 cloves garlic, finely chopped**
- 1 to 2 tbsp organic walnut oil**
- 2 tsp turmeric or any dry mixed curry spices you have on hand**
- 1 cup quinoa, rinsed**
- 1 cup yellow lentils, rinsed**
- 1 sweet potato, diced**
- 6 cups of stock (chicken or vegetable)**
- Sea salt and freshly ground pepper to taste**

**1** In a large soup pot on medium, sauté onion and garlic in walnut oil until tender. Add seasonings, quinoa, lentils and diced potato. Pour in the stock and bring to a boil. Reduce heat to a simmer, and cook until lentils and quinoa are tender, about 20 to 30 minutes. Add more stock if soup is too thick. Add sea salt and pepper to taste.

**2** Garnish with cilantro. And lastly, while you are salivating with anticipation, add olive oil for a healthy dose of unsaturated fat.

