

GOAL **Slim Down**

Food Diary If you want to drop more pounds, keep a food diary: Doing so helped double weight loss in a recent study. There's no "best" type—just use what works for you. This one easily slips into your purse, so it's always on hand (greenchairpress.com/fd).



Peppermint Plant The cheapest hunger buster ever!

People who sniffed peppermint throughout the day consumed nearly 3,200 fewer calories a week in a recent study. You can take a whiff before exercising to perk up for a workout too.

Food Scale "Using a food scale to measure what you're putting on



your plate is one of the best ways to achieve weight loss," says Lisa Young, PhD, RD, an adjunct nutrition professor at New York University and author of *The Portion Teller*. "Eating too much causes weight gain, so getting a handle on portion sizes—especially for pasta, cheese, and steak, which are commonly overestimated—is a must."

Unless you prefer a digital scale, a more economical mechanical scale is fine for keeping portions in line.



POWER PURCHASE



VITAMIN D SUPPLEMENTS

You don't want to be deficient in this wonder nutrient, which is proving to be a factor in everything from heart disease to memory loss. A recent Mayo Clinic study even found a link between low levels of D and chronic pain. Evidence is mounting that we need more than the current recommended daily intake of 400 IU, especially as we age because older skin produces less vitamin D. It's hard to get

Smart ways to live well

Prevention

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