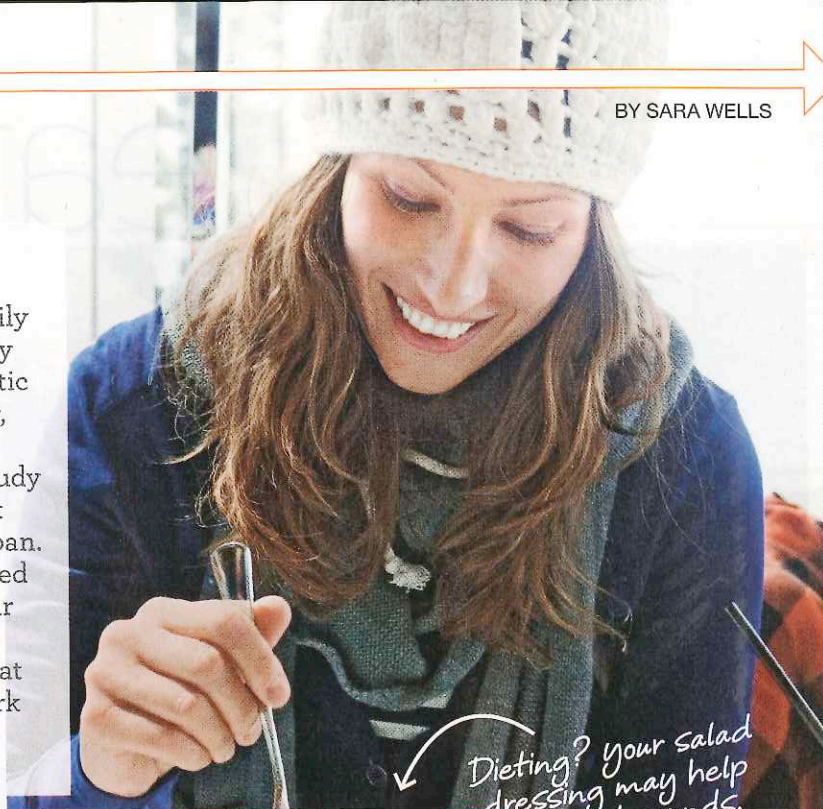


## Sour Power

**Vinegar fights fat, experts say.** In a recent study, obese people who consumed two tablespoons of vinegar daily lost an average of 5 percent more belly flab than those who didn't eat it. "Acetic acid, the main component in vinegar, stimulates fat oxidation in the liver, helping reduce body fat," says lead study author Tomoo Kondo, a researcher at the Mizkan Group Corporation in Japan. Try a flavored vinegar: Place a chopped tomato in a cup of white wine vinegar for two to three days, says Natalia Hancock, R.D., culinary nutritionist at Rouge Tomato restaurant in New York City. Then use it as a marinade for chicken or fish. —Danielle Alvarez



# fitness

elementbars.com and pick from four different bases (chewy, oat, crispy or datey), decide on up to four ingredients (dried fruit, nuts, seeds, even M&M's), name your creation, and you're done. The nutrition facts are updated and displayed on-screen along the way. A box of 12 is \$36.



## Good-for-You Goodies

**Dessert doesn't have to be off-limits.** A recent study shows that you absorb as much calcium from a serving of fortified ice cream as you do from a glass of milk. "You can satisfy cravings and get some nutrition at the same time," says FITNESS advisory board member Lisa Young, Ph.D., R.D., author of *The Portion Teller*. Here, a few more tasty picks.

### You're craving Dig into

- Chocolate chip cookies** *Kashi TLC Oatmeal Dark Chocolate Cookies.* Loaded with filling whole grains, fiber and heart-healthy dark chocolate, these delectable cookies have just five grams of fat each.
- Brownies** *Glenny's All Natural 100 Calorie Brownies.* They're gooey, rich, low in fat (with zero trans fat), high in fiber and individually packaged for easy portion control.
- Cake** *Amy's Organic Orange Cakes.* All natural with no trans or saturated fat and only 180 calories per thick slice, this pound cake won't pack on pounds. —Sarah D'Angelo

**Halt the Salt** Breakfast may be the saltiest meal of the day. In an analysis of 37 processed foods, researchers found a plain bagel with 440 milligrams of sodium (almost one-third the amount you need each day) and a pancake mix with 740 milligrams. Look for products with no more than 250 milligrams.