



## Health advice that goes down easy

A study found that healthy women can cut their risk of heart disease by 53 percent by having a glass of red wine and a half ounce of dark chocolate each day. "Out of all the heart-healthy foods, these are at or near the top of the list," says Debora Yost, author of *Heal Your Heart With Wine and Chocolate... and 99 Other Ways Women Can Protect Their Hearts* (Stewart, Tabori & Chang, 2006).

## "Make Over My Meal!"

**BEFORE** "My typical weeknight dinner is a chicken breast baked with lemon juice, garlic and olive oil, instant mashed potatoes and canned corn seasoned with butter and salt."  
—Cristin Marshall, 31, Wolcott, CT



**AFTER** "Cristin thinks she's eating her veggies, but actually both corn and potatoes qualify as starches. Swapping romaine lettuce for the corn cuts the calories and ups the nutrient variety (with vitamins A and K and folate) of her meal. Also, sticking a potato in the microwave for seven minutes and topping it with fat-free sour cream is as easy as mixing up boxed potatoes, but provides extra fiber and potassium, especially if you eat the skin."  
—Lisa R. Young, R.D., Ph.D., author of *The Portion Teller* (Doubleday, 2005)



## Lose weight with Leah

Our nutrition director, Leah McLaughlin, tries the latest diet trend.

**THIS MONTH:** *The Diet Code: Revolutionary Weight Loss Secrets From Da Vinci and the Golden Ratio* —Stephen Lanzaletta (Warner Wellness, 2006)

**THE BRIGHT IDEA:** Woodworker-turned-diet-guru Lanzaletta takes calorie math to a new level when he employs Da Vinci's legendary Golden Ratio to create a "perfectly balanced" diet. The ratio, says Lanzaletta, eventually reveals a single number, called "phi," which can be used to calculate the exact proportion of protein to fat and carbohydrates. Phi can also illuminate the dimensions of the Egyptian pyramids, by the way. I skipped that chapter. (P.S.: If the ratio rings a bell, it was discussed in Dan Brown's bestseller *The Da Vinci Code*. For the record, that's not a diet book.)

**THE NITTY-GRITTY:** Although Lanzaletta has plenty to say about it, you don't have to understand how phi explains the universe to follow this diet. The suggested menus and guidelines add up to a pretty healthy Mediterranean-type plan: an average of 1,900 calories a day, with 20 percent from protein, 52 percent from carbs and 28 percent from fat. Bonus: Bread and wine are completely acceptable! So are delicious recipes like pasta puttanesca and chicken cacciatore, which Lanzaletta provides.

**THE BOTTOM LINE:** If you're a math whiz or an Italian food lover, give it a try. I didn't lose any weight, but that's because I'm mathematically challenged and couldn't figure out how to calculate the calories in future meals.



**Now That's Balance!** "Exercise, drink lots of water and eat desserts."

—actress Jessica Alba, when asked what she does to keep herself looking fabulous