

Are your supermarket habits ruining your

Little decisions we make every day—buying soda by the gallon, keeping six rice mixes in the pantry—can add up to big weight gain. This month, our experts show you how to shop smart and eat right—without feeling deprived. **by Nancy Rones**

The first installment of our yearlong Real-Life, Healthy Life Makeover was all about helping you take those first small, gradual steps on the path to a healthier life. (Find January's tips at lifestyle.msn.com/redbook.) Now, Lisa R. Young, R.D., author of *The Portion Teller*, is giving our three participants grocery-shopping makeovers. Here, solutions to the shopping pitfalls that sabotage Jennifer Strange's health.

The pitfall: Buying too many "convenience" foods.

Supermarket solution: "These products are packaged to make you think they're quick," says Young. But some take more than 30 minutes to cook and are no bargain. Case in point: Jennifer's favorite beef stroganoff dinner kit costs \$4.89 and requires about 40 minutes bake time. Meanwhile, for about \$2.85 a serving and 20 minutes of cooking time, she can sit down to sautéed chicken breast, mixed vegetables (microwaved from frozen), and brown rice. "In every way, fresh is best, especially nutrient-wise," says Young. ▶

Jennifer slows soda consumption by buying cans.



SIMPLE CHANGES TO MAKE THIS MONTH: Think of escalators at the mall as moving stairs. Don't just stand there—walk up or down them.

what grocers know

● The more variety there is—10 types of BBQ chips—the more you'll buy. ● The more new products there are—M&M's are now in a candy bar!—the more you'll buy. ● The bigger the product—10 percent more juice, free—the more you'll buy.

diet?



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Jennifer Strange, 27

Human services officer at a homeless shelter and single mom of a 21-month-old son, Traverse City, MI

	Starting stats	Current stats
Height and weight:	5'10", 211 lbs	204 lbs
Body fat:	33%	32.7%
Waist:	43½"	41¼"
Hips:	47¾"	47"
Bust:	41"	41"

Jennifer's biggest mental hurdle: Using food to relieve stress.

"The other night I worked a hectic 4 p.m.-to-midnight shift at the shelter, and on my way home I stopped at Taco Bell. I was feeling stressed, and stuffed myself with three beef Soft Taco Supremes."

How to jump over it: "Before driving into the arms of a soft taco, Jennifer must ask herself, 'Am I hungry or am I just relying on food to make me feel better?'" says Dan Baker, Ph.D., founding director of the Life Enhancement Program at Canyon Ranch spa in Tucson, AZ. If she's stressed, she should take a route home that doesn't pass the seductive signs of 99¢ value menus. While driving, she should think about why she's following REDBOOK's plan: because she loves her son and wants to be a good role model. And for those days when she's truly hungry, Jennifer should keep nuts and dried fruit in her glove compartment for a satisfying yet tasty filler-upper.

"The soda aisle is the worst place for me. Before beginning REDBOOK's plan, I'd buy 10 two-liter bottles. Now, I buy only two bottles and a 12-pack of canned soda."

3 ways to avoid stress eating:

- 1. Be your own inspiration.** Keep a picture on your fridge of you at your healthiest. Seeing it will help you avoid eating when you're not hungry.
- 2. Paint your nails.** The concentration it takes to apply a smooth coat will distract your mind from food.
- 3. Sip water.** No, make that *chug* water. You're still putting something in your mouth, just not calories.

The small change that's already paid off: "Since starting the program, I've been putting my son in the stroller and taking a brisk half-hour walk to drop him off at day care on most days. It gives me such a rush throughout the day that I usually find the energy to pick him up on foot, too."





GENERAL MEDICINE GURU
 Michael F. Roizen, M.D.,
 coauthor of *You: The Owner's Manual*

Rx DATE today
 FOR you

Lifestyle Changes for February

Watch out for high-fructose corn syrup. Read food labels and avoid items that list this sugar as one of the first five ingredients. It ages your arteries, zaps energy, and represses leptin, the hormone that tells your brain you're full and should stop eating. Basically, downing it encourages you to pig out!

PLUS, CHOOSE TWO OUT OF THREE BELOW:

Floss daily and visit the dentist every six months. Flossing breaks up the plaque that causes gum disease, which has been linked to many health problems, including heart disease.

Know your blood pressure. It's the most important number to know—besides your mom's birthday! Get yours checked every year. A reading of 120/80 to 130/80 is typical; 115/75 or less is ideal. Good news: Losing just 10 percent of your body weight can lower blood pressure.

Steer clear of smoke. Being exposed to secondhand smoke for one hour is like smoking four cigarettes, putting you at risk for lung cancer.

PHYSICIAN Dr. Roizen



Julie Graves, 39

Pharmaceutical sales rep, married with two kids, ages 10 and 7, Indianapolis

The small change that's already paid off: **"Since following Dr. Roizen's advice to avoid high-fructose corn syrup, I'm finding that it's hidden in so many foods—jelly, cereals, ketchup. My son and daughter had fun tossing out the foods in our kitchen that contain it."**

	Starting stats	Current stats
Height and weight:	5'4", 178 lbs	173 lbs
Body fat:	34%	34%
Waist:	33"	32 3/4"
Hips:	44"	43 1/2"
Bust:	38 3/4"	38 3/4"

Julie's biggest mental hurdle: Overdoing it.

"Every time I've tried to lose weight in the past, I've looked for ways to get 'extra credit.' For example, when we were told last month to walk 30 minutes a day, I upped my workouts to 50 minutes and jogged half of it! But when I start to see results, I crash and return to my old ways."

3 ways to avoid burnout:

- 1. Applaud baby steps.** Just eating one extra veggie a day—not 10!—is worth a pat on the back.
- 2. Make gradual shifts.** If you have always put cream in your coffee, switch to 2 percent milk for a while, then try skim.
- 3. Eat cake.** Of course, you should—on special occasions!

How to jump over it:

"I'm thrilled that Julie is so eager, but she needs to slow down," says Baker. Instead of being driven by immediate gratification—a lower number on the scale—Julie should stay focused on the big goal of this program, which is to make small changes to boost lifelong health. One way to do that: When Julie is adopting a new habit, she should ask herself, "Is this something I can maintain for life?" If not, she should scale back.

JULIE'S

Grocery-Receipt Reality Check

Replace high-sodium, high-fat sliced ham and sausage with sliced turkey or chicken breasts.

Instead of potpies, try Healthy Choice entrées like Creamy Herb Roasted Chicken. You'll save about 30 grams of fat and 360 calories, and they're great for kids, too.

Good job on the tilapia! Keep shopping in the often-overlooked fish department for healthy, quick meals.

Item	Price	Original Price	Savings
GENERAL MERCHANDISE	15.37		
PLATES 100	11.99		
WOODS	14.99		
Gen. Merch. Sub. (before tax)	26.96		
GROCERY			
GREEN BEANS	2.00	2.00	0.00
GREEN BEANS	2.00	2.00	0.00
LETTUCE	1.99	1.99	0.00
SALAD	1.99	1.99	0.00
SALAD	1.99	1.99	0.00
SALAD BREAD	1.99	1.99	0.00
WOLFE	1.99	1.99	0.00
APPLES	1.99	1.99	0.00
ORANGES	2.00	2.00	0.00
ORANGES	2.00	2.00	0.00
COTTAGE CHEESE	2.00	2.00	0.00
SPRING POT	2.29	2.29	0.00
POT PIE	2.29	2.29	0.00
POT PIE	2.29	2.29	0.00
HAM SLICE BI	2.29	2.29	0.00
CAB GRAND RND	2.29	2.29	0.00
CAB GRAND RND	2.29	2.29	0.00
SALSA	2.29	2.29	0.00
SPINACH	2.29	2.29	0.00
SAUSAGE	2.29	2.29	0.00
O 5.50	2.29	2.29	0.00
SLIVERED ALM	2.84	2.84	0.00
*TILAPIA	4.99	4.99	0.00
Original	2.98		
*TILAPIA	4.99	4.99	0.00
Original	3.00		
9 5	4.20	4.20	0.00
2100060706	1.67	1.67	0.00
Original Price	2.29		
*HART CHEESE	1.67	1.67	0.00
Original Price	2.29		
1 8 3 5.00	1.06	1.06	0.00
*HART CHEESE	2.29	2.29	0.00
Original Price	2.29		
1 8 3 5.00	2.29	2.29	0.00
*STRAWBERRIES	2.90	2.90	0.00
Grocery Sub. (before tax)	91.26		

Use ground turkey to make a taco dinner. Add salsa and low-fat sour cream to add flavor with less fat.



Adrienne Schiffer, 33

Stay-at-home mom, married with two kids, ages 6 and 3, Powell, OH

The small change that already paid off: "I never used to eat enough fruits and vegetables. Now I cook at least two different vegetables with dinner, and I eat a piece of fruit at breakfast and lunch."

	Starting stats	Current stats
Height and weight:	5'3", 244 lbs	235 lbs
Body fat:	34%	30%
Waist:	47"	42½"
Hips:	57"	54½"
Bust:	47¼"	45"

Her biggest mental hurdle: Pressure from loved ones. "While I know they're trying to be helpful, my family is putting too much pressure on me to succeed. My husband will look over my shoulder to make sure I stick to every point and asks constant questions like, 'What are you supposed to be eating?' This is making the program difficult for me."

3 ways to ward off the food police

1. Have a response ready. If someone points out that you're eating a second slice of pizza, calmly say, "I appreciate your help, but I'm aware of the choices I'm making."

2. Take the focus off you. Helpfully suggest that your hubby tackle his biggest vice, whether it's overzealous Web surfing or impatience with the kids.

3. Let time pass. Once the patrol sees pounds peeling off and your energy increasing, they'll feel more confident about your efforts and back off.

How to jump over it: "Adrienne needs to sit down with her family and say, 'When I do well, let me know. But if I slip up, I know it and you don't have to tell me,'" says Baker. Since her family is saying these things because they want to help, she should suggest constructive ways that they can do so, such as helping her chop vegetables for snacks. Bottom line: Adrienne's lifestyle changes shouldn't become the center of her family's universe.

ADRIENNE'S

Pantry Solutions

How you organize what you buy can help you to eat healthier. Here, Young helps Adrienne make her pantry work with her—not against her.



Stash easy-to-grab crackers (i.e., Cheez-Its) up high. If a snack requires a step stool, you'll think twice about eating it.

Store nutritious snacks such as nuts and applesauce at eye level, as they are here. That way you'll reach for them and not the cookies.

Skip store-bought sweets and instead stock up on brownie mixes. Because of the time and effort they require, you'll only bake when you have serious cravings. (Then bring leftovers to a neighbor.)

#1 Pantry Rule: Buy packages of individual-size bags of cookies and potato chips. **You'll eat less when you don't have a bottomless bag to reach your hand into.** Bonus: This will help kids learn about portion control, too.



NUTRITION GURU
Lisa R. Young, R.D.

Top 10 Picks for a Healthy Pantry

- 1** Canned tuna. It makes for a quick meal.
- 2** Chickpeas or beans. Add 'em to salads for protein.
- 3** Cereal—look for one that contains 3 grams or more of fiber per serving.
- 4** Instant oatmeal. Avoid brands that list sugar as the first ingredient.
- 5** Low-sodium vegetarian soups for fast hot lunches.
- 6** Bottled water. Grab one and sip wherever you go.
- 7** Unsweetened applesauce. One cup equals one fruit!
- 8** Low-fat microwave popcorn—a fiber-rich snack that's healthy even if you eat almost the entire bag.
- 9** Whole-grain granola bars—candy bars, only better.
- 10** Rice cakes. Spread with peanut butter for protein.

Don't overstock your pantry. That way you'll be able to see all the healthy snacks you purchased, and not just the less-healthy choices."

KRO OATS	PC	1.67 F
SC 8307 AUTOMATIC COUPON	PC	0.14
KRO BAGEL	PC	1.00 F
KRO GARL BRD	PC	0.99
KRO OATS	PC	1.00 F
807 AUTOMATIC COUP	PC	1.79 F
RONZ ROTINI	PC	4.29 F
45 AUTOMATIC COUP	PC	1.29
RONZ ROTINI	PC	2.99 F
SC 1990 AUTOMATIC COUPON	PC	0.10
SC 5640 AUTOMATIC COUPON	PC	1.05
DOL PRY N GC	PC	2.99 F
DOLE PRY BUL	PC	2.99 F
MITCHM R/P DE	PC	2.09 T
SC 8955 AUTOMATIC COUPON	PC	1.40
MITCHUM	PC	2.09 T
SC 8955 AUTOMATIC COUPON	PC	1.40
MITCHUM	PC	2.09 T
SC AUTOMATIC COUPON	PC	1.40
MITCHUM	PC	2.99 F
55 AUTOMATIC COU	PC	2.00
EDYS ICE CRM	PC	2.99 F
752 AUTOMATIC COU	PC	2.29 F
DRYR ICE CRM	PC	2.29 F
72 AUTOMATIC COU	PC	0.40
KRO SKIM MILK	PC	2.29 F
SC 1990 AUTOMATIC COUPON	PC	0.40
SC 1990 AUTOMATIC COUPON	PC	0.40
O MAYER LNCH	PC	1.19 F
SC 1990 AUTOMATIC COUPON	PC	0.69 F
O MAYER LNCH	PC	2.00 F
SC 1990 AUTOMATIC COUPON	PC	4.29 F
KRFT MAC&CHS	PC	5.66 F
SC 5582 AUTOMATIC COUPON	PC	1.66 F
KELL CEREAL	PC	3.00 F
SC 5786 AUTOMATIC COUPON	PC	2.29 F
CRNBRY AL CR	PC	0.40
PRSL TKY BRS	PC	2.29 F
SC 1990 AUTOMATIC COUPON	PC	0.40
RAGU SAUCE	PC	2.29 F
SC 1990 AUTOMATIC COUPON	PC	0.40
ECLIPSE MINT	PC	1.49 F
2.51 lb 2 0.49 /lb	PC	1.23 F
BARBARS	PC	4.53 F
2.53 lb 8 1.79 /lb	PC	4.53 F
BRABURN APP	PC	4.49 F
1.50 lb 2 2.99 /lb	PC	2.76 F
UT QNS SAT PEEL	PC	0.46
PRSL BBY SUS	PC	4.1663726762
SC 5401 AUTOMATIC COUPON	PC	4.1663726762
KROGER PLUS CUSTOMER	PC	

ADRIENNE'S

Grocery-Receipt Reality Check

Make your own garlic bread and you'll ditch a lot of fat and preservatives.

Avoid getting two tubs of ice cream—more choice equals more eating. Better yet, make your one pick low-fat ice cream or frozen yogurt.

Hey, where are the vegetables? Buy any kind you like, just get them home!

Replace mac-and-cheese with a store-bought rotisserie chicken for a quick dinner.

The Bad Habit I Broke This Month!



"I love cheese and I used to eat it all day long—string cheese, cheese on salads and sandwiches, even cubes for snacking. I still enjoy cheese in small portions, but I've learned that my salad or sandwich can be just as satisfying without it."
—JENNIFER



"As a sales rep, I drive at least 75 miles a day and usually bring my clients pastries or chocolates. Before, I used to reach into the backseat and snack on them. Now, I put the treats in the trunk, and in the front, I pack healthy stuff like celery and grapes for myself."
—JULIE



"At restaurants, I used to never question what was in a dish or ask for substitutions. But now I take more responsibility for what ends up on my plate. I ask—nicely, of course—for ingredients like sauces to come on the side, to save calories."
—ADRIENNE

has been linked with weight gain and an increased risk of heart disease. ● Don't hurry when you eat! Put down your fork and talk to your ►