



ounce of prevention

Get Tested

We all need to keep a careful eye on our own well-being, says Anthony Martin, PhD, author of *Medical Crisis: Secrets Your Doctor Won't Share with You*. So at your next MD visit, request some basic tests that may help you prevent serious diseases.

Ask for: A saliva test for pH
Benefit: An acidic pH may mean your body is a more conducive place for cancer to grow. You can increase fruits and veggies in your diet to help make your pH less acidic.

Ask for: A C-reactive protein test
Benefit: This checks for inflammation. A small amount of inflammation

is good, but too much can up your arteries and lead to heart disease. Exercise, stress management, and stress management can help reduce inflammation. A test for free radicals can help you see if your diet produces free radicals. Free radicals are atoms or molecules that damage cells and can cause disease. When you eat antioxidants, they neutralize free radicals. When you eat antioxidants, they may lead to disease, stroke, and heart disease. Veggies and green tea can help reduce them.

spotlight on...

Bottled Waters

WORKING MOTHER

bad, better, best Holiday Nibbles

Even those of us with steel willpower can struggle to eat right this time of year. To make your next holiday party fun, not fattening, "steer clear of anything fried—the worst fat and calorie culprit," cautions Lisa Young, PhD, RD, author of *The Portion Teller Plan* and an adjunct professor of nutrition at New York University. "And try to focus on the people at a holiday get-together, not the food."



Bad Pigs in a blanket (4 pieces: 270 calories, 23 grams of fat) These hors d'oeuvres are filled with the worst kind of artery-clogging fat—the saturated variety—and are high in calories for such a small portion of food. Plus, they're so tasty, you probably won't eat just one.



Better Shrimp cocktail (3 ounces shrimp with 2 tablespoons sauce: 120 calories, 1.5 grams of fat) The protein in the shrimp is healthy and satisfying. Just beware of scooping up too much cocktail sauce, which is often high in sodium.



Best Crudités with salsa (a few pieces of celery, carrots and broccoli with 2 tablespoons salsa: 55 calories, 0 grams of fat) Veggies contain fiber and water that fill you up with very few calories, as well as an array of healthy vitamins and antioxidants; the salsa adds flavor with hardly any fat.