



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 lead to heart disease, diabetes, and other chronic diseases. Exercise, stress management, and a diet rich in antioxidants can help reduce inflammation. A test for free radicals can also be helpful. Free radicals are produced by pollution, stress, and poor diet. They can damage cells and lead to disease, stroke, and cancer. Eating fruits and vegetables can help reduce free radicals.

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 Crudité's 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.