

eat-right flash



Nice nibble Infusing a sweet snack ▶ with protein and fiber may help you eat less. A study from the *Asia Pacific Journal of Clinical Nutrition* compared two sugary snack bars—one with protein and fiber, the other without. Snackers given the healthier bar ate 5 percent fewer calories at their next meal.

Add protein to candy to break the cravings chain.

Dirty dishes People who saw proof of how much food they were eating (e.g., a pile of chicken-wing bones) ate 27 percent less than those whose tables were bused while they noshed, reveals research from Cornell University in Ithaca, New York. Take a mental snapshot of your meal before you bite.

Go green Organic kiwifruit contains more antioxidants than its conventionally grown counterpart, a report from the University of California at Davis finds. This news confirms earlier evidence that there is a true nutritional difference between organic and nonorganic fruit.

Main squeeze Grapefruit has always been a diet classic; now a study in the *Journal of Medicinal Food* proves how the sweet-and-sour citrus may aid weight loss. Simply eating grapefruit or drinking a glass of fresh juice daily could help you drop 3½ pounds in 12 weeks, according to researchers, who say the fruit keeps insulin levels low, which might help your body burn more fat.

Fat attack Just one high-fat meal can make it harder for your heart to cope with stress, a study in *The Journal of Nutrition* suggests. Volunteers exposed to tense situations were far more likely to have their blood pressure rise and arteries narrow after downing a meal high in saturated fat than after consuming one low in fat. Schedule jam-packed? Try brown-bagging a healthful lunch.

Cancer kicker Having about 2 cups of beans weekly may slash your risk for colon cancer by 65 percent over the course of four years, researchers at the National Cancer Institute in Bethesda, Maryland, report. Polyphenols and a type of fiber in legumes might prevent colon polyps from forming. Black, pinto, navy and lima beans are all good picks; toss them in salads and soups.

Guilt-free fast food Love burgers and sausage-and-egg breakfast sandwiches? SoLean's frozen meals blend soy in the meat patties to cut fat and calories. Its cheeseburger has only 275 calories and 7 grams of fat! Our tester raved about the juiciness and meaty flavor. **SELF says: A+**