

## Weight-Loss Challenge

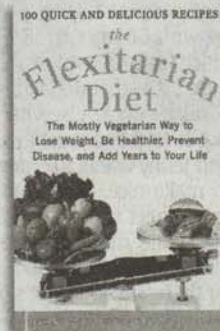


By Anne Ryan, USA TODAY

**Am I hungry?** Ask yourself that, author Dawn Jackson Blatner suggests, to help prevent mindless eating.

## The Flexitarian Diet

By Dawn Jackson Blatner



► Ask yourself these three magic words before eating anything: "Am I hungry?" It is a quick way to be more connected to what is causing you to reach mindlessly for food.

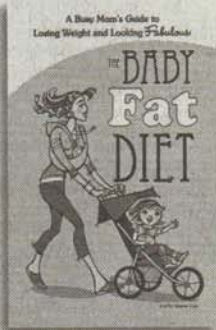
► Enjoy meals for about 30 minutes. Eat slowly can reduce your intake by 70 calories a meal, which translates into a savings of more than 200 calories a day.

► Start a tea tradition. Drink a cup of dessert-flavored tea such as English toffee or white chocolate macadamia nut after meals. Tea has zero calories and promotes a healthy heart.

► Eat four to five times a day, which translates to three meals and one or two snacks. Many people who are successful at losing weight and keeping it off eat that often.

## The Baby Fat Diet

By Mónica Bearden and Shara Aaron



► Have a well-balanced breakfast each day with some fiber, protein and a fruit or vegetable. Sit down and eat it with your kids, not in the car or standing at the counter.

► Start meals with broth-based soups and vegetable-rich salads.

► Portion out your food when at home. Don't eat directly out of packages.

► Chew gum while making your children's dinners so you won't be able to taste-test.

► Don't eat the leftovers off your children's plates. Put an empty container on the counter so leftovers go right into the refrigerator.

## The Instinct Diet

By Susan Roberts and Betty Kelly Sargent



► Get rid of unhealthy foods in your home. Toss out all those half-full bags of chips, leftover cake and bags of cookies.

► Make the food that's available good food. Arrange fruit in a bowl on the counter. Have cut-up celery, red peppers and lean meats handy in the fridge.

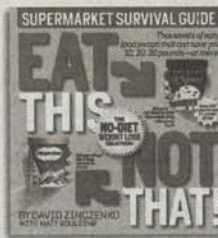
► Cut cravings with regularly timed meals and a menu plan. You may discover that casual eating is your diet destroyer.

► Enjoy daily treats but never by themselves. Eat healthy foods before and after.

► Suppress hunger with foods that are high in protein and/or fiber.

## Eat This, Not That! Supermarket Survival Guide

By David Zincenko with Matt Goulding



► Work the edges of the grocery store. In general, the healthiest food in the supermarket is found along the walls. The dairy case, produce, meats and seafood are all found in the outlying regions of the supermarket, while the inner aisles tend

to be dominated by things that come in boxes, bags or cans. Most of this vast nutritional dead zone is composed of highly processed foods.

► Watch for less packaging. The process of cooking, refining and packaging foods strips essential nutrients, leading to empty calories.

► Look for fewer ingredients, which usually means healthier foods.

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