

{ smart eats }

4 Foods to Try *Right Now*

Always noshing the same ol', same ol'? Here, health coach **Caroline Shannon-Karasik** tells us about four tasty super foods you've heard a lot about but you might not have tried yet...



Quinoa

WHY: You don't have to know how to pronounce it (that's keen-wah, FYI), but you should know that a 1-cup serving of these wonder grains packs more nutrients than the same serving of white rice. Try it cold with chopped veggies for a tasty salad.

Cauliflower

WHY: Cauliflower may get a bad rap, but it's actually full of goodness like vitamin C and calcium. Roast it with a lil' drizzle of olive oil, and then smash it for an über-healthy (and yummy!) version of mashed potatoes (get the recipe at girlslife.com/iti).



Buckwheat noodles

WHY: Processed pasta is so passé. Buckwheat (which, oddly enough, is actually wheat-free) packs muscle-building amino acids. We love it topped with stir-fried veggies.

Plain Greek yogurt

WHY: Regular yogurt is swimming in sugar and preservatives, but the Greek variety offers double the protein, keeps ya full longer and helps build lean muscle. Mix it with honey, fruit or even a shaving of chocolate for a sweet snack.



{ ask the expert }

A few of my friends have gone gluten-free lately. Will that help me lose weight?

Going GF may be all the rage these days, but it's not a weight-loss guarantee, says Jackie Keller, a celeb nutritionist and director of healthy food company NutriFit. Gluten—proteins found in grains like wheat, barley and rye—can cause stomach cramps, diarrhea and bloating in people with celiac disease or gluten sensitivities. "But there's no reason to remove all gluten from your diet if there's no allergy or intolerance that's been confirmed by a doctor," explains Jackie. Instead, try eating sensible whole grain carbs like sweet potatoes, brown rice and whole wheat pasta, Jackie suggests. And, as always, filling your plate with fruits, veggies and lean proteins (think: turkey and skinless chicken breast) will bring ya big benefits.

{ try this }

Fight FLABS!

No, it's not what you think, exactly. The next time you go to grab that Snickers bar, ask yourself why you're jonesing for junk. "If you're really hungry, a healthy snack like an apple should do the trick," says Dr. Ramani Durvasula, a health psychologist. "But if the only thing you want is a cookie or chips, your cravings are more likely coming from your emotions than hunger." Dr. Durvasula says to ask yourself if you're feeling "FLABS" (frustrated, lonely, angry, bored or sad). If so, find another way to address that emotion, like chatting with your bestie.



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