

RACHEL AND RYAN: IN LOVE AGAIN!

ONLY  
\$2.99

WEEKLY

# Life & Style

**THE Best (& WORST)**  
SUMMER MOMENTS  
**2008!**

Brad & Angelina

**HOTTEST  
COUPLE!**

More babies and  
romance in France

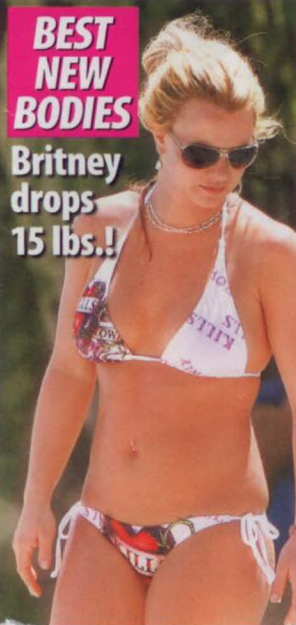
Their  
4-month  
fling ends  
in tears

Jen & John

**WORST  
SPLIT!**

**BEST  
NEW  
BODIES**

Britney  
drops  
15 lbs.!!



**THIS  
SUMMER'S  
SKINNIEST**

Claire  
Danes  
gets  
too thin



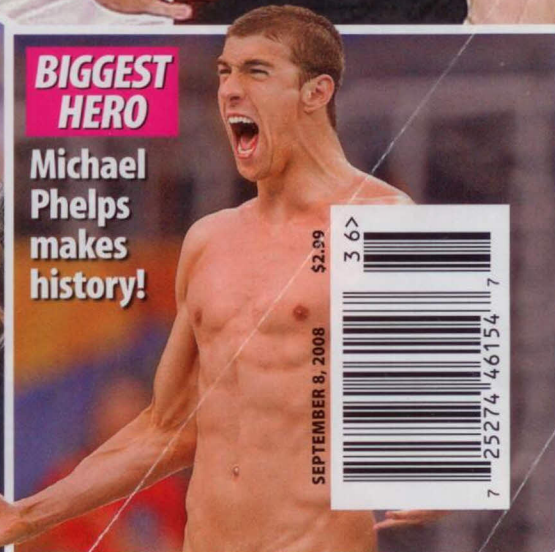
**JUICIEST  
SCANDALS**

Madonna &  
A-Rod's steamy  
relationship



**BIGGEST  
HERO**

Michael  
Phelps  
makes  
history!



SEPTEMBER 8, 2008 \$2.99





# How to pack the

Not all salads and sandwiches are created equal, explains NutriFit founder and celeb nutrition expert Jackie Keller

It's easy to neglect good nutrition when you're stuck in the office all day. But Jackie Keller, founder of the NutriFit delivery service, takes the guesswork out of making a healthy meal. "No matter how busy you are, you can still manage to make lunch,"

she says. "Get yourself set for success by having healthy foods available." Her rule of thumb? Ditch the mayo-based salads and processed foods; instead, stock up on fiber-filled veggies, whole-grain breads and lean meats. Here are Keller's dos and don'ts of DIY dining.

## THE BAD

### COBB SALAD 678 CALORIES, 44 GRAMS OF FAT

#### SALTY MEATS

Chicken is fine, but 2 ounces of ham and two strips of fried bacon have about 12 grams of fat, sodium and the unhealthy nitrates used to preserve processed meats.

#### FATTY TOPPINGS

Just 1 ounce of blue cheese crumbles and 1 ounce of ranch dressing add about 23 grams of fat.

#### CARBO-LOADING

They're yummy, but only 1/4 cup of croutons has roughly 47 calories and, says Keller, adds little nutritional value.

## THE GOOD

### CAESAR SALAD 389 CALORIES, 18 GRAMS OF FAT

#### HEALTHY-FAT ADDITIVES

Hard cheeses (like Parmesan) and oil-based Caesar dressing are sometimes lower in saturated fat (which tends to clog arteries) than soft cheeses and creamy dressings.

#### TOPPED WITH VEGGIES

Adding colorful veggies, like two chopped tomatoes, increases the fiber content, keeping the stomach fuller longer.

#### GO FOR GRILLED

A 3-ounce piece of chicken is a leaner choice (and therefore lower in fat and cholesterol) than beef or ham.