

THIS MAGAZINE PAYS FOR ITSELF!

✓ GET INSTANT SAVINGS ON 39 DIFFERENT PRODUCTS

allyou

Deals * Tips * Life with a Reality Check

Issue 4, April 17, 2009

EAT THIS, AVOID THAT

lose weight and stay healthy with smart choices

 Live green, **CUT COSTS!** 5 easy ways

LOOK YOUR BEST



Get the perfect cut for your face shape

Holiday Special

Set a festive table
Serve tasty food
Add cute touches all over your home



FUN AND EASY

Celebrate Easter!

OVER \$51.00 WORTH OF COUPONS

\$1.00 OFF People 

50¢ OFF your next allyou 

Feel-good food

• Simple, 30-min. dinners



• Whip up a sweet dessert

Chic and cheap

• Snag a cute look for spring



• Give yourself a facial

How to

- Fix your own car
- Use a swap site to save

www.allyou.com AOL keyword: All You \$2.49US

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Figure out label lingo

Use this key to decipher what the packaging is really saying about the amount of salt and sugar in the food.

-  **Sodium-free**
Less than 5mg per serving
-  **Very low sodium**
35mg or less per serving
-  **Low sodium**
140mg or less per serving
-  **Reduced or less sodium**
At least 25 percent less sodium than the regular version of the food
-  **Light in sodium**
At least 50 percent less sodium than the regular version of the food
-  **Unsalted**
No salt added during processing
-  **No salt added**
No salt added during processing
-  **Sugar-free**
Less than .5g per serving
-  **Reduced or less sugar**
At least 25 percent less sugar than the regular version of the food
-  **No added sugar**
No sugar or sugar-derived ingredient added during processing

EXTRA TIP

Snack on strawberry-flavored Fage Total Greek yogurt. The 5.3-ounce container has only 35mg sodium and 16g sugar.

CUT OUT 



Get the lowdown on no-calorie sweeteners

They have fewer calories, but are they safe? Take a look at the latest research.

	THE SCOOP	FOUND IN	POTENTIAL RISK
ASPARTAME	200 times sweeter than sugar; 4 calories per gram	Nutrasweet, Equal, sodas, yogurt, gum	A study rejected by the FDA found high doses caused cancer in rats.
SACCHARIN	200 to 700 times sweeter than sugar; no calories	Sweet 'N Low, baked goods, soft drinks, jams, chewing gum	Some 1970s research, later debunked, showed high doses caused cancer in rats.
ACESULFAME-K	200 times sweeter than sugar; no calories	Sweet One, frozen treats, cough drops	More than 90 studies support its safety, according to the FDA.
SUCRALOSE	600 times sweeter than sugar; no calories	Splenda, beverages, chewing gum, frozen desserts	More than 110 studies confirm that it is safe, according to the FDA.
STEVIA	Hundreds of times sweeter than sugar; no calories	Health food stores. (It's not yet FDA-approved for use in food.)	Consumer groups cite studies that show links to decreased fertility. The FDA is still assessing.

Choose the right packaged foods

Take this list to the grocery store to help you shop smarter.

CHICKEN NUGGETS

OUR PICK Tyson honey battered chicken breast tenders

250mg sodium, 3g sugar*



FROZEN MAC AND CHEESE

OUR PICK Amy's low-sodium mac and cheese

290mg sodium, 6g sugar*

PASTA SAUCE

OUR PICK Walnut Acres low-sodium tomato and basil sauce

20mg sodium, 7g sugar*

JUICE DRINK

OUR PICK Ocean Spray diet cranberry-grape drink

50mg sodium, 2g sugar*



SOUP

OUR PICK Health Valley organic no-salt-added minestrone

45mg sodium, 5g sugar*

COOKIES

OUR PICK Kashi TLC oatmeal dark-chocolate-chip cookies

70mg sodium, 8g sugar*



*per serving

*All You consulted the following experts for this article: Tara Gidus, RD, a nutritionist in Orlando, Fla., and Angela Ginn-Meadow, RD, a registered dietitian in Baltimore, both spokeswomen for the American Dietetic Association; Dave Grotto, RD, a nutritionist in Chicago and author of 101 Foods That Could Save Your Life; Michael Jacobson, executive director of the Center for Science in the Public Interest; and Jackie Keller, a licensed wellness coach and nutrition expert in Los Angeles.