



AUGUST'S SUPERFOOD: PEACHES


Peaches—they're good for your melons! All right, bad joke, but some research has shown that antioxidants called polyphenols, found in peaches, may help prevent breast cancer. And with 2 grams of fiber and only 60 calories each, peaches are a perfect summer snack. Look for local ones (they're grown in 47 states, May through October) and go organic if you can: Peach fuzz can help protect the fruit against bugs, but it can also collect pesticide residue, says Brooklyn, NY-based chef and registered dietitian Jackie Newgent. If the peaches you buy are hard when you bring them home, let them ripen on the counter, then pop them in the fridge. Chop them and add to salsa, brush with vegetable oil and grill and serve with meat, or slice thin and add to iced tea. —NICOLE YORIO

DITCH THE DINNER MUSIC, LOSE WEIGHT

In a study, Irish researchers found that people listening to loud music consumed twice as many calories as those who turned the tunes way down. "Music triggers emotions, so you overeat because you focus on feelings instead of food or fullness," says Nanette Stroebele, Ph.D., an assistant professor at the University of Colorado, Denver, who has studied music and appetite. Other research shows that fast music increases intensity of chewing, which can have you gobbling up more food faster, Stroebele says. Slow, calm music is no better—it causes diners to linger and drink more alcohol. So go ahead and play the new Adele album throughout the other 14 hours of your day, but do your body a favor and turn it off during dinner. —GINA ROBERTS-GREY

THE BEST LOW-CAL MARGARITAS

It's time to start a new tradition in your office: Margarita Monday. We did it and felt zero guilt, thanks to a slew of new slimmed-down mixes. (A traditional marg can have 500 calories.) Try one of these staff favorites—or our original recipe, below.

DRINK	SCORE	CALORIES	REVIEWS	PRICE
 Skinnygirl Margarita	★ ★ ★ ★	100 per 4 ounces	"Nice and tangy, with a good solid kick." And because it's made with agave nectar instead of artificial sweetener, it's "not overly sweet."	\$14.99 , at liquor stores nationwide
 Jose Cuervo Authentic Light Margarita	★ ★ ★	90 per 4 ounces	It's a little sweet, but "add a salt rim and ice and I'm set," said one tester. "It reminds me of the margaritas at my local Mexican restaurant."	\$14.99 , at liquor stores nationwide
 Zilch Margarita Mix	★ ★	0 per packet, plus 64 per ounce of tequila	This was the only zero-calorie mixer (out of many) that we liked. "It tastes like lemonade," so add some fresh-squeezed limes for a stronger 'rita flavor.	\$4.99 for 10 single-serving packets (not including tequila), at zilchmixers.com

REDBOOK'S SLIM STRAWBERRY MARGARITA



Our absolute fave? This 150-calorie sip from REDBOOK's Mommy Mixologist, Kim Haasarud: In a cocktail shaker, muddle 2 strawberries, 1 oz lime juice, and 1 oz sugar-free syrup, such as Monin Sugar Free Triple Sec Syrup. Add 1½ oz tequila, ½ oz Grand Marnier, and ice. Shake, pour into a glass, and say "Cheers!"