

OCTOBER'S SUPERFOOD: RED GRAPES!

Nothing like a healthy snack that doesn't need to be unwrapped, cut up, or otherwise fussed with.

All grapes have only 100 calories per cup and provide fiber, potassium, and vitamin C. But red and purple grapes may have a bit of an edge:

the nutrient anthocyanin, which research shows may have cancer-fighting properties. And because domestic grapes—in season this month—often have lower levels of pesticide residues, you don't even need to splurge for organic, says dietician Jackie Newgent, R.D., author of *Big Green Cookbook*.

(Don't worry about that white powdery stuff you sometimes see; it's usually just natural fermentation.)

Toss grape halves with goat cheese and pistachios into a salad, chop and stir into couscous, or freeze 'em for a sweet treat. —NICOLE YORIO



WE CAN'T STOP EATING...

STONYFIELD OIKOS ORGANIC GREEK CARAMEL YOGURT

Greek yogurt has twice the filling protein as the regular kind, but some people can't take the tanginess.

That's not an issue with this version, which our staffers say "has a real dulce de leche taste" and is "just sweet enough."

Bring it to work as a snack—just don't blame us if someone swipes it from the fridge!



A simple DIET TWEAK that slashes your risk of diabetes

Swapping white rice out for brown could reduce your chances of developing type 2 diabetes by 16 percent, according to new research from the Harvard School of Public Health in Cambridge, MA. Experts want all of us to make the switch, because rates of type 2 diabetes—which is a top cause of heart problems—have nearly doubled among women in the last three decades. But don't stop at brown rice: Eating other whole grains such as barley or wheat every day may cut your risk by a whopping 36 percent, the study found. Try tabbouleh, a Mediterranean bulgur-wheat salad made with tomatoes and cucumber. Whip up an instant version and just add a little feta cheese. Yum! —LAUREL LEICHT



Hold the bacon: Women who eat a lot of cured meats may have an increased risk of ovarian cancer, a study found. Look for "nitrate-free" on labels.