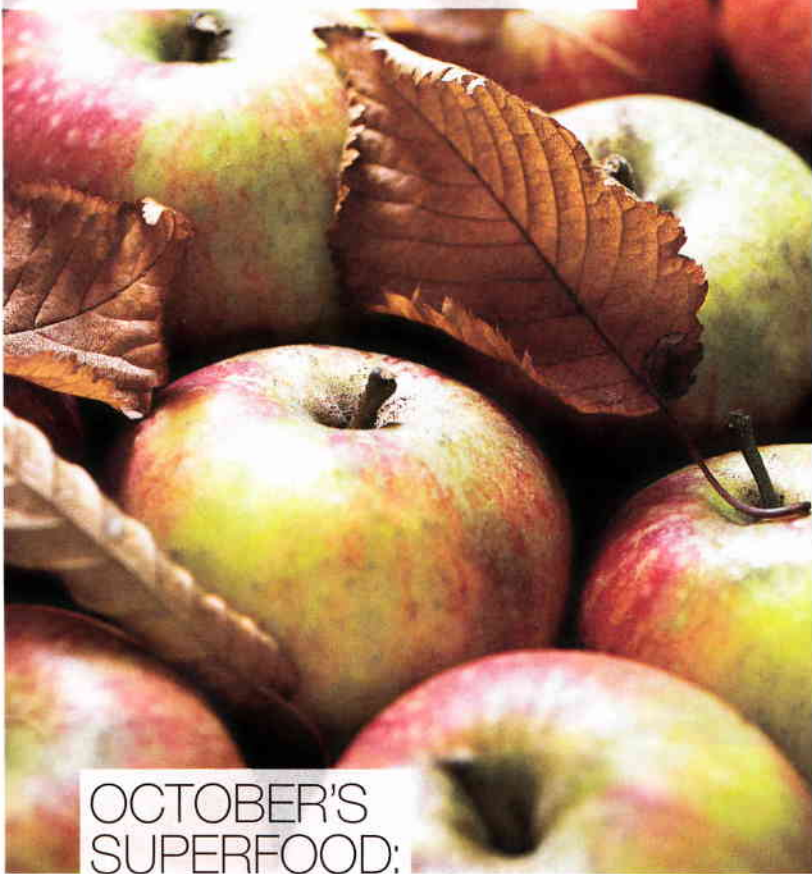


100% GOOD FOR YOU



OCTOBER'S SUPERFOOD: **APPLES**

Açaí and goji berries may be trendy, but our grandmas had it so right when they told us an apple a day keeps the doctor away. In fact, a recent Florida State University study found that women who ate 75 grams of dried apples (roughly equal to one fresh one) every day for a year saw their bad cholesterol levels drop a considerable 23 percent. For only 65 calories, one 1½ apple delivers 20 percent of your daily fiber needs—making it one of the best single sources of dietary fiber, says culinary nutritionist Jackie Newgent. For a family-friendly outing, take your kids to a local orchard and pick your own—most are at their peak through the end of October. Want a new way to eat them? Toss a chopped McIntosh into a spinach salad with walnuts and blue cheese, or thinly slice a Granny Smith on a turkey sandwich for a sweet and tart crunch. —NICOLE YORIO

THE SIMPLEST WAY TO **EAT HEALTHY** ALL WEEK

We know—it's just too easy to dial 1-800-PIZZA after a long day. Even pros have a hard time eating well all the time: "When my three kids were little and I was traveling a ton, I needed a way to make cooking healthy meals and snacks easier," says food coach and celebrity trainer Kathy Kaehler. She started prepping a week's worth of veggies, proteins, and grains on Sundays so she could throw together yummy pastas, salads, or rice dishes in minutes on busy weekdays. Now she teaches her 90-minute routine, which she calls



Chop on Sundays to set yourself up for the whole week.

"Sunday Set-Up," to clients like the Kardashians, and has an online club dedicated to it (kathykaehler.net/club). It's so simple and brilliant, you won't believe you haven't always done this:

- 1. Choose four to six veggies, two to three proteins, and two whole grains.** Broccoli, bell peppers, carrots, Romaine lettuce, and other firm-textured veggies keep well. Chicken breasts, eggs, and beans make for great go-to proteins. Brown rice and quinoa are versatile grains.
- 2. Rinse, chop, and prep.** Boil the chicken and eggs, rinse the canned beans, wash and chop the veggies, and cook the grains. Pop everything in clear containers in the fridge.
- 3. Eat!** Pick your main ingredients and mix with dressings and add-ins to create dishes like Cobb salad, teriyaki stir-fry, or veggie pasta—plus snacks like peppers with hummus or egg salad.

Yay! **Comfort** foods that won't make you fat

We really do self-medicate with mac and cheese: Even just writing about comfort foods helped people in a recent study bounce back from loneliness. Of course, indulge *too* much and you may not bounce back into your jeans. Jeannette Bessinger, coauthor of the new book *150 Healthiest Comfort Foods on Earth*, shows you how to skinnify your favorites.

- **Pancakes:** Trade white flour for whole wheat flour or whole oat flour, then swap fatty toppings for a fruit compote made with berries and a drizzle of maple syrup.
- **Lasagna:** Thaw two boxes of frozen spinach, squeeze out the water, and layer into your lasagna to replace some of the cheese. More filling fiber, fewer calories!
- **Brownies:** Baking them from scratch? You can almost always remove ¼ of the sugar without impacting the flavor or texture significantly. —JESSICA GIRDWAIN

