

HAPPY HOLIDAYS!



Deck your tree,
page 47

NICK JR.

Family Magazine

Celebrations
around
the world



The Resolution Eat less.

The Revolution Eat more of the right stuff.

Eat more whole grains and add more color to your diet, suggests Jyl Steinback, author of *The Busy Mom's Make It Quick Cookbook* (Meredith Books), which features nutrition advice and healthy recipes using convenience foods. "Have at least four colors at every meal—for example, red tomatoes, white cucumbers, green broccoli, and orange carrots," she says. "The brighter the fruit or vegetable, the more antioxidants that provide nutrients

for a healthy body. Plus, if you snack on high-fiber grains, fruits, and veggies, you're less likely to grab empty-calorie, sugar-laden junk food."

The Plan It's all about the prep work—planning ahead so you don't fall back on unhealthy choices. You won't have to forego sweets if you freeze red grapes in zippered bags and munch them like mini ice pops, or set aside a few strawberries to be dipped in a little melted chocolate. "You're getting your colors and satisfying your sweet tooth in a healthy way," says Steinback.

women's

health & fitness

September 2006

be healthy • be fit • be you

It's 12 o'clock and your cubemates are ready to chow down at McDonald's. Do you balk at the invitation and live the life of a loner, or do you cave in to the pressure and order a greasy double cheeseburger with fries?

These days, you have plenty of healthy menu options at most fast-food pit stops. We asked Jyl Steinback, aka "The World's Healthiest Mom," a personal fitness trainer, lifestyle coach and author of 15 healthy cookbooks, to teach us how to navigate the mucky waters of fast-food joints.

Hit the right spot

Choose fast-food chains that offer low-fat items like grilled chicken salads or baked potatoes. "If you order a spud," Steinback says, "skip the high-fat, high-calorie toppings or ask for them on the side."

Downsize

Beware of the supersized portion. Go for a small hamburger rather than a souped-up specialty burger — which will save you money and calories! And opt out of the biggie fries. A small fry will do just fine.

Go topless

Let the bacon, cheese, mayonnaise, dressings and other sauces stay behind the counter. You'll save on fat grams and calories.

Cook it up right

Fried is bad; broiled or grilled is better. Many fast-food chains offer chicken sandwiches made this way, so go ahead and take them up on it. Also, ask for that bun with no butter.

Ditch the desserts

Far-from-gourmet fast-food dessert items like pies and sundaes are loaded with fat and calories but do very little for your taste buds. Save the splurge for something that's worth it.

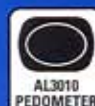
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WELLNESS SERIES



**EAT
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MOVE
MORE**

A guide for
kids and their
families



Actual Size



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Eat Right, Move More and Live Well,
W. Ron Sutton, MrPedometer.com



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- A. 1. To get an easy-to-use family activity and nutrition program
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Jyl Steinback, "America's Healthiest Mom," is the author of 12 cookbooks selling more than 2 million copies. A real-life mother of two, Jyl is also a spokesperson for the American Heart Association, the Arizona Heart Institute, and the Susan G. Komen Breast Cancer Foundation.

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God Bless America Woman's World

THE
WOMAN'S
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● Your Perfectly Organized Life

Five ways to Avoid the biggest food trap!

It's eating not because you're hungry but because you're emotional! "Feelings trigger many cravings," notes Jyl Steinback, coauthor of *Fill Up to Slim Down*. Try these tricks to put an end to emotional eating for good!

1 You Feel Sad

You crave: Cookies, breads, muffins and cake. Why? Because carbohydrates raise the level of the feel-good chemical serotonin in your brain. "You instinctively reach for carbs to get the mood boost," says Garland, Texas, family practitioner Jane Sadler, M.D.

Instead, try: Healthy carbs such as oatmeal, fruit, whole-grain cereal or pasta, or air-popped popcorn.

2 You Feel Angry

You crave: Chips, caramel corn and other crunchy foods that allow you to chomp out your frustration, says Steinback.

Instead, try: Baby carrots, celery sticks, raw broccoli or other veggies that deliver low-calorie crunch. A handful

of almonds is a good choice, too—they're high in Vitamin B, which acts as a natural mood balancer.

3 You Feel Lonely

You crave: Creamy, sweet "comfort" foods, such as ice cream, milk shakes or sugary coffee drinks. They feel soothing as they go down your throat, says Dr. Sadler.

Instead, try: Low-fat puddings, yogurts or fruit smoothies. Popsicles and Fudgsicles are also low-fat, lower-calorie alternatives.

4 You Feel Stressed

You crave: Greasy fries, doughnuts and candy bars. That's because, under stress, your body goes into "fight or flight" mode, and demands fat for quick energy.

Instead, try: Foods with unsaturated "good" fats, such as nuts, olives and avocados, says Steinback.

5 You Feel Happy

You crave: Candy bars. They help to keep you happy by increasing the brain's serotonin levels and also produce another "good mood" chemical, phenylethylamine, says Dr. Sadler.

Instead, try: Dark chocolate—it's loaded with antioxidants, which help protect your heart!

—Alison Bell

Tip!

Watch what you eat after anger has drained. Anger is short-lived and often followed by sadness or stress, which can prompt more cravings.

Record it!

Jot down when you get hungry, for what foods and how you're feeling. "Once you can see a pattern to your eating, you can start to control your cravings," says Steinback.



Family **RECIPES**

THE DIET THAT LETS YOU EAT ALL THE FOODS YOU LOVE AND STILL LOSE WEIGHT

Fill Up to Slim Down

- EAT HEALTHY WITHOUT FEELING HUNGRY
- LOSE 2 POUNDS A WEEK
- IMPROVE YOUR HEART HEALTH
- INDULGE IN 120 RECIPES

Edward B. Dietrich, M.D., *Author, Doctor Dietrich*
& Jyl Steinback, *"America's Healthiest Mom"*

The endless energy of America's Healthiest Mom

Jyl Steinback is on a mission to fight fat and educate consumers

By D.J. Perel

Jyl Steinback is known as America's Healthiest Mom, but she also may be America's Most Energetic Mom. She's written 14 books, works as a personal trainer, teaches a course in healthy living, works out daily, relentlessly promotes her products and finds time to take care of her husband and two children. No wonder she starts her day at 4 a.m.

After earning degrees in education and physical education she started her career as a personal trainer at Elizabeth Arden in Beverly Hills and the Golden Door Spa. "Fat farms, we called them at the time," she recalls with a laugh.

Those "fat farms" served as her boot camp; she's now one of America's leading soldiers in the fight against fat. "My love is getting people in shape," she says from her home in Scottsdale, Ariz.

Getting people in shape has been a busy and profitable endeavor. Although she is not a classically trained chef, her 12 cookbooks have sold more than two million copies. Part of the secret to her success is she understands that the kitchen can be an intimidating venue for so many people.

"It's overwhelming," she says. "It's like when you walk into a gym for the first time and you see so many pieces of equipment and you're not sure what to use or how to use it. The same thing happens to many people in the kitchen. It happened to me. I wasn't a chef."

Recognizing and experiencing this fear of frying became the recipe for Jyl's success as a cookbook author. "I kept it simple. I made the recipes easy, calling for only a few ingredients, ingredients you probably already have. And they could all be prepared in a few minutes," she says. "And now so many of the e-mails I get thank me saying, 'You made the kitchen comfortable.'"

Making people comfortable with a healthy lifestyle is the underlying message Jyl has been preaching for years. Her recent book *Fill Up to Slim Down* (Avery, 2005) teaches readers to eat foods with a high or moderate satiety factor. To put it simply, it's an eating plan based on eating healthy foods that fill you up.

"This book is based on the way I live my life, eating six meals a day. I'm a grazer," she says. "Eating foods that fill you up is the secret, because if we're satisfied we don't keep searching for more food."

"I ask people to list their top 10 foods and then I build around that. Then I know that's a lifestyle they can keep."

Weight-loss success is a latticework of tips and tricks, but failure

is rooted in a single cause. "People fail because they have too high expectations of themselves," Jyl says. "They're trying for something faster than their body can give it. They have to realize it took a long time to gain weight, to get to where they are, just like a pregnancy takes nine months to get all the way there. And it takes a while to get back." So forget about quick fixes. "You need a healthy way to live so you don't have to struggle anymore."

Educating people about healthy ways to live is Jyl's ongoing mission and obsession. Ask her for weight-loss tips and she spews advice like a slot machine spitting quarters to a jackpot winner. "Hot soup fills you up. So do spicy foods. It helps the metabolism. And so does cold water. Don't drink wine before a meal, it stimulates the appetite. Have it during the meal."

Order cake for dessert and share it with everyone. In a restaurant wear a belt and put it one notch tighter so you don't overeat."

Ka-ching. It's the weight-loss tips jackpot! After a few minutes and dozens more tips, it's almost impossible to keep up with Jyl's narrative. It's clear that 14 books later, America's Healthiest Mom is in no danger of running out of fresh advice and information.

Jyl's recipes . . .

Jyl Steinback's recipes from *The Busy Mom's Make It Quick Cookbook* are featured in this issue of *Looking Good Now!* on pages 70-74 and 76-80.

D.J. Perel is the Editor in Chief of *Looking Good Now!*

"People fail because they have too high expectations of themselves. They're trying for something faster than their body can give it"



NEW

● REAL PEOPLE ● REAL STORIES ● REAL WEIGHT LOSS

LOOKING GOOD

NOW!

January 2006

LOOKING GOOD **NOW!**

Contents

● ON THE COVER

20 Fitness in Four Weeks Get fit in four weeks with this plan designed exclusively for *Looking Good Now!* By Jyl Steinback, "America's Healthiest Mom"

● Editor's letter

LGN hires "America's Healthiest Mom"

The new year represents a fresh start for many of us, a chance to strengthen our resolve to live a healthier lifestyle and shed unwanted pounds. Sometimes it takes a New Year's resolution to make the changes we need.

To help you in your quest to eat healthier and get enough exercise, we've hired Jyl Steinback, "America's Healthiest Mom," as a senior editor of *Looking Good Now!* Jyl's spectacular credentials include writing 15 healthy lifestyle/cookbooks and developing complete lifestyle training programs for individuals, schools and corporations. She has written for every major magazine and is recognized as a leader in the field of fitness and nutrition.

In this issue, you will find a Fitness in Four Weeks plan, created by Jyl exclusively for our readers. This plan will work for you no matter what level of fitness you are starting from — beginner, intermediate or advanced. It's all part of our New Year, New You campaign, designed to make 2006 your healthiest year ever.

Of course, in every issue you will still find our real-life success stories, including three spectacular weight-loss triumphs starting on page 68. And we will continue to bring you tasty and healthy recipes, great finds of delicious foods with good nutritional value, and all the information you need to eat healthy and exercise safely. You've made *Looking Good Now!* the hottest new health and fitness publication in America and we're committed to helping you improve your life and make the changes that will enable you to reach your goals.



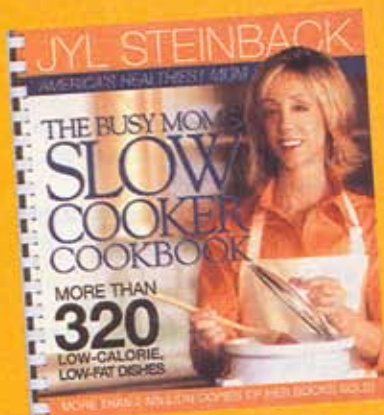
Here's to a great year,

D.J. Perel

Editor in Chief

The slow cooker does the work and keeps you out of the kitchen

Convenience and great taste come together with this month's featured recipes. You can have a healthy dinner that's ready when you are with the many flavorful recipes in *The Busy Mom's Slow Cooker Cookbook* by Jyl Steinback, America's Healthiest Mom. Jyl is a senior editor for *Looking Good Now!* and this is her 14th cookbook. She's committed to helping families eat better and live healthier lives and her new book features low-fat dishes your entire family will love. All these delicious recipes require a little prep time from you in the morning and your slow cooker will do the rest!



Easy Shredded Barbecue Pork

Serves: 12

Easy
Do Ahead

Exchanges: 1 Vegetable,
3 Very Lean Meat
Carb Choices: 0

NUTRITION PER SERVING:

Calories: 131
Total fat: 3.5 g
Cholesterol: 54 mg
Sodium: 379 mg
Carbohydrates: 6 g
Fiber: 1 g
Protein: 18 g



Spray inside of slow cooker with cooking spray. Place pork tenderloin in slow cooker; sprinkle with garlic powder. Add barbecue sauce and onions and mix lightly. Cover and cook on low heat for 7-9 hours. Remove meat from slow cooker. Shred with 2 forks. Return meat to slow cooker and toss with barbecue sauce until well coated. Heat through and serve on toasted bread, whole wheat buns, tortillas, pita breads, or baked potatoes with additional barbecue sauce.

Ingredients

2 lbs. pork tenderloin
1½ tps. garlic powder
2 cups barbecue sauce
½ cup frozen chopped onions, thawed and drained
Toasted bread, whole wheat buns, tortillas, pita breads, or baked potatoes
Barbecue sauce (optional)

tidbit

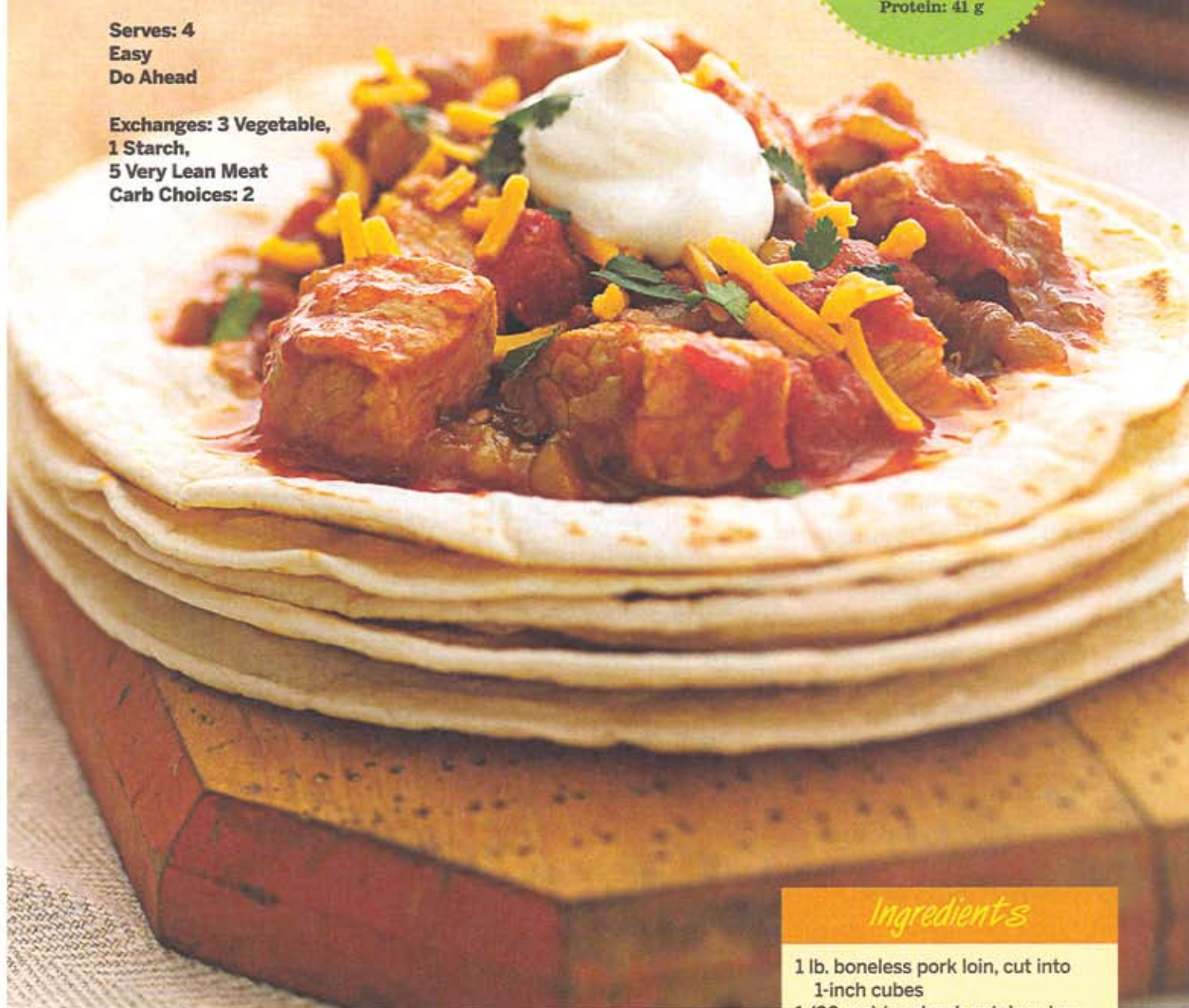
Pork tenderloin is one of the leanest cuts of pork, containing 139 calories and 4.1 grams of fat per 3-ounce serving. Other lean cuts include boneless pork sirloin chop (164 calories and 5.7 grams of fat), boneless pork loin roast (165 calories and 6.1 grams of fat), and boneless pork top loin chop (173 calories and 6.6 grams of fat).

Salsa-Style Pork

Serves: 4
Easy
Do Ahead

Exchanges: 3 Vegetable,
1 Starch,
5 Very Lean Meat
Carb Choices: 2

**NUTRITION
PER SERVING:**
Calories: 330
Total fat: 4.5 g
Cholesterol: 81 mg
Sodium: 1,821 mg
Carbohydrates: 28 g
Fiber: 4 g
Protein: 41 g

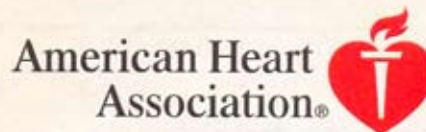


Spray inside of slow cooker with cooking spray. Combine pork loin, salsa, and chiles in slow cooker and mix well. Cover and cook on low heat for 6-8 hours. Add black beans

and stir to mix. Increase heat to high and cook 10-20 minutes until beans are heated. Sprinkle cheese over top and serve. If desired, serve pork on warmed tortillas and garnish with sour cream and cilantro.

Ingredients

- 1 lb. boneless pork loin, cut into 1-inch cubes
- 1 (20-oz.) jar chunky-style salsa
- 1 (4-oz.) can diced green chiles, drained
- 1 (15-oz.) can black beans, drained
- 1 cup nonfat shredded cheddar cheese
- 4 98% fat-free flour tortillas, warmed in oven or microwave (optional)
- Nonfat sour cream (optional)
- Chopped fresh cilantro (optional)



Learn and LiveSM

Take Care of Your Heart

A SPECIAL RECIPE SECTION FROM THE AMERICAN HEART ASSOCIATION

The American Heart Association wants to help you take care of your heart—and your overall health. We know that there are many important links between health and diet. You are in control of what you choose to eat, and over time, your eating habits can contribute to your well-being. One of the best ways you can help your heart begins right at home, in your own kitchen. We invite you to try some—if not all—of the recipes inside this special section from the American Heart Association and see for yourself how easy-to-prepare and delicious heart-healthy recipes can be!

Kitchen Smarts: Grilling, broiling, roasting, poaching, and steaming are all great ways to prepare foods without adding saturated fat or sodium. Also try using flavor enhancers such as fresh herbs, flavored vinegars, citrus juices and zest, and various peppers to spice things up.

Health Watch: High blood pressure and high blood cholesterol both increase your risk of heart disease. Have your blood levels checked regularly. If you find your levels are high, follow the advice of your healthcare professional and take medications as prescribed.

Fitness Fact: If you think you are too busy to exercise, try to add just 10 minutes of physical activity to your daily routine. Walk around the block or get involved in a sport you enjoy. Even a small amount of exercise each day will get your blood pumping and help you make a transition to a more active lifestyle.

You probably already know that you should eat well for a healthy heart, but the important part is knowing *how*. That's why the American Heart Association has developed a set of guidelines to help you make wise choices about your diet and lifestyle. These simple actions will help you enjoy a lifetime of good health.

TAKE ACTION FOR GOOD HEALTH

CHOOSE a wide variety of foods to be sure you get all the nutrients you need. Aim for a daily diet that includes six or more servings of whole grains, five or more servings of vegetables and fruits, three or more servings of fat-free or low-fat dairy products, and two servings of lean meat, poultry, seafood, or vegetarian protein. Include at least two servings of fish each week, preferably fatty fish.

REPLACE the trans and saturated fats in your diet (such as those found in foods from animal sources) with healthful polyunsaturated and monounsaturated fats (such as canola, olive, corn, and safflower oils).

BALANCE your food intake with physical activity to reach and stay at a healthful weight.

LIMIT sodium, dietary cholesterol, and alcohol. Keep your daily sodium intake to less than 2,300 milligrams, cholesterol intake to less than 300 milligrams, and alcohol intake to one drink if you are a woman or two drinks if you are a man.

ENJOY knowing that you are actively pursuing a healthful lifestyle for yourself and your family.

For more information on heart health and additional recipes, visit americanheart.org.

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American Heart Association Team: Deborah Renza, Janice Moss, Jackie Haigney, Robin Sullivan, Barth Gaitonde, and Michelle Overcash. **Recipe Developer:** Jyl Steinback.

Recipe Analyst: Tammi Hancock, RD.

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Apple-Berry Sweet Potatoes

SERVES 4; ½ CUP PER
SERVING

**Vegetable oil spray,
butter-flavored
preferred**

- 1 29-ounce can sweet potatoes in light syrup, drained and cut crosswise into medium slices**
- 1 medium Granny Smith apple, peeled and thinly sliced**
- ¼ cup orange juice or unsweetened apple juice**
- 2 tablespoons firmly packed brown sugar (light or dark)**
- ⅛ teaspoon ground cinnamon**
- ⅛ teaspoon ground nutmeg**
- 1 tablespoon light tub margarine**
- ¼ cup sweetened dried cranberries**
- 2 tablespoons chopped pecans**

Preheat the oven to 350°F.

Lightly spray a 9-inch-square glass baking dish with vegetable oil spray. Put the sweet potatoes

in the dish. Arrange the apple slices over the sweet potatoes.

In a small bowl, stir together the orange juice, brown sugar, cinnamon, and nutmeg until the sugar has dissolved. Pour over the potato mixture. Dot with the margarine.

Bake, covered, for 40 minutes, or until the apple slices are tender. Transfer to a food processor or blender. Process until the desired texture. Return to the dish. Sprinkle with the cranberries and pecans.

Bake, uncovered, for about 10 minutes, or until heated through.

Nutrients per Serving:

Calories	263
Total Fat	4g
Saturated	<1g
Polyunsaturated	1g
Monounsaturated	2g
Cholesterol	0mg
Sodium	64mg
Carbohydrates	58g
Dietary Fiber	4g
Sugar	47g
Protein	1g

Dietary Exchanges:

3 Starch, 1 Fruit

Sesame Spinach

SERVES 4; 1/2 CUP PER
SERVING

- 1 tablespoon sesame seeds
- 20 ounces fresh spinach, well rinsed and lightly dried, or 20 ounces frozen spinach leaves, thawed and drained
- 1 to 2 medium garlic cloves, minced
- 1/8 teaspoon salt
- 2 tablespoons plus 1 teaspoon teriyaki sauce (lowest sodium available), at room temperature

Heat a large nonstick skillet over medium-high heat. Dry-roast the sesame seeds for 1 minute, or until lightly toasted, stirring constantly. Pour the seeds into a small bowl and set aside.

In the same skillet, stir together the spinach, garlic, and salt. Cook, still over medium-high heat, for 3 to 5 minutes for fresh spinach or 2 to 3 minutes for frozen, or until wilted, stirring occasionally. Pour into a colander and drain well if needed. Transfer to a serving bowl.

Pour the teriyaki sauce over the spinach. Stir to coat. Sprinkle with the sesame seeds. Serve immediately.

Nutrients per Serving:

Calories	54
Total Fat	2g
Saturated	0g
Polyunsaturated	1g
Monounsaturated	<1g
Cholesterol	0mg
Sodium	349mg
Carbohydrates	7g
Dietary Fiber	3g
Sugar	1g
Protein	5g

Dietary Exchanges:

1 1/2 Vegetable, 1/2 Fat

Broiled Salmon Fillets

SERVES 4; 3 OUNCES
SALMON PER SERVING

- ¼ cup fresh lemon juice
- 2 tablespoons minced garlic
- 2 teaspoons finely chopped green onions, green part only
- ½ teaspoon pepper
- ½ teaspoon paprika
- 4 salmon fillets, about 4 ounces each
- Vegetable oil spray
- ¼ teaspoon salt
- 2 teaspoons grated lemon zest

In a large resealable plastic bag or glass baking dish, stir together the lemon juice, garlic, green onions, pepper, and paprika.

Rinse the salmon and pat dry with paper towels. Add to the lemon juice mixture and turn to coat. Seal the bag or cover the dish and refrigerate for 1 hour, turning once.

If broiling, shortly before the end of the marinating time, preheat the broiler. Line the broiler pan with aluminum foil and lightly spray with vegetable oil spray. Transfer the salmon to the broiler pan. If grilling, lightly spray the grill rack with vegetable oil spray. Preheat the grill

on high. Pour the marinade into a cup or small bowl (if using resealable bag). Brush the top of the salmon with the marinade.

Broil or grill the salmon for 6 minutes. Turn the salmon. Using a clean brush, brush the top with the marinade. Discard the remaining marinade. Broil or grill the salmon for 7 to 8 minutes, or until it flakes easily when tested with a fork. Transfer to plates. Sprinkle with the salt and lemon zest.

Cook's Tip: This basic marinade works well with other types of fish and with chicken breasts. To prevent spreading harmful bacteria, be sure to wash the brush before basting the second side of the salmon, and discard any marinade that is left over.

Nutrients per Serving:

Calories	144
Total Fat	5g
Saturated	<1g
Polyunsaturated	2g
Monounsaturated	1g
Cholesterol	65mg
Sodium	228mg
Carbohydrates	0g
Dietary Fiber	0g
Sugar	0g
Protein	25g

Dietary Exchanges:

3 Lean Meat

Vanilla Pancakes with Blueberries

SERVES 6; 2 PANCAKES,
 ½ CUP BLUEBERRIES, AND
 2 TABLESPOONS SYRUP
 PER SERVING

- 1 cup fat-free milk
- 1 cup fat-free French vanilla liquid nondairy creamer
- ¾ cup fat-free, sugar-free or low-fat, sugar-free vanilla yogurt
- Whites of 2 large eggs
- 2½ tablespoons sugar
- ¾ cup all-purpose flour
- ¾ cup whole-wheat flour
- ¼ cup toasted wheat germ
- 2 teaspoons ground cinnamon
- ½ teaspoon baking soda
- 3 cups fresh blueberries
- ¾ cup sugar-free pancake syrup

In a large bowl, whisk together the milk, creamer, yogurt, egg whites, and sugar until smooth. Gently whisk in the flours, wheat germ, cinnamon, and baking soda, just until incorporated. (A few small lumps are okay; don't overmix or the pancakes will be tough.)

Preheat the oven to 300°F.

Heat a large nonstick skillet or griddle over medium heat. Test

by sprinkling a few drops of water in the pan. If they bounce, the pan is hot enough. Using a ladle, pour the batter for 2 pancakes into the skillet, using about ¼ cup per pancake. Cook until bubbles appear all over the tops and the batter loses its gloss. If the pancakes are getting brown on the bottom too quickly, adjust the temperature. Flip the pancakes and cook for 1 to 2 minutes, or until lightly browned. Discard these pancakes; they were your testers. Wipe the skillet with a paper towel. Ladle the batter for 4 pancakes into the skillet; cook as directed. Wrap the pancakes in aluminum foil and keep warm in the oven. Wipe the skillet again. Repeat with the remaining batter.

Put all the pancakes on plates, spoon the berries on top, and serve with the syrup. For a quick on-the-go breakfast, sprinkle the berries down the center of each pancake and roll up, omitting the syrup.

Cook's Tip: You can substitute your favorite berries (raspberries, blackberries, chopped strawberries, or mixed berries) for the blueberries. You can also fold an additional ¼ cup berries into the batter and cook as directed.



Nutrients per Serving:

Calories	331
Total Fat	2g
Saturated	0g
Polyunsaturated	<1g
Monounsaturated	0g
Cholesterol	1mg
Sodium	273mg
Carbohydrates	71g
Dietary Fiber	5g
Sugar	33g
Protein	9g

Dietary Exchanges:

2 Starch, 1 Fruit, 2 Other
Carbohydrate

FEBRUARY 2006

HEALTHY COOKING

SIMPLE SOLUTIONS • HEALTHY ALTERNATIVES

ask our experts



into ones that are just as tasty, but healthier. Jyl can be reached at www.fat-free-living.com. Jyl answers:

According to the Snack Food Association, the typical American consumes more than 22 pounds of snack foods each year with more than \$4 billion spent on cookies and \$8 billion on a variety of chips and pretzels. But snacking doesn't have to be a bad thing. The difference between nutritional know-how and nutritional knock-out is soundly based on the food choices we make. A good snack is nutrient dense and balanced, packed with healthy portions of carbohydrates, protein, vitamins and minerals. Help your kids calm their hunger with healthy foods that will keep them on the go.

Chicken Taquitos

2 (6-oz.) packages of cooked chicken breast cuts
6 tablespoons shredded nonfat cheddar cheese
6 (6-inch) low-fat corn tortillas
1½ cups chunky style salsa

Preheat oven to 400°F. Line a baking sheet with foil and spray with cooking spray. Divide chicken and cheese among tortillas; spoon 1 tablespoon of the salsa down the center of each tortilla. Roll tortillas and place, seam side down, on baking sheet. Bake 15 to 20 minutes, until lightly browned and crisp. Serve with remaining salsa.

Makes 6 servings.

Per serving: 180 calories, 19 g protein, 16 g carbohydrates, 2 g fiber, 3 g fat, 1 g saturated fat, 961 mg sodium, 40 mg cholesterol.

— From *Supermarket Gourmet* by Jyl Steinback

Food for Thought

More than a zesty condiment, salsa is also a healthy veggie dish that can be eaten liberally. Salsas can be chunky or smooth, thin or thick, hot or mild. Since they are generally made without oil, contain no fat or cholesterol and have relatively few calories, salsas are a healthful way to spice up many dishes.



Nutritious and Delicious!

Easy meals under 300 calories

When you're cooking for family or friends, it can be a challenge to keep the meal tasty, healthy, inexpensive and not-so-time-consuming. Here are three under-300-calorie dishes that do it all from *The Busy Mom's Make It Quick Cookbook* by Jyl Steinback, "America's Healthiest Mom."

by Darrell Kirton

Photography by Antonis Achilleos

Tilapia with Melon Salsa

Serves 4

- 1 lb. tilapia fillets
- 2 cups diced cantaloupe
- 2 cups diced honeydew melon
- 1 cup diced mango
- ¼ cup diced green chiles
- ½ cup bottled lime juice
- ½ cup rice vinegar
- ½ cup minced fresh cilantro
- ¼ cup 30-Minute Lemon-Pepper Marinade for chicken, meat or fish

Or make the marinade alternative below: Simply combine the following ingredients in a small bowl and mix well.

- ¾ cup lemon juice
- 6 Tbsp. water
- 2 tsp. chicken bouillon granules
- 1 tsp. minced garlic
- 1 tsp. ground pepper

1. Combine cantaloupe, honeydew melon, mango, green chiles, lime juice, rice vinegar and cilantro in medium bowl; toss until well-mixed. **2.** Cover and refrigerate 1 to 2 hours. **3.** Place tilapia fillets in shallow dish; pour marinade over top, cover and refrigerate 30 to 45 minutes. **4.** Preheat broiler on high heat. **5.** Line broiler pan with foil and spray with cooking spray. **6.** Arrange tilapia on foil; broil 8 minutes until fish flakes easily with a fork. **7.** Serve melon salsa with fish.

Nutrition per serving: 205 calories, 1.7 grams (g) fat, 32g carbohydrates, 22g protein, 49 milligrams (mg) cholesterol, 3g dietary fiber, 616mg sodium.





Honey Mustard Baked Chicken Tenderloins

Serves 4

1½ lb. boneless, skinless chicken breast tenderloins

1 tsp. honey

½ cup Dijon mustard

¾ tsp. lemon juice

½ cup cornflake crumbs

1 tsp. garlic powder

Nonfat honey Dijon salad dressing or dip (optional)

1. Preheat broiler on high heat. **2.** Line broiler pan with foil and spray with cooking spray. **3.** Arrange chicken tenderloins in a single layer on broiler pan. **4.** Combine honey, mustard and lemon juice in small bowl; mix until creamy and smooth. Brush mixture over tenderloins. **5.** Broil 7 to 8 minutes. **6.** Combine cornflake crumbs and garlic powder in zip-top bag; shake to mix. **7.** Remove chicken from oven; sprinkle cornflake mixture over chicken (do not turn chicken). **8.** Spray the chicken lightly with cooking spray and broil 1 to 2 minutes until lightly browned and cooked through. **9.** Serve with nonfat honey Dijon salad dressing or dip, if desired.

Nutrition per serving: 229 calories, 2g fat, 20g carbohydrates, 33g protein, 71mg cholesterol, 0g dietary fiber, 585mg sodium.



From *The Busy Mom's Make It Quick Cookbook* by Jyl Steinback, Meredith Books

Meat Loaf Parmesan

Serves 6

2 lb. extra-lean ground beef

¼ cup egg substitute

1¼ cups nonfat Parmesan cheese

¾ cup frozen diced onions, thawed and drained

¼ cup frozen diced green bell peppers, thawed and drained

1 cup matzo meal (You can substitute cracker crumbs or dry bread crumbs)

¾ cup nonfat half-and-half

½ cup ketchup

2 Tbsp. horseradish

2 Tbsp. lemon juice

1. Preheat the oven to 350°. **2.** Line baking sheet with foil and spray with cooking spray. **3.** Combine beef, egg substitute, cheese, onions, peppers, matzo meal and half-and-half in medium bowl; mix thoroughly and shape into loaf. **4.** Place loaf on baking sheet; bake 45 to 50 minutes. **5.** Combine remaining ingredients and mix until creamy and smooth. **6.** Spread mixture over meat loaf; bake 15 to 20 minutes longer until meat is cooked through.

Nutrition per serving: 286 calories, 4.7g fat, 28g carbohydrates, 29g protein, 61mg cholesterol, 1g dietary fiber, 336mg sodium.



BUSY BODY



PRESS PHOTOS/PAUL L. NEWBY II

Chicken tortilla soup: Simple ingredients combined in a slow cooker work to make this dish healthy and easy to prepare.

On the countertop: Below, fresh and canned ingredients can be combined easily and quickly into healthful meals for a family.

JYL STEINBACK'S ON A MISSION TO KEEP FAMILIES FIT

BY JAYE BEELER
PRESS FOOD EDITOR

Jyl Steinback knows how to move — and eat.

Her adrenaline is flying as she navigates the streets of metropolitan Phoenix after wrapping up a healthy living segment at KPNX Channel 12, where she's putting 15 weight warriors through her fitness program.

"So far, they've lost a total of 80 pounds and 77 inches. They are doing so phenomenal," Steinback says. "They want to get in shape. They want to feel good. They want to give up the struggle. They want to live."

Steinback — **cookbook author, personal trainer and lifestyle coach** — inspires and cajoles the weight watchers with her feel-good, look-good plan.

"I want to teach people how to make smart choices when they eat at home or in a restaurant, even a fast-food place." Jyl Steinback

It's two simple rules — move your body and eat in moderation.

"I want to teach people how to make smart choices when they eat at home or in a restaurant, even a fast-food place," Steinback says. "If you take in more calories than you burn, you're going to gain weight. You need balance. You need carbohydrates for energy. You need healthy fats, lean proteins, lots of fiber and to fill up on

SEE HEALTHY, C2



Jyl Steinback

TIP SHEET

Healthy living

Jyl Steinback shares how to invite 'good health' to dinner.

- Shop the perimeter of the grocery store. "Shop from the outside in — try it, and you'll discover 75 percent of what you need is there."

- Buy frozen vegetables when winter provisions are limited to citrus, bananas and snarly-looking root vegetables. Remember, you're after nine servings of fruits and vegetables every day. Start with a breakfast shake or smoothie loaded with frozen fruits and calcium, such as nonfat yogurt, skim milk and fortified orange juice.

- When shopping for produce, look for vibrant colors and textures. "Pick four colors in the produce section — isn't that easy? Now you're on your way to eating nine servings of fruits and vegetables," Steinback says.

- Find seven family friendly meals your family will devour and always have those ingredients on hand.

- Two to three cans of soda pop equals a glass of white granulated sugar. Steinback has been known to pour this everyday sweetener into a glass and challenge the three-soda-a-day zealot to drink up. "That's called the aha! Aha, I get it now," Steinback says. "When you can visualize it, you can make it happen."

- Replace fats and oils with beef and chicken broth. When baking, substitute fats and oils with unsweetened applesauce, crushed pineapples, nonfat sour cream, nonfat yogurt and skim milk. "You know, 1 tablespoon of oil has 12 to 14 fat grams. Not that oil is bad for you, but you need good fat," Steinback says. "Nuts, seeds and avocados are the kind of fat your body needs."

- Recognize a proper serving. "Serving sizes are smaller than people think," Steinback said. "It's important to educate yourself about all that."

CONNECT

- www.fatfreeliving.com/

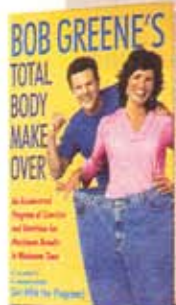
- www.americahealthiestmom.com — Jyl Steinback's Family Fit Lifestyle Web site featuring her cookbooks, exercises and lifestyle journals. Or call her at (866) LIVE-FIT.



People

Picks&Pans BOOKS

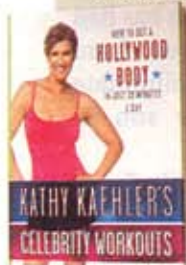
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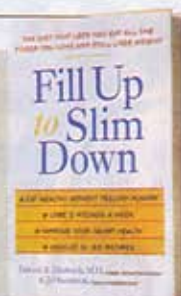
A trove of new books promises to help self-improvers keep their New Year's resolutions. High-profile offerings include:

BOB GREENE'S TOTAL BODY MAKEOVER This 12-week "boot camp" program from Oprah's fitness guru includes a workout blueprint for a range of fitness levels, along with eating rules (e.g., don't skip breakfast) meant to help burn fat without dieting.

THE STEP DIET BOOK Perfect for battling creeping weight gain, the step diet focuses on regulating weight by counting steps (instead of fat grams or calories) and upping your daily mileage. The authors, two obesity researchers and a nutritionist, brook no excuses—a pedometer comes with the book.



KATHY KAEHLER'S CELEBRITY WORKOUTS Trainer to Julia Roberts and Jennifer Aniston, Kaehler targets troublesome body parts with exercise routines that you can do almost anywhere. Bonuses: healthy recipes and celeb dish. (Michele Pfeiffer calorie-splurges on popcorn sprinkled with M&M's.)



FILL UP TO SLIM DOWN Here's a user-friendly plan that promises to help readers lose up to two pounds a week by rewiring the metabolism with six small meals a day. Meals are high in protein and complex carbs, and lots of boredom-busting recipes (French Toast Pockets) are included.

THE THIN COMMANDMENTS DIET A spinoff of his bestseller *Thin Tastes Better*, this somewhat strident work by diet czar Stephen Gullo, Ph.D., reviews his mantras ("strategy is stronger than willpower") and offers an eating plan highlighting slim versions of fat-packed faves, including Better Than Deli Tuna Salad.



LIVING THE G.I. DIET Rick Gallop follows his own bestseller (*The G.I. Diet*) with recipes high in fiber and low in glycemic rating (the speed at which carbohydrates are broken down and converted to glucose). Healthy, sure, but we'll stop at just one of those "brownies" made with kidney beans.

Cruising Offers Opportunities to Improve Your Health

A chat with author, trainer and health expert Jyl Steinback



"If you think going on a cruise means you're going to pack on the pounds, think again," advises Jyl Steinback, "America's Healthiest Mom." A cookbook author, personal trainer and health expert, her fans are legion; many swearing that she was responsible for major life changes. What can you do to make your voyage an opportunity not only to meet your favorite

authors, but to improve your health and your life?

"Life is full of choices," Steinback said. "You simply have to realize that you can change the choices you are making to change your life. If you do the same thing you did yesterday, you aren't going to be satisfied. You have to make the change."

Two simple rules drive Steinback's plan, move your body and eat what you love while balancing your meals with healthy nutrition using moderation and portion control. "Because cruises are so fun, people automatically think they are going to gain all this weight. The truth is you can really get healthy on a cruise. Take the stairs more than the elevator. By Monday or Tuesday, the exercise room is emptying out, make it a priority to work out. As far as the foods go, you can ask for what you want on a cruise ship. You can say, 'I want this fish but with no butters and oils.' It's just like a restaurant. People can order what they want, it's not just what's served to you," she stated. If you are looking to make improvements to your health and wellness, Jyl cautions people to remember one simple thing. "Keep everything in moderation," Jyl says. "You have to have fun. And the Authors at Sea cruise is going to be fun!"

One of the keys to Jyl's success with helping people lies in helping them find what works best for them. "The first thing I have them do is take out a piece of paper and write down the ten foods they love and top two exercises they enjoy. Then we build a program around that and it's a win,

win," she explained. "The next step is to find out what's really happening. I have them get a pedometer to find out if they are really moving their body at all. Then I ask them to keep a little journal and write down what they are eating for the first three days. You can find success eating what you love, but sometimes you just have to find new ways to cook it. I'm not going to take anything away because then they can't live the lifestyle. You have to be happy in your day to day life for a lifestyle change to work."

While the first week during the cruise might get you off to a superb start to a healthier you, Jyl reminds people that real change does take time. "Health is very addicting. Immediately you feel better, who doesn't want that? You get the energy and you're not as tired. But it does take 21 days to make a habit and 30 days to make a lifestyle change," she explained. "That first week is the key to unlocking it. The first 30 days are the toughest because that is change, but once you've made a lifestyle change, you'll feel great and look back and ask why did I ever live that way?"

Other suggestions Jyl has during the cruise include walking outside around the ship. "That wind in your face is always a great thing. Also don't forget to bring your favorite music. Music makes the body move," she said.

"I can help these people on the cruise change their lives in one week. We're going to do workouts, cooking and they can use me for a week to get all their questions answered and start their journey with me for a healthy lifestyle," Jyl added.

She even has helpful hints for you once you return home from the cruise to keep your new plan going. According to

Jyl, one of the biggest obstacles people have to eating healthier is time. "It's about the way you cook it and prepare it. We're too busy so we go right through those drive throughs," Jyl said, but added that fast food can be your worst choice. Since grabbing food fast is a big part of current lifestyles, Jyl says you can find healthy ways to accommodate that. For instance, once you get home from the cruise, consider using a crock pot or slow cooker to create more meals, like those listed in Jyl's latest cookbook, *Busy Mom, Slow Cooker*. "You can prep it the night before, pull it out and plug it in and have dinner ready when you walk in the door!" she stated.

Stocking your cupboards and refrigerator with the right "grab foods" is important too. "If you look in my refrigerator I have an assortment of vegetables washed, cut up and stored in handy baggies that you can just grab to eat. The kids have yogurts and fruit cups to make it easy to eat healthy. Also look for different colors of fruits and vegetables when you shop and try to vary what colors you have in a meal. Try to include an orange color (like carrots, oranges, or peppers), a red (like strawberries, apples, or peppers) as well as green vegetables into your meals," she added.

Timing your meals can also impact your success, especially with children. "Kids are always hungriest when they get home from school. That's the time to hit them with vegetables and fruits because they'll eat almost anything." Adults are often hungriest when they get home from work, so the same applies. "Remember if your family doesn't take to something right away that it takes 7 to 12 times for someone to change their taste buds to like something new." If you or your family truly hates fruits or vegetables, you can

always puree them and put them in spaghetti sauce, Jyl advises. "They'll never know it's in there and they'll still get the nutrients," she said.

Two more secrets Jyl likes to share are the smoothies and salads. "Have a health drink a day and you won't realize that you're already getting two to three fruits, yogurt and more. Also try to have a salad a day with mixed vegetables in it."

The second battle when you return home is likely to be staying with your exercise. Jyl's secret weapon of choice is music. "Before I go to bed at night, I lay out my clothes to work out with and my music to work out to. I'm getting myself ready for health. That becomes a habit. If you get out of bed and put headphones on with upbeat music, there's no way you don't want to move your body and that's half the battle," she said.

So when you join us for Authors at Sea, just think of it as a chance to relax, enjoy and start a whole new you!

Jyl's Five Musts for Authors at Sea:

- Be open to fun and new exciting things.
- Look forward to meeting all of the authors and everything they have to bring.
- Don't forget your smile and sunscreen.
- Pack workout clothes and music.
- Try something new. Do something you haven't done before. Go for it all.



Slow Cooking for Quicker Health

With time being a premium, slow cookers or crock pots, can become your instant ally in making meals healthier for your whole family, according to Jyl Steinback, author, personal trainer and fitness expert. Instead of take out, try out this mouth-watering recipe from Jyl's latest cookbook, *Busy Mom, Slow Cooker*, and see how easy it can be:

CHILI SPICE SLOPPY JOES

Serves: 4

INGREDIENTS

- 1 lb. Extra-lean ground beef
- 1 tsp. Garlic powder
- 1/2 tsp. Mrs. Dash seasoning
- 3/4 cup frozen chopped onions, thawed and drained
- 3/4 cup chopped green bell pepper
- 1/2 tsp. soy sauce
- 3 tbsp. Chili sauce
- 1 6-oz. Can Italian tomato paste with roasted garlic
- 1 tsp. Prepared mustard
- 1 tbsp. Sugar
- 1 tbsp. Vinegar
- Whole wheat buns or baked potatoes
- Pickle slices

DIRECTIONS

Spray large nonstick skillet with cooking spray. Add ground beef, garlic powder, and Mrs. Dash seasoning to skillet. Cook over medium heat, stirring frequently, until beef is browned and crumbled. Drain well. Remove skillet from heat, add remaining ingredients, and mix well. Spray inside of slow cooker with cooking spray. Spoon meat mixture into slow cooker; cover and cook on low heat for 6 – 7 hours. Serve on whole wheat buns with pickle slices or use as a topping for baked potatoes.



NUTRITION FACTS PER SERVING:

228 cal., 4.6 total fat, 61 mg chol., 603 mg sodium, 18 g carbo., 23 g pro.

Exchanges: 1 Other Carbo., 3 Lean Meat

Carb Choices: 1

Smooth Sailing without Sacrificing Your Health!



Bountiful buffets, delectable desserts, and irresistible caloric creations fill the decks of every cruise ship, yet there is no need to throw your commitment to diet and fitness overboard! The culinary temptations on the crystal seas can be managed with moderation and balance so you can leave the ship without ever gaining a pound. Most cruise lines have added healthier fare, but the choice is still yours – “to have or not to have” is the question and the answer is up to you. Cruise through these top tips to enjoy your journey and stay on track without sacrificing taste or pleasure!

- Go with a plan. Yes you're on vacation... it's time to relax, take a break, and get away from it all, but a little prep and planning keeps those pounds away. Maybe plan to “treat” yourself on odd days and practice moderation on even days, or share desserts with your partner and keep each other in check. Whatever the plan, it's a guideline and it helps keep you balanced.
- Scope out the buffet BEFORE you fill your plate! Pre-plan your meal; carefully choose the foods you really want to eat. REMEMBER: The choice is always on your plate!
- Check out menus in the morning so you can plan for the day. If you plan to order a “meat meal” for dinner, go for a big salad, fish, or poultry for lunch.
- Request meals the way YOU like them. Ask for grilled, broiled, baked, steamed, or stir-fried rather than sautéed, fried, or breaded. Avoid anything swimming in sauce, cheese, or gravy – keep it plain and simple; add your own condiments.
- Substitute! Substituting or making alternate choices can often save hundreds of unwanted calories and fat grams.
- Focus on portions and serving sizes. Avoid heaping platefuls and supersize servings that accumulate massive amounts of calories and fat in a hurry!

Remember: there are no bad foods, just bad portions!
Picture this:

- o Woman's fist or baseball = 1 serving vegetables or fruit
 - o Deck of cards = 1 serving meat, fish, poultry (1 chicken breast, 1/4 lb. hamburger patty, 1 medium pork chop)
 - o Golf ball or large egg = 1/4 cup dried fruit or nuts
 - o Tennis ball = 1/2 cup ice cream
 - o Computer mouse = 1 small baked potato
 - o Thumb tip = 1 teaspoon peanut butter
 - o Six dice = 1 serving cheese
 - o Check book = 3 oz. serving fish
- Fill 1/2 your plate with vegetables and fruit; fill the rest with lean meats and other foods without heavy sauces, gravy, cheese, etc.



- Select a smaller plate and NEVER go back for a second round!
- If you indulge or splurge at one meal, balance it out at the next meal with a lighter meal.
- Increase intake of water-rich foods to keep you feeling



fuller and reduce bloating. Top water-rich foods you might want to include: cucumbers, papaya, watermelon, tomatoes, tomato/vegetable juice, grapefruit juice, cream of wheat/oatmeal, squash, apricots, pineapple, spinach, yogurt, low-fat cottage cheese, beans, berries, asparagus, cauliflower, broccoli, cabbage, melons.

- Watch liquid calories! Those sweet drinks with pretty umbrellas pack a pretty punch of calories. Substituting tomato juice or vegetable juice cocktail with celery sticks, diet cola with lime, or wine spritzers will save you more than 150 calories.
- Plan for snacks. Bring Ziploc baggies or small containers to create your own snacks. Make "goodie bags" of fresh fruit, vegetables, yogurt, etc. that you can take to your room or on off-shore adventures.
- You can have your cake and eat it too, but choose wisely! Go for sorbets, angel food cake, fresh fruits – the nights you just can't resist those mouth-watering treats, compensate with a little extra activity the next day! Always decide which temptations are worth the indulgence, never feel guilty, and congratulate yourself on your commitment to health!
- Drink water! Add a slice of lemon for a refreshing lift!
- Dance away the night and avoid those late night buffets! You'll keep on burning and avoid packing on unwanted pounds.
- Plan for fitness everyday. Whether you take part in cruise fitness activities (aerobic classes, fitness walks, etc.), walk on the beach or walk the deck, regular activity will keep your body balanced and on track.
- FINALLY...Rid yourself of the mindset: if it's free and available, I've got to have it! Replace that with: if I make healthy choices, I'll walk away a happier and healthier person!



SWAP...	FOR...
Cheese omelet, bacon, and sweet rolls	4 egg white omelet stuffed with spinach, broccoli, and sprinkling of feta or Parmesan cheese; 1 slice whole grain toast or 1/2 English muffin with preserves; 1 cup fresh melon, pineapple, or tropical fruit
Cheeseburger, fries, and vanilla shake	Grilled turkey or veggie burger with lettuce, tomatoes, red onion, and pickles; baked potato with salsa; smoothie prepared with fresh fruit and nonfat yogurt or skim milk
Chicken or tuna salad with chips	Tossed green salad with a variety of veggies and grilled chicken or salmon; top with low-fat or fat-free salad dressing or balsamic vinegar; whole grain bread roll; fresh fruit
Pepperoni or sausage pizza	Request pizza crust topped with marinara sauce, grilled veggies, and a sprinkling of Parmesan cheese
Alcohol, soda, juice, sweetened tea	Water, club soda, unsweetened tea, diet soda
Foods that are described as "crispy," "creamy," "au gratin," "battered," or "breaded"	Foods that are steamed, poached, baked, grilled, roasted, or boiled
Fried rice	Steamed brown rice
Chips and salsa	Raw carrots and celery and salsa
Clam chowder or other cream-based soups	Gazpacho, minestrone, or broth-based soups
Marinated and prepared salads or fruit salads with whipped cream	Fresh vegetable and fruit salads with low fat or fat-free dressings on the side
Mayonnaise or regular salad dressing	Mustard, flavored vinegar, salsa, low-fat or fat-free salad dressings
Pancakes and waffles	Cream of wheat, oatmeal, or other fiber-rich cereal with fresh fruit and skim milk



Woman's World

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THE WOMAN'S WEEKLY

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How cocktail
& headache
pills can
help you
**Live
longer**

Waist-shrinking foods that
**Melt belly
bloat!**

Natalie
lost
3 sizes

Success

No hunger! No 'diet'
3 easy fat-blasting switches
that'll make you

**35 lbs
SLIMMER!**



**Natalie lost
35 lbs!**

When Natalie Wilson was accepted to the Sacramento police academy, she figured a leaner figure was in order. Luckily, she heard about Jyl Steinback, coauthor of *Fill Up to Slim Down*. The pro's recipes taught her to add volume and subtract calories using veggies, lean meat, whole grains and beans. Natalie, a former size 12, barely had time to go shopping before "I slid right into a 6!"

**Natalie's
favorite tip**

"Use lots of garlic powder, onion powder and bay leaves. Spices are the key to making low-cal foods taste fattening!"

ing
?
per!

**No-bake
Banana
Cream Pie**

**Half the
calories!**



Photos: Pat Hill; Paul Schiraldi; Amy Neunsinger/Getty Images; Thinkstock/Creatas; Steve Needham/Envision; Mark Ferri/Envision; Stockbyte/Getty Images; Kalim A. Bhatti; HBB (6). Hair: Michael Johnson/Sarah Laird. Makeup: Bruce Wayne. Stylist: Amy Auslander. Food Stylist: Helen Taylor Jones. Stylist: Debra E. Donahue. For more resources and tips, visit www.volumetricseatingplan.com. Bountiful Burger, Vegetable Lasagna, Stuffed-Turkey Loaf and Chocolate-Almond Angel Food Cake recipes reprinted from *Fill Up to Slim Down* by Edward B. Diethrich, M.D., and Jyl Steinback by arrangement with Avery, a member of Penguin Group (USA) Inc., ©2006 by Edward B. Diethrich and Jyl Steinback. For more info about Jyl Steinback, visit www.americashealthiestmom.com. Strawberry-Yogurt Cheesecake Recipe from *Lighthearted Gourmet* by Sharon O'Connor, ©1995 Menus and Music Productions, Inc. www.menusandmusic.com.



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JYL STEINBACK

"America's Healthiest Mom"

Cook Once: And Eat All Week

Jyl Steinback's Countertop Magician

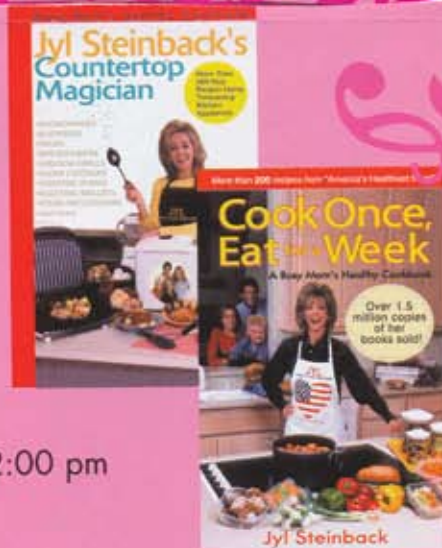
Thursday, April 29

Celebrity Cooking Theater - 3:30 - 4:00 pm

Meijer Literary Cafe - Book Signing - 4:15 - 5:15 pm

Friday, April 30 - Fashion & Entertainment Stage - 11:30am - 12:00 pm

Meijer Pavilion - Book Signing - 12:15 - 1:15 pm



Jyl Steinback is the author of more than a dozen healthy lifestyle cookbooks and has been featured in *Ladies Home Journal*, *Fit Magazine* and *Women's World*. She is a regular contributor to *Quick & light Healthy Cooking* and a popular spokesperson for healthy-living products.

In *Jyl Steinback's Countertop Magician*, the author shows readers how to make the most of kitchen appliances. At last, a cookbook that not only shows how to get kitchen gizmos in gear, it also has loads of easy healthy recipes to go along with them.

From America's Healthiest Mom comes a collection of simple recipes for delicious, hearty, good-for-you meals that you can prepare days or even weeks ahead.

All featured books available at your local Meijer at up to 25% off every day!

Exclusive preview! The amaz that's making wom

50, 70, 100, even 200 pounds—these are the weight-loss numbers that are rolling in from women who've tried Jyl Steinback's earlier cookbooks. Now she's got a brand-new collection of super-slimming recipes—and you can be among the first to try them

When newlywed Leslie Johnson wandered into a Virginia bookstore four years ago, she had no idea her life was about to change. Only 23, she weighed 200 pounds and had just learned that her cholesterol was dangerously high.

"My weight was making me unhealthy and so unhappy," Leslie says. "I desperately wanted to take control, but I didn't even know where to start."

Always a good student, Leslie instinctively turned to books. Among those she bought that day was *Recipes for Fat-Free Living*. That cookbook turned Leslie's health—and her outlook—around.

"I lost seventy-five pounds!"

Packed with recipes and a heaping helping of inspiration, the book became Leslie's diet buddy. "The tips and recipes helped me change the way I eat," she says. "I was able to replace my normal fatty foods with fat-free versions, so it wasn't like a diet at all. Before long, I even felt good enough to start working out."

And when she finally weighed in at the

doctor's office a year later, "I was down to one hundred twenty-five pounds, my cholesterol had dropped by seventy points and, best of all, I felt happy and confident for the first time in years!"

Success stories like this touch the heart of *Fat-Free Living* author Jyl Steinback. And they motivate her to keep spreading the word about fat-free cooking. Her cookbook series now includes five volumes containing over 1,200 recipes, all with less than a gram of fat per serving.

Says the enthusiastic nutrition pro and personal trainer:

"This lifestyle is so easy and makes people feel so fantastic, I just want to share it with everybody!"

Leslie lost an amazing 75 pounds by using Jyl Steinback's recipes.



After losing 55 pounds, Deborah can slip into a slinky dress.



There are just two simple rules

Steinback developed her strategy seven years ago when she was struggling to find an uncomplicated, healthy way to feed her family. She knew reducing the fat in their diet was the best way to go, but she found diet math confusing and health food stores inconvenient. So she came up with her own system, and it worked so well, she had to share it with others. The streamlined basics:

1 Never eating any food that has more than 2 grams of fat per 100 calories. "Check labels," she says. "This way you can buy all your food at your regular supermarket and never get more than eighteen percent of your calories from fat."

Steinback advises giving your palate a month to adjust to the new way

of eating. "Once you get the taste for fat out of your system, you'll never want to go back," she promises. You'll also want to identify your trigger foods, she adds. "We all have foods that make us go overboard. And since you can't eat non-stop and stay slim, try keeping these foods out of the house." You'll soon be seeing less and less of your-

self—just like thousands of other satisfied Steinback fans!

2 Keeping active. Steinback suggests adding 20 minutes of aerobics (such as walking or biking) three times a week. After this gets to be a habit, tack on 20 minutes of strength training exercises to each workout using a video and hand weights. And that's all there is to it!

More success stories

Mom Carol Messerly, 36, is one of Steinback's favorite success stories. Armed with Steinback's cookbooks and an "I will overcome" attitude, she beat a lifetime of unhealthy habits, outsmarted

One day sample "fat-free" eating plan

Breakfast

½ fat-free English muffin with
1 Tbs. jam
¾ cup (6 oz.) fat-free
fruit-flavored yogurt

Snack

1 orange

Lunch

1 serving Pineapple-Chicken

Salad (see recipe, opposite)

10 fat-free Rye-crisp crackers
4 oz. V8 juice

Snack

1 oz. pretzels with mustard
1 apple

Dinner

1 ground turkey burger on a
fat-free roll

1 baked potato with 1 Tbs. fat-free sour cream
1 cup green beans
1 slice sourdough bread

Dessert

1 slice Chocolate Cherry Cake
(see recipe, opposite)
1 cup skim milk

Daily Total: 1,610 cal.

ing cookbook

en slim

depression and fatigue and lost four dress sizes. "In the end, what I lost was a lot less important than what I gained. Now I have a healthy body, the energy to be a great mom and the confidence to tackle any challenge!"

Deborah Alfonso effortlessly dropped 55 pounds, even after every other diet she tried had failed. Beatrice Laramie lost 70 pounds and was able to go on her dream vacation: a mule trek into the Grand Canyon. Dawn Wilson-Sixta still has 75 pounds to go—but so far she's lost 200. Even 80-year-old Margaret Woodward taught her metabolism a new trick—and lost 40 pounds!

Ready to join the list?

We've arranged to give you an exclusive peek at some recipes from Steinback's newest book, *Fat-Free Living Super Cookbook*, available in stores this month. Every ingredient is easy to find in your supermarket. "And everything else you'll need is in your head and heart," Steinback says.

—Allison Nemetz



"Now I can tackle any challenge," says Carol, who lost four dress sizes.

Please share your diet success story (and nonreturnable before and after photos) with us! Mail to: Diet Editor, *Woman's World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632.

Easy recipes for fat-free living

Combining fat-free eating with an active lifestyle helps the average woman lose a dress size in the first month, says fat-free crusader Jyl Steinback.

Chicken-and-Broccoli Fettuccine Alfredo

This nutritious one-dish dinner tastes out of this world, and it's fancy enough to serve to guests!

- 1 lb. white-meat chicken tenders
- 1½ cups chopped onion, about 1 large
- 2½ cups sliced mushrooms
- 1 (13½-oz.) can fat-free chicken broth
- 1 cup fat-free cream cheese, softened
- 2 (10 oz.) pkgs. frozen broccoli florets
- 1 tsp. white pepper

- 12 oz. fettuccine, cooked

Coat a large nonstick skillet with cooking spray; place over medium-high heat. Add chicken tenders; cook until no longer pink, 7 minutes. Remove to plate. Remove skillet from heat; recoat with cooking spray. Over medium heat sauté onions until soft and transparent, about 5 minutes. Add mush-

rooms; continue cooking until tender, 3 minutes. Add broth and cream cheese; heat until thick and almost boiling. Add chicken, broccoli and pepper to skillet; heat through. Toss with warm fettuccine; serve immediately.

Makes 8 servings. Per serving: 162 cal.; 20 g. protein; less than 1 g. fat; 50 mg. chol.; 19 g. carbs.; 445 mg. sodium



Broiled Fish Kebabs

Fun and festive, these fat-free treats are healthy eating on a stick!

- 1 lb. cod fillets, cut into 1" pieces
- ½ cup fat-free fish marinade from a bottle, divided
- 1 medium Vidalia onion, cut into 1" wedges
- 1 medium red pepper, cut into 1" pieces
- 1 medium green pepper, cut into 1" pieces
- 1 cup cherry tomatoes
- 2½ cups rice, cooked

stick cooking spray. Remove cod from broiler pan; discard marinade. On metal skewers alternately thread cod, onion, peppers and tomatoes; place kebabs in broiler pan. Baste with remaining fish marinade. Broil kebabs until fish is cooked through and vegetables are tender, 6-7 minutes, brushing with marinade and rotating skewers halfway through cooking time. Serve over rice.

Makes 6 servings. Per serving: 237 cal.; 16 g. protein; less than 1 g. fat; 33 g. chol.; 37 g. carbs.; 427 mg. sodium

Place cod pieces in baking dish; pour ¼ cup fish marinade over. Cover with plastic wrap and refrigerate 30 minutes. Preheat broiler. Line broiler pan with foil and coat with non-



Chocolate Cherry Cake

This yummy cake is a sweet, sinless ending to a fat-free meal!

- ½ cup Lighter Bake*
- ½ cup egg substitute
- 1 tsp. vanilla
- 1 cup brown sugar
- ¾ cup sugar
- 2½ cups flour
- ¾ cup unsweetened cocoa powder

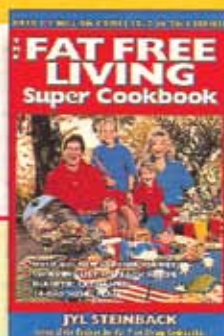
- 1 tsp. baking soda
- 2 tsp. baking powder
- 1½ (20-oz.) cans lite cherry pie filling, divided

Preheat oven to 350°F. Spray 9"x13" baking dish with cooking spray. In bowl mix Lighter Bake, egg substitute, vanilla, 1½ cups water and sugars. Add flour, cocoa, baking soda and baking powder; mix. Spread ½

of batter into baking dish. Spread pie filling over batter; top with remaining batter. Bake until knife inserted in center comes out clean, 30-40 minutes. Cool. Garnish with remaining pie filling.

Makes 16 servings. Per serving: 271 cal.; 3 g. protein; 0 g. fat; 0 mg. chol.; 66 g. carbs.; 117 mg. sodium

*Lighter Bake replaces fat in baked goods; check the baking section at your grocery store, or use prune baby food.





Family Answer Book Money

How Smart Moms Pay Less for Groceries

By Rosemary Black

If you think a \$100-a-week food bill means putting up with a steady diet of hamburger casseroles and peanut butter sandwiches, think again. The women we interviewed—all moms with at least two ravenous kids living at home—feed their families steak, whole grains and fresh fruits and veggies, but still manage to keep their supermarket tab just under the triple digits. Here's how they do it.

Jyl Steinback, Scottsdale, Arizona.
Family: husband Gary; daughter Jamie, 18, and son Scott, 10

Each Sunday night Steinback gathers her husband and kids together to browse through her cookbooks and mark the dishes they'd like to eat that week. Everyone in the family likes chicken and fish, so Steinback buys plenty of boneless chicken when it's on sale. In a typical week she tries to plan meals that use the

same ingredients more than once. Say she buys chicken. She might prepare roast chicken with mashed potatoes on Monday, a chicken stir-fry with vegetables and rice on Wednesday, and barbecued-chicken pizza on Friday. Fish will be on the menu the other two weeknights.

On Monday mornings, after she drops Scott off at school, Steinback, author of *Jyl Steinback's Countertop Magician* and *Cook Once, Eat for a Week* (Perigee), heads to the supermarket. "I stick to my list and never vary my routine," she says. "I go

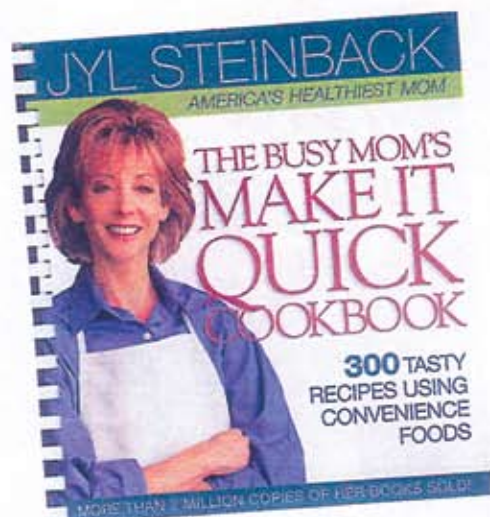
through the canned food aisles first, then the produce aisles and finally the frozen food aisles. Shopping at an off time allows me to beat the crowds and get in and out quickly."

Although she shops with a list, Steinback also tries to be flexible. If a particular food is on sale, she'll buy extra and freeze it. Because soda is often less expensive before the start of the holidays, she'll buy four ten-packs for around \$12. The kids are permitted to drink one can of soda or Gatorade a day; afterward they switch to juice or water.

Steinback keeps a cooler in the family car stocked with vegetables, yogurt, bananas and water, so if anyone gets hungry when they're out, there's no need to stop off at a fast-food restaurant or food mart.

Steinback also buys plenty of fresh fruit on sale, and if it becomes over-ripe, she uses it in smoothies. She freezes ripe bananas, then dips them in chocolate for a great dessert. And though she uses coupons, Steinback is careful not to overstock products she's not sure her family will enjoy. "If I buy something that no one likes and wind up throwing it out, I'm just wasting money," she says.

Rosemary Black, a mother of six, is food editor at the "Daily News" in New York.



Check out
Jyl Steinback's Web site at
www.AmericasHealthiestMom.com.

Quick meals for **HEALTHY LIVING**

You can satisfy even the biggest appetites in your family with healthy, low-fat meals and snacks that appeal to all ages. The following recipes prove you don't have to sacrifice taste for proper nutrition.

Jyl Steinback is known as "America's Healthiest Mom" and is the author of 11 cookbooks that have sold more than 2 million copies. A mother of two, she developed these recipes as a way to instill healthy living into every lifestyle.

Easy to make, these recipes are not only low in calories but also offer families low-sodium alternatives for meals and snacks.

Shopping list

Meat/Fish/ Poultry:

1 lb. extra-lean
ground beef

Canned goods:

15-oz. can
seasoned diced
tomato sauce
for chili

Baking Goods:

Cornstarch

Seasonings / Spices:

Onion powder

Dried sweet
pepper flakes

Mrs. Dash

Garlic powder

Dry mustard

Celery seeds

Chili powder

Sloppy Joe Mix

✓ Easy
✓ Do Ahead

Yields: 18 servings
(3 tbsps. per 1 lb. meat)

**NUTRITION
PER SERVING:**
118 calories, 3.2 g fat,
5 g carbohydrates, 15 g
protein, 41 mg cholesterol,
1 g dietary fiber,
172 mg sodium.

EXCHANGES:
1 vegetable, 2 lean meat

CARB CHOICES:
0

Ingredients (Spice Mix):

1 tbsp. onion powder
1 tbsp. dried sweet pepper flakes
1½ tps. Mrs. Dash seasoning
1 tbsp. cornstarch
¾ tsp. garlic powder
¾ tsp. dry mustard
¾ tsp. celery seeds
¾ tsp. chili powder

Ingredients (Sloppy Joes):

1 lb. extra-lean ground beef
3 tbsps. Sloppy Joe Spice Mix (above)
1 cup seasoned diced tomato sauce for
chili
½ cup water

For Spice Mix, combine all dry ingredients in zip-top bag; seal and shake to mix. Store at room temperature for as long as you need (up to 3 months). To make Sloppy Joes, spray a large nonstick skillet with cooking spray; heat over medium-high heat. Add ground beef; cook, stirring frequently, until browned and crumbled. Add 3 tbsps. Spice Mix; 1 cup seasoned diced tomato sauce for chili, and ½ cup water. Bring to a boil over high heat; reduce heat to low and simmer 10-15 minutes. Serve over baked potatoes, low-fat buns, or stuffed in pita pockets.

Tip:

Want to change "meat and potatoes" night? Make it a vegetarian dinner by substituting cooked bulgur for the ground beef in your favorite recipes.



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IL | SECTION D

after school snack mix



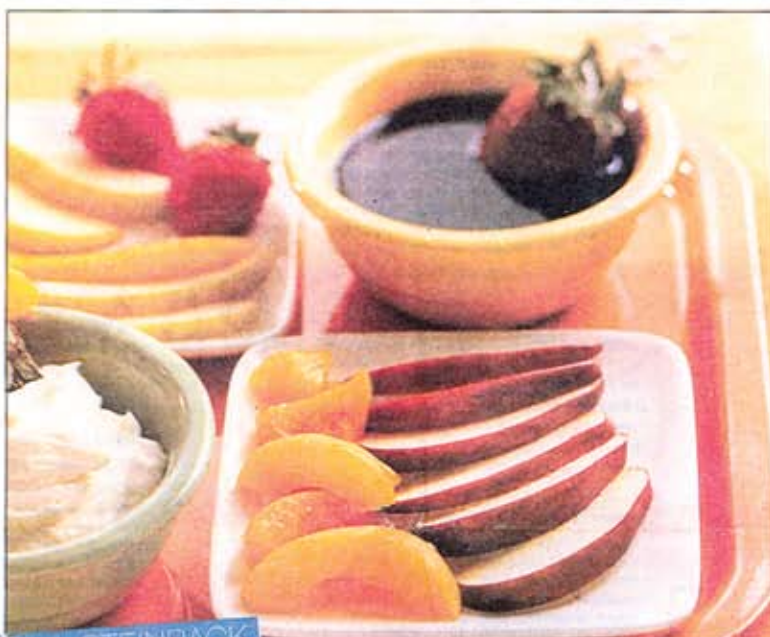
fruit and marshmallow salad



cinnamon-sugar tortilla strips



The dismissal bell signals prime crunching time



favorite fruits and dip with chocolate syrup
All images from "The Busy Mom's Make It Quick Cookbook"

COLOR THEIR FOOD WORLD

Teach your child to eat more fruits and veggies with the "four colors" plan. Junior picks four out of five colors and gets a serving from each category, a fun way of diversifying snacks and meals. Raw fruits can be dipped in nonfat yogurt or blended in smoothies; veggies can be dunked in lowfat dressing. "The trick is variety," Steinback says. "It's like exercise. The more variety you have, the more you're going to get out of it."

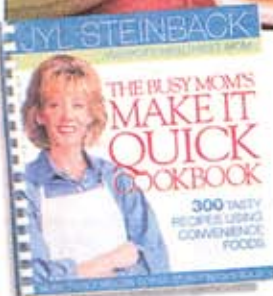
YELLOW/ORANGE: Fruits - Yellow apples, oranges, apricots, cantaloupe, grapefruit, golden kiwi, lemons, mangos, nectarines, oranges, papaya, peaches. Vegetables - Yellow peppers, pumpkin, summer squash, sweet corn, yellow tomatoes.

GREEN: Fruits - Avocado, green apples, green grapes, honeydew melon, kiwi, pears. Vegetables - Beans, broccoli, Brussels sprouts, cabbage, celery, cucumbers, lettuce, peas, green peppers.

BLUE/PURPLE: Fruits - Blackberries, blueberries, plums, purple grapes, raisins. Vegetables - Purple cabbage, purple carrots, eggplant, certain potatoes.

RED: Fruits - Red apples, blood oranges, cherries, cranberries (dried or sauce), red grapes, red pears, raspberries, rhubarb, strawberries and watermelon. Vegetables - Beets, radishes, red onions, red peppers, red onions, red potatoes, tomatoes.

WHITE: Fruits - Bananas, white peaches, white nectarines, brown pears. Vegetables - Cauliflower, jicama, mushrooms, onions, white corn, white potatoes, almonds and other nuts.



A+ snacks

BY MOLLY WOULFE | MWOLFE@NWITIMES.COM | 219.852.4329

"Kids take lunch for granted, but the after-school snack is a big deal. Kids will eat whatever you put in front of them after school."

Jyl Steinback, 51, nicknamed America's Healthiest Mom by Ladies' Home Journal

If moms were canonized, Jyl Steinback would be patron saint of after-school snacks, the answer to 60 million children's dreams. And parents' prayers. The snackmeister has yet to meet a cookie monster she can't convert to healthy goodies. Specialties include mango smoothies, pretzels with mustard and cinnamon-sugar tortilla strips. The trick is to work with picky

eaters, said the personal trainer-mother of two, author of a string of family-friendly cookbooks. So Courtney's a chocoholic? No problem. Let her dip fresh strawberries in reduced-fat chocolate syrup. "You're getting the fruit serving the same time as the chocolate fix," Steinback said. Luke craves Fritos? Toss a few into a bowl of popcorn. "You're eating lowfat,

high-fiber food with the same great salty flavor and crunch," she said. Even finicky kids will bite. The trick is to regard the after-school window as prime healthy-munchie time. It's been hours since the darlings swapped their sandwiches and lobbied their apples in the lunchroom trash. They're ravenous as wolves.

See SNACKS, D3

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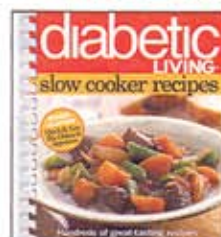
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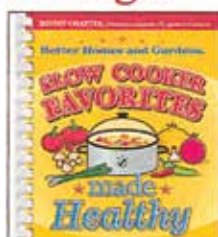
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Health, Nutrition & More
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February / March
2005

Q What exactly is trans fat? I see some packages say "trans fat-free" but don't know what it means.

A Just when you thought you had this whole fat thing figured out, another dietary demon comes along to confuse the issue. Trans fatty acids, trans fats, or hydrogenated fats, are man-made, processed fats that pose higher health risks than any other fats. Similar to cholesterol and saturated fats, trans fats raise blood cholesterol levels and significantly increase the risk of premature heart disease. Some believe they pose an even higher risk of heart disease than saturated fats because they not only raise total cholesterol levels, but also deplete good cholesterol levels (HDL).

Created by manufacturers to prolong shelf life, reduce cost, and improve flavor and texture,

trans fats are formed when partially hydrogenated liquid oils are hardened. These fats are most commonly found in such foods as margarine, shortening, fried foods, doughnuts, cookies, pastries, crackers, and other processed foods; a minimal amount can be found in some animal products such as butter, dairy products, beef, and lamb.

Let's get one thing straight — fat is not bad! When eaten in moderation, the "right" fats (monounsaturated and polyunsaturated) promote good health, provide flavor, and contribute to a feeling of satiety, but saturated and trans fats *do not* have any health benefits. They are responsible for clogging arteries and increasing the risk of heart disease, type II diabetes, and obesity. Reducing the intake of these fats and replacing them with healthier choices will lower the risk for many chronic health problems.

The biggest issue with avoiding trans fat is learning to detect its presence in the foods we eat. Beginning in January 2006, the Food and Drug Administration will require food manufacturers to list trans fat contents on all food labels, but until that time, consumers must fend for themselves.

So, how can you become a trans fat savvy consumer?

- * Recognize the most suspect foods such as margarine, shortening, deep-fried foods, commercial baked goods, and processed foods.

- * Check the ingredient list! Look for shortening, hydrogenated, or partially hydrogenated oil; trans fat by any other name is still trans fat.

- * Replace saturated and trans fats with monounsaturated fat (like olive oil) which does not raise LDL cholesterol levels.

- * Catch the new phobia — fear of frying!

Fried foods pack a wallop of trans fat along with the other "bad" fats your body doesn't want or need!

- * Pass on the pastries! What do you think makes those monster muffins, sinfully delicious Cinnabons, and that apple pie so gooey and sweet? You guessed right — all that nasty trans fat.

—Jyl Steinback has written more than a dozen healthy lifestyle cookbooks. She is the author of *Fill Up To Slim Down: Eat All the Foods You Love And Still Lose Weight* (Avery/Penguin Group USA, 2005). She lives in Scottsdale, AZ.





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Kids and Nutrition

By Jyl Steinback

You would think it would be so easy to raise healthy kids in today's so-called "health-conscious" society, but only 9% of children ages 6-11 eat the recommended servings of vegetables and fruit and most children exceed the dietary guidelines for fat and sodium. Unfortunately today's children are raised in a fast-food world where supersized portions, sugar-laden drinks, and saturated fatty foods are overwhelmingly abundant. They are inundated with billboards, commercials, and enticing advertising schemes that keep "unhealthy" foods in the forefront of their minds. Despite the fact that children are born knowing how much food they need and would probably make healthy food choices without realizing it, they lose their ability to regulate their eating as soon as their parents start telling them what and how much to eat. They are facing an increasing number of nutritional problems these days and our culture is responsible for creating this dilemma. Beyond the fast-food forces working in our society, it is up to us as parents to create a new culture of health where we model good eating habits, provide regular and shared meals and set limits on foods with little nutritional value. Children and adults need about 50 nutrients throughout the day for body growth, maintenance, and repair. With the focus on variety, balance, and moderation we can help our children make the healthy food choices they need to continue to live a healthy life.

What PARENTS should do:

" Plan menus. As children get older, they can be involved in menu planning, grocery shopping, and meal preparation. The more involved they are, the more they feel in control of their choices.

" In general, choose foods that are low in fat, low in calories, low in cholesterol and high in fiber, except for children under the age of two who should not have their fat intake restricted.

" Cooking and eating meals with your children improves nutrition at all ages. It not only improves interaction and communication, but can also improve both learning and language skills. It is a wonderful time to express togetherness and develop traditions.

" Offer a variety of healthful foods. Do not label foods "healthy and unhealthy" or "good and bad." Tempt hungry kids with healthy snacks. Remember: The focus is variety, balance, and moderation, NOT deprivation or denial.

LOSE 10 LBS & KEEP IT OFF FOR GOOD. FINALLY, A DIET YOU CAN LIVE WITH!

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Fill Up to Slim Down

Diethrich &
Steinback

Dieting by the book

FILL UP TO SLIM DOWN by Edward B. Diethrich, M.D., and Jyl Steinback (Avery, \$25)

The promise By eating the lowfat meals outlined in this book (which are also high in protein, fiber and complex carbs), you can melt away extra pounds without ever feeling hungry.

Expert's read Nutritionally sound and sensible, the book also includes tips for real-world eating, including dining out while traveling. Some recipes may be too involved for women who are short on time (the "easy" Chicken Stew has 13 ingredients).

Tester's take This plan is pretty simple to stick with, says SELF's tester, who indeed never felt deprived.

50 PACKETS

SWEET'N LOW

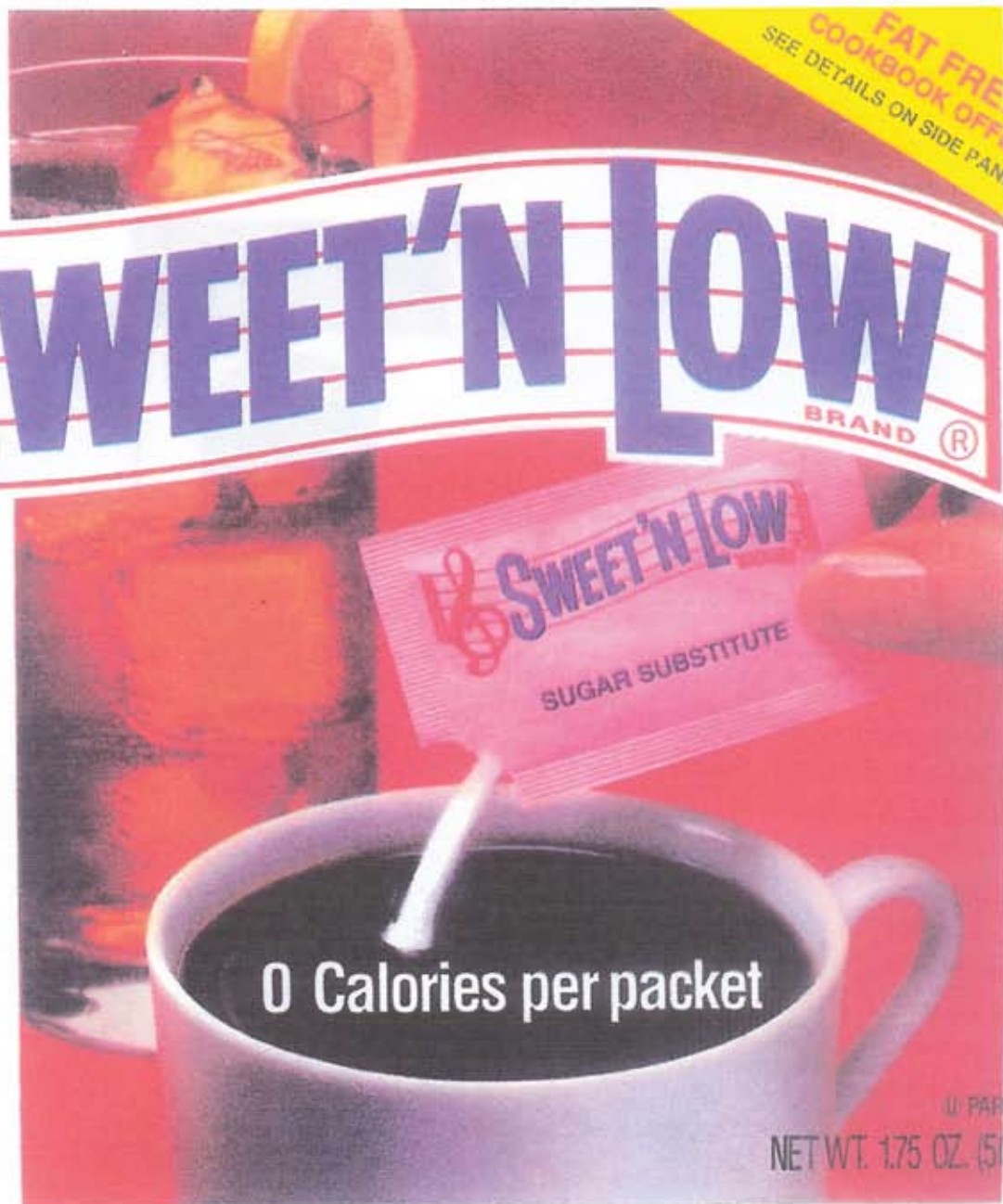
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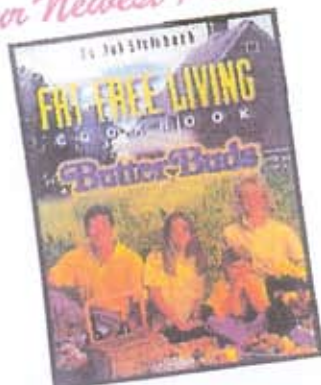
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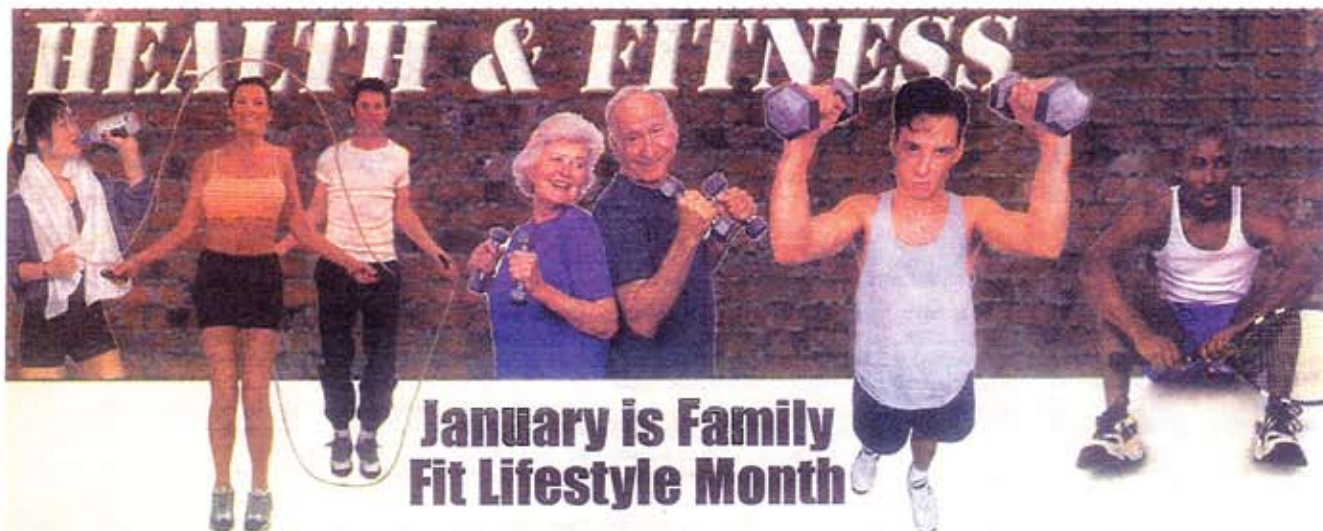
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January is Family Fit Lifestyle Month

Fitness for Fun

by Jyl Steinback

Although most people are well aware of the importance of physical fitness, 85% of people do not exercise on a regular basis. According to the National Institutes of Health, after smoking, the lack of exercise, together with poor dietary habits, is the largest underlying cause of death in the U.S. Most people resist exercise (or physical activity) for two reasons: (1) they mistakenly believe exercise is bad for them, that it puts too much of a strain on their body and could possibly impair their health; or (2) they find exercise boring and become discouraged by lack of immediate gratification. A physically active lifestyle provides a multitude of physical, mental, and psychological benefits. Not only does it improve the way the body works, but it also helps the body rebound more quickly from sickness or injury. Physical fitness and a physically active lifestyle may be one of the most important contributions to healthy aging. Regular doses of physical activity can help you control your weight, boost your energy level, and reduce stress. But besides promoting good health, exercise can also prevent, delay, or help you cope with illness, disease, and disabilities as you age. Americans are living longer - we can't slow down Mother Nature, but we can try to fool her through physical activity. The major health benefits include:

- Increased cardiovascular fitness by 20-25%
- Increased flexibility and muscle strength
- Decreased depression and anxiety
- Weight loss
- Lower blood pressure
- Dramatic reduction of the risk of heart disease
- Stronger immune system
- Prevention of bone loss

Steps and Tricks for initiating your physical activity program and making it STICK!

- ALWAYS check with your doctor and obtain medical clearance
- STOP exercising if you feel pain
- DON'T exercise when you are injured, sick, or running a temperature
- ALWAYS warm up before exercising
- ALWAYS cool down after exercising
- DRINK lots of water before, during, and after exercising
- AVOID heavy meals about 2 hours before heavy exercising
- DRESS properly and comfortably
- WORK at a comfortable, yet efficient intensity level
- USE good posture during exercise
- STOP exercising if you experience chest pain or tightness in your chest, neck, or throat; difficulty breathing; abnormal heart beat, nausea, dizziness, light headedness, or visual problems; excessive cold sweat, weakness, or fatigue
- FOCUS on the positive reasons for starting an exercise program: maintain good health, functional fitness, and independence
- Make a COMMITMENT to regular exercise. Set aside a regular time for exercise every day and stick to it
- Begin every exercise program with a WARM UP and end every session with a COOL DOWN. Do what is comfortable and stop if you feel pain
- LISTEN to your body. Recognize your body's sign of fatigue and discomfort. Don't overwork muscles; use slow, controlled movements
- ACCEPT your limitations. Focus on what you CAN do, not on what you can't do. Never try to exercise hot or inflamed joints. Concentrate on exercises that improve and maintain your range of motion, lubricate the joints and keep your muscles flexible
- For best results, your goal should be at least 30 minutes of exercise a day, 6 days a week. For the first few months, start out with 3-4 days a week and gradually work up to your goal
- Work on CONSISTENCY and length of time - don't worry about pushing intensity
- NEVER start lifting weights without instruction from a certified instructor
- Choose activities you enjoy so you'll be more likely to continue your program - consistency is important
- Best exercises - the ones you'll do on a regular basis!
- Vary your routine to prevent boredom
- Exercise with a partner
- Set goals - track your activity - reward yourself!

Thank you to Jyl Steinback, "America's Healthiest Mom"

Family Fit Lifestyle, Inc.
866-548-3348

www.americashealthiestmom.com

Books Jyl has written:
Busy Mom's Make It Quick - Book of recipes.
Fill Up to Slim Down -
Diet that lets you eat all the foods you love
and still lose weight.

First ONLY

for women on the go

**The secret to
honing in on what
will work for you**

**"The cookbook that
revolutionized our health!"**

Back at home, following a disheartening meeting with a nutritionist, I gazed at my binder bursting with 30 years of recipes, like chicken-fried steak. *How do I start over now?* I wondered, overwhelmed at the prospect of abandoning old eating habits. *This isn't like trying to drop a few pounds at my own pace, I told myself. It's far more urgent—and my husband's health depends on it!*

The week before, George had been diagnosed as a borderline diabetic. And after hearing all the nutritionist's recommendations, I was at a loss as to how I, the family chef, could help my husband. Luckily, a gift saved the day.

Instead of the usual bath salts for Mother's Day and a CD for Father's Day, our daughter presented us with *Superfoods: Cook Your Way to Health*, by Jyl Steinback (QVC Publishing, 2001). Hoping the book could help, I tested a chicken dish one evening. "This is health food? It's delicious!" George raved. So we tried another recipe, and another. Before long, my husband's health was getting better and my clothes were getting looser! After a year of consulting the cookbook, I've lost 52 pounds, and more important, every last one of George's test results has improved!



Rocky Huber,
52, Onalaska, WI

**"I lost 52 pounds
and helped my
family heal!"**



finds

"To be truly happy, a meal must sing."

[ON THE SHELF]

books for cooks

THIS MONTH VISIT CALIFORNIA'S WINE COUNTRY, SAMPLE AN ELEGANT SOUP AND GET THE LATEST VEGGIE TREAT. **BY TAMMY MINN**

California Directory of Fine Wineries

If you're planning a trip to Northern California's wine country, pick up a copy of *The California Directory of Fine Wineries* by Marty Olmstead (Ten Speed Press, 2004). With more than 180 color photographs by Robert Holmes, this book includes profiles of the 60 wineries in the Napa, Sonoma and Mendocino regions. Details include descriptions of each winery, including 100-year-old wine caves, museums and bocce ball courts, as well as wildlife preserves and tastings. Full-page maps show destinations for more than 100 wineries. This is an excellent book for travelers and wine enthusiasts alike.

Wine Label Language

If wine labels are like a foreign language to you (and sometimes they truly are), pick up a copy of Peter Saunders' *Wine Label Language* (Firefly Books, 2004). Country by country, he unravels the meaning of the labels on wines from every major wine-growing region of the world. From wine terms to appellations, Saunders explains

the basics, like the difference between a Bordeaux and a Burgundy, while also offering more detailed information about particular wines and regions. *Wine Label Language* will enhance your understanding, if not your enjoyment, of your favorite wine.

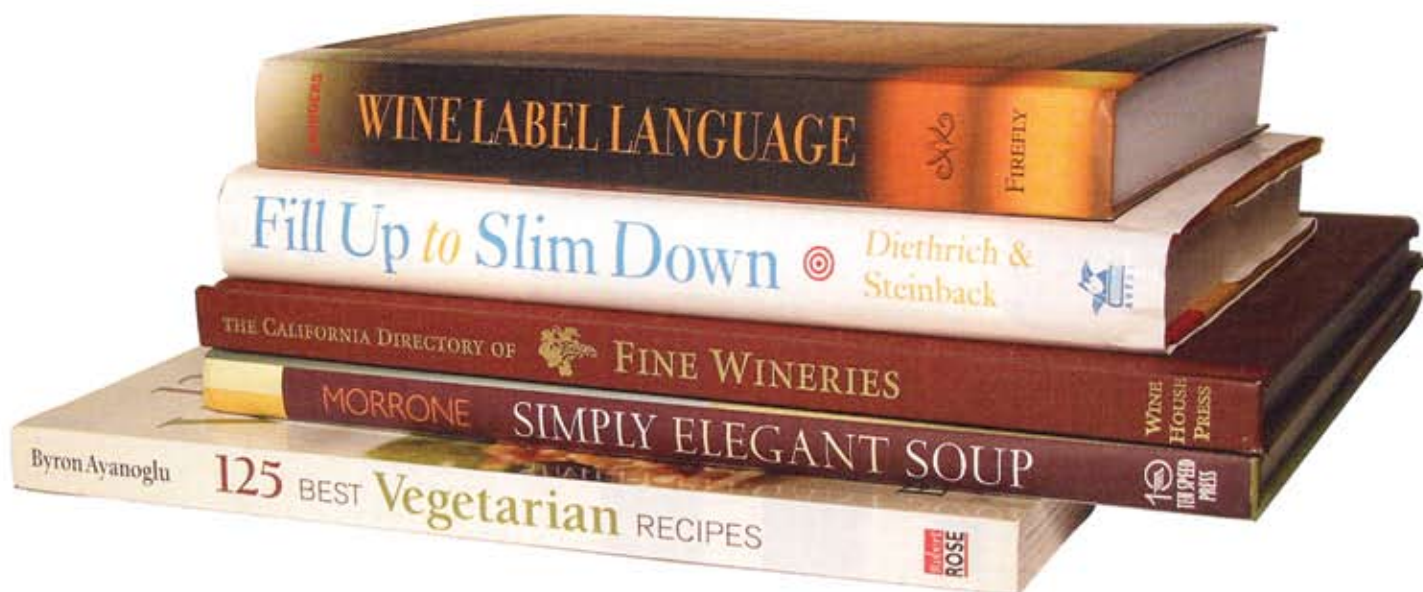
Fill Up to Slim Down

In *Fill Up to Slim Down* (Avery, 2004), Edward B. Diethrich, M.D., and Jyl Steinback show you how to eat well while dieting. By satisfying the stomach's desire to feel full, you can help control your appetite without feeling starved and without launching into harmful binges. The authors offer monthly menu plans, easy-to-follow recipes, an exercise program, the top 10 calorie-burning activities, heart-healthy foods and other tips and tricks to keep your healthy eating plan on track. Diethrich is a cardiovascular surgeon and founder and medical director of the Arizona Heart Hospital. Steinback is a nutrition and fitness expert, a personal trainer and author of several cookbooks.

Simply Elegant Soup

Soup should never be overlooked. George Morrone, a graduate of the Culinary Institute of America and chef at San Francisco's Aqua, recently opened a new restaurant, Tartare. There, he will no doubt be serving some of the soups found in *Simply Elegant Soup* (Ten Speed Press, 2004), which elevates soups to a culinary experience. Morrone modernizes old favorites and adds a few new twists to the menu. Betty's Lentil Soup, named after his mom, is a standard favorite. Carrot-Ginger Soup with Lime Crème Fraîche was one of Morrone's creations from the '80s when he was with the Hotel Bel-Air in Los Angeles.

Whether you opt for the familiar or delve into new tastes, *Simply Elegant Soup*, with beautiful photography by Joyce Oudkerk Pool, includes something for every taste.



DAY 3

POWER-UP MORNING MEAL

- 1/2 cup nonfat vanilla yogurt topped with 2 Tbs. low-fat granola
- 1 cup calcium-fortified orange or grapefruit juice

ANYTIME SNACK

- 1/2 cup dried currants or raisins

MID-DAY

REFUELING LUNCH

- 1 fast-food grilled chicken sandwich, without mayonnaise
- 1 fast-food garden salad with 1 Tbs. fat-free dressing of your choice

LATE-AFTERNOON MUNCH

- 1 (1.3-oz.) fat-free cereal bar

DINNER WITH YOUR FAMILY

- 1 serving **Stir-Fry Taco Salad**
- 2 cups frozen vegetable mix (such as broccoli, carrots, string beans), steamed and tossed with lemon pepper

SWEET ENDING

- 5 dried peach halves

Stir-Fry Taco Salad

Bright colors and zesty flavors are combined in this speedy one-skillet recipe you'll turn to again and again

- 1 1/2 cups Mexican stewed tomatoes
- 1 cup corn kernels, drained
- 3 cups fat-free frozen Harvest Burger beef crumbles
- 1 Tbs. onion powder
- 1 tsp. garlic powder
- 1 Tbs. chili powder
- 1/2 tsp. pepper
- 3 oz. lowfat tortilla chips
- 1 1/2 cups fat-free shredded Cheddar cheese
- 3 cups shredded lettuce
- 1 1/2 cups fat-free salsa

Lightly spray wok or large nonstick skillet with nonfat cooking spray; heat over medium-high heat. Add first 7 ingredients to wok and cook, stirring constantly, until mixture comes to a boil. Reduce heat to low; cover and simmer 10-15 minutes until heated through. Break tortilla chips into small pieces; add chips and cheese to wok. Cook over medium heat, stirring constantly, until cheese is slightly melted. Divide lettuce among individual serving bowls; top with taco mixture. Serve with salsa.

Makes 6 servings. Per serving: 216 cal.; 1 g. fat; 22 g. protein; 31 g. carbs.; 0 mg. chol.; 1,102 mg. sodium; 4 g. fiber

Your time in the kitchen: 10 minutes; **ready to serve in** about 30 minutes



DAY 4

POWER-UP MORNING MEAL

- 1 cup Cream of Wheat prepared with 1 cup nonfat, calcium-fortified milk and sprinkled with 2 Tbs. sliced almonds

ANYTIME SNACK

- 6 prunes

MID-DAY REFUELING LUNCH

Chicken Caesar

- Salad:** top 3 cups romaine lettuce with 1 (3-oz.) chicken breast, cooked and sliced; 1 cup broccoli florets; 1 carrot, sliced; 1 tomato, chopped; 1/2 cup fat-free croutons and 2 Tbs.

lite Caesar salad dressing.

LATE-AFTERNOON MUNCH

- Mini "Pizzas":** top 2 lavash or Wasa crackers with 1/2 cup fat-free spaghetti sauce; sprinkle with 1/4 cup shredded fat-free cheese. Microwave until cheese melts.

DINNER WITH YOUR FAMILY

- 1 serving **Seafood Rice Casserole**
- 1 cup steamed spinach with 1 tsp. liquid butter substitute, such as Butter Buds

SWEET ENDING

- Chocolate Peanut Butter Shake:** in blender purée 2 cups nonfat, calcium-fortified milk, 1 cup nonfat chocolate frozen yogurt and 4 tsp. reduced-fat peanut butter until smooth. (Reserve 1/2 of shake for Day 5 Anytime Snack.)



Seafood Rice Casserole

This creamy, cheesy casserole is comfort food in a flash—for only 185 calories per serving!

- 2 cups fat-free cooked rice
- 6 Tbs. chopped green bell pepper
- 1 cup chopped celery
- 6 Tbs. chopped onion
- 1/2 cup canned, sliced water chestnuts
- 1 1/2 cups canned crabmeat
- 6 oz. fat-free imitation lobster flakes
- 1 cup fat-free mayonnaise
- 1 cup no-salt-added tomato juice
- 1/2 tsp. pepper
- 1 cup fat-free, shredded Cheddar cheese

Preheat oven to 350°. Lightly spray 8" square baking dish with nonfat cooking spray. Combine all ingredients except cheese in medium bowl; mix well. Spread into baking dish and top with cheese. Bake 25-30 minutes until cheese is melted and casserole is heated through.

Makes 6 servings. Per serving: 185 cal.; 1 g. fat; 16 g. protein; 28 g. carbs.; 39 mg. chol.; 833 mg. sodium; 1 g. fiber

Your time in the kitchen: 10 minutes; **ready to serve in** about 40 minutes

DAY 5

POWER-UP MORNING MEAL

- 3 whole-wheat, low-fat waffles, topped with 1/2 cup nonfat lemon yogurt and 1 Tbs. sliced almonds

ANYTIME SNACK

- 1 serving **Chocolate Peanut Butter Shake**

MID-DAY REFUELING LUNCH

- 1 cont. dehydrated split pea soup mix, prepared
- Shrimp Salad:** toss 2 cups dark leafy greens with 3 oz. frozen cooked shrimp, thawed. Drizzle with 1 Tbs. fat-free salad dressing.

free salad dressing.

LATE-AFTERNOON MUNCH

- 2 cups raw cut-up vegetables (such as carrots, bell peppers and broccoli) served with 1/2 cup fat-free salsa

DINNER WITH YOUR FAMILY

- 1 serving **Sweet-and-Sour Chicken**
- 2 cups dark leafy greens drizzled with 1 Tbs. fat-free salad dressing

SWEET ENDING

- 1 baked apple topped with 1/2 cup nonfat ricotta cheese, combined with 1 tsp. sugar and dash of cinnamon and nutmeg

Sweet-and-Sour Chicken

Jyl's 10-minute version of this classic Chinese takeout dish delivers all the sweet and tangy flavor for just 233 calories per serving

- 1 1/2 lbs. boneless, skinless chicken breast strips
- 1 (16-oz.) pkg. frozen bell pepper strips
- 8 oz. pineapple chunks in juice, drained
- 1 1/2 cups sweet-and-sour sauce
- 3 cups fat-free cooked rice

Lightly spray large nonstick skillet with nonfat cooking spray and heat over medium-high heat. Add chicken to skillet; stir-fry 5 minutes or until chicken begins to brown. Add peppers, pineapple and sauce to skillet. Cook over medium heat, stirring frequently, until chicken is cooked through.

Stir in rice; mix well. Serve.

Makes 6 servings. Per serving: 233 cal.; 1 g. fat; 19 g. protein; 37 g. carbs.; 53 mg. chol.; 379 mg. sodium; 2 g. fiber

Your time in the kitchen: 10 minutes; **ready to serve in** about 20 minutes



For more information . . .

For more information or to order any of Jyl Steinback's Fat-Free Living books, call 888-Fat-FRE1, or visit her website at www.fatfreeliving.com.

12-min Burn off 2

No time to cook? No problem! These super-speedy recipes will satisfy your whole family while they slim you down

off 10 pounds in your first two weeks!

Your biggest dieting dilemma—solved!

Jyl knows what it's like to always be on the run: as an author, a personal trainer, an American Heart Association spokeswoman and a mom of two, she rarely has a spare moment. "And the women I meet all tell

me the same thing," she says. "Between working and taking care of their families, their biggest weight-loss challenge is finding the time to eat right and exercise."

So when she wrote a follow-up to her best-selling *The Fat-Free Living Super Cookbook*, Jyl put her focus on family—and on giving women more time with their own. "I wanted to get moms out of the kitchen in 15 minutes or less," she says. She accomplished it by:

● **Letting the supermarket do the work.** Conven-

Jyl trim time. "Woks cook everything from taco salads to soup faster than a pot," she says. "And food processors chop and blend so fast that salads and ingredients are ready in a snap!"

● **Keeping it simple.** Many of Jyl's recipes call for six ingredients or less, and many more are one-dish wonders you whip up in a pan or bake in a casserole dish.

Tricks like these ensure that none of the recipes, including those featured here—free!—from *The Fat-Free Living Family Cookbook* takes more than 12 minutes of prep time. But ...

They aren't just fast, they're fabulous!

Enchiladas, fried chicken ... it's easy to please the family when you're serving up favorites like these. Jyl keeps them diet-right by:

● **Choosing fat-free dairy products and lean cuts of meat** and checking labels: "I don't buy anything that has more than two grams

of fat per hundred

calories," Jyl says.

● **Cooking with fat-free broths and sprays instead of butter and oil**, and substituting applesauce for them when she bakes. "This can save you eighty calories and nine grams of fat per serving," she

says. "And you can't taste the difference."

● **Intensifying the flavor with fat-free sauces, condiments and zesty spice blends.** "They make healthy dishes taste sensational with no added fat," she says.

You're serious about losing weight, but your family's not going to join you for carrot sticks and broiled fish. And you don't have time to cook your meals—and theirs—every day. What's a busy mom to do? Try peeking into the kitchen of 44-year-old working mom Jyl Steinback.

Something delicious is always on the menu at her Scottsdale, Arizona, home, whether it's fried chicken, deep-dish pizza or macaroni and cheese. But Jyl never spends more than 12 minutes putting her crowd-pleasing meals together ... and they've helped her melt off 25 extra pounds.

How does she do it? In 25 years as a nutritionist and cookbook author, Jyl has learned the secrets to trimming the fat, the calories and the minutes from classic homestyle dishes families love. Now she's sharing her secrets and her recipes with *Woman's World* readers—and they could help you melt

"The biggest weight-loss challenge is finding the time to eat right and exercise"



ience foods such as instant rice and precut veggies top Jyl's grocery list. "They save so much time, they're worth the extra pennies," she says.

● **Relying on appliances.** Kitchen genies like woks and food processors help

ute meals that 0, 30, even 50 lbs!

"And there are so many to choose from, you'll never get bored!"

Even the creamiest, most decadent dishes in her book contain just one gram of fat per serving. And they can help you...

Lose 20, 30, even 50 pounds!

Merrick, New York, audiologist Nance Kruh-Meyer, 39, lost 34 pounds with Jyl's cookbooks. "I can come home from work and have a casserole ready in a snap," she says. "And my family loves it!"

Fisher, Illinois, mom of three Pam Cook, 46, lost 23 pounds in a month—and other readers have reported dropping 40, 50 or even 100 pounds.

Bonus: your whole family will be healthier!

Statistics show that as many as 54 percent of adult Americans are overweight, and one in three children is heavier than he should be too. But serving slimmed-down suppers can reverse that trend, experts say.

"By making family meals healthy and low fat, parents can balance kids' diets and teach them good eating habits," says nutrition specialist Debra Kohl, R.D.

And those habits can last you a lifetime. "Any weight-loss program that allows you to eat foods you enjoy gives you a greater chance of long-term success," confirms Kohl. "The more satisfied you are, the more likely you are to stick with it."

You can start today by digging into our five-day meal plan, guaranteed to generate smiles at the dinner table. But yours will be the biggest—it could slim you down by 10 pounds in your first two weeks!

—Kathleen Heins

Lose 5 lbs your first week eating with Jyl!

Jyl's recipes and low-fat eating tricks have helped thousands of women lose all the weight they want. Our five-day meal plan, averaging 1,470 calories and 15 fat grams a day, is based on the way she normally eats, and each day includes a scrumptious dinner recipe from *The Fat-Free Living Family Cookbook*. Just repeat your favorite days to get two weeks' worth of meals, and

help yourself to unlimited coffee and sugar-free beverages. "Individual results will vary depending on your starting weight and activity level," Jyl says. "But you can lose up to five pounds a week in your first few weeks of eating this way." You can maximize your results by adding 30 minutes of exercise daily. As with any weight-loss plan, check with your doctor before you begin.

DAY 1

POWER-UP MORNING MEAL

Cheesy Scrambled Eggs:

In skillet coated with cooking spray cook ¼ cup liquid egg substitute combined with 2 egg whites until just set, stirring occasionally. Sprinkle with 1 Tbs. shredded fat-free cheese.

¼ fat-free bialy or bagel, toasted and spread with 1 tsp. liquid butter substitute, such as Butter Buds

ANYTIME SNACK

1 apple
1 oz. fat-free cheese

MID-DAY REFUELING LUNCH

"Everything" Salad: Toss

3 cups dark leafy greens of your choice with ½ cup each black-eyed peas, bean sprouts and bell pepper strips, 6 dried apricots, sliced, and 1 Tbs. each

sunflower seeds and chopped onion. Drizzle with 2 Tbs. fat-free salad dressing of your choice.

LATE-AFTERNOON MUNCH

1 lavash or Wasa cracker
3 cups fat-free microwave or air-popped popcorn, sprayed with nonfat butter-flavored cooking spray and seasoned with salt

DINNER WITH YOUR FAMILY

1 serving Crispy Oven-Fried Chicken

1 cup steamed mustard greens sprinkled with 1 tsp. liquid butter substitute such as Butter Buds
1 baked sweet potato drizzled with 1 tsp. lite pancake syrup

SWEET ENDING

2 reduced-fat chocolate sandwich cookies
1 packet fat-free instant hot cocoa with mini marshmallows

Crispy Oven-Fried Chicken

Giving tender chicken pieces a crunchy coating of cornflakes and baking them makes this family favorite deliciously diet-right!

- ½ cup egg substitute
- 1 cup evaporated skim milk
- 3 cups cornflake crumbs
- 2 Tbs. Montreal chicken seasoning (or your favorite seasoning blend)
- 1½ lbs. fat-free chicken breast tenderloins

Preheat oven to 400°F. Line baking sheet with foil and lightly spray with nonfat cooking spray. Combine egg substitute and milk in shallow baking dish. Combine cornflake crumbs and seasoning in large plastic bag; shake until blended. Dip chicken in egg mixture; place in plastic bag and shake until coated with crumbs. Arrange in single layer on baking sheet; sprinkle with remaining crumbs. Bake 35-40 minutes or until browned and cooked through.

Makes 6 servings. Per serving: 313 cal.; 1 g. fat; 32 g.



protein; 38 g. carbs.; 73 mg. chol.; 1,062 mg. sodium; 0 g. fiber

Your time in the kitchen: 10 minutes; ready to serve in about 45 minutes

DAY 2

POWER-UP MORNING MEAL

1 cup cooked oatmeal, prepared with 1 cup nonfat, calcium-fortified milk and topped with 1 dried fig, chopped, and 1 Tbs. sliced almonds

ANYTIME SNACK

1 orange

MID-DAY REFUELING LUNCH

1½ cups fruit salad topped with ½ cup nonfat cottage cheese
1 small fat-free bran muffin
LATE-AFTERNOON MUNCH
BBQ Fries: Slice 1 (6 oz.)

potato into wedges. Coat with cooking spray and sprinkle with salt and pepper. Bake at 425°F until golden, turning once. Dip potato into 2 Tbs. each ketchup and barbecue sauce.

DINNER WITH YOUR FAMILY

1 serving French Bread Pizza Bites

Spinach Salad: Toss 2 cups spinach leaves with ½ cup sliced mushrooms and 2 Tbs. chopped red onion. Drizzle with 1 Tbs. fat-free salad dressing of your choice.

SWEET ENDING

1 (1.3 oz.) fat-free brownie topped with ½ cup nonfat frozen yogurt

French Bread Pizza Bites

"My kids are crazy about pizza, and this is one of our favorites," Jyl says.

- 1 (16") loaf fat-free French bread
- ½ cup butter substitute flakes, such as Butter Buds, reconstituted
- ½ tsp. Italian seasoning

Preheat oven to 400°F. Line baking sheet with foil and lightly spray with nonfat cooking spray. Cut bread in half horizontally. In a small bowl, combine Butter Buds, Italian seasoning and pepper; mix well. Brush butter mixture over cut sides of bread and place, buttered side up on baking sheet. Arrange pastrami slices on bread.

- ½ tsp. pepper
- ½ lb. fat-free pastrami, sliced
- ½ cup tomato paste
- 1½ tsp. onion powder
- ½ cup chili sauce
- ½ cup bell peppers, chopped

Combine tomato paste, onion powder, chili sauce, bell peppers, tomatoes and olives in small bowl; mix well. Spread sauce over pastrami. Bake bread in preheated oven 15-18 minutes. Sprinkle mozzarella and Parmesan cheese on top; bake 5-6 minutes until cheese is melted and lightly browned. Slice each

- 1 cup tomatoes, chopped
- 2 Tbs. black olives, chopped
- 1½ cup shredded fat-free mozzarella cheese
- ½ cup fat-free Parmesan cheese

bread loaf into 8 pieces and serve.

Makes 6 servings. Per serving: 261 cal.; 1 g. fat; 22 g. protein; 38 g. carbs.; 14 mg. chol.; 1,494 mg. sodium; 3 g. fiber

Your time in the kitchen: 12 minutes; ready to serve in about 40 minutes



Please turn the page for more of Jyl's recipes and meal plan

America's **Super** (Healthy) Mom

Cookbook author and personal fitness
trainer feeds kids food they like —
and it's good for them



Julie Steinbach

Meet Jyl Steinback

America's Healthiest Mom

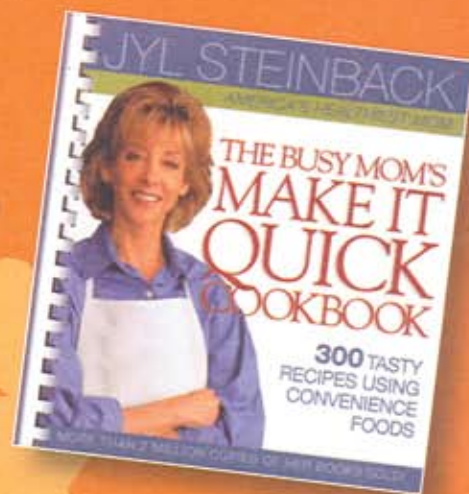
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Jyl Steinback, "America's Healthiest Mom," is a cookbook author, personal trainer and health expert. She has been described by the media as "enthusiastic," "weight loss guru," "America's Super (Healthy) Mom," "national sensation" and "a one-woman business dynamo." Regardless of the accolades, she is committed to a mission of helping others become healthy.

meijer

Jyl will be on hand to answer your questions regarding diet and fitness for kids and adults as well as how to maintain a healthy lifestyle. She will also be signing copies of her new cookbook,

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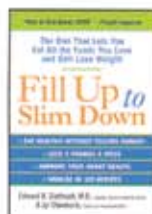
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FAMILY FIT LIFESTYLE PROGRAM

America's Healthiest Mom

by Jyl Steinback

10 Secrets to LOOKING & FEELING absolutely AWESOME

1 • VISUALIZE - What Do You Want

- ▼ Get a dream.
- ▼ Get a vision.
- ▼ Focus on a picture.
- ▼ Write it down.
- ▼ SEE IT AND BELIEVE IT!
- ▼ Let the Universe take care of the rest!

2 • PASSION - Do What You Love

- ▼ Write down 3 of these activities.
- ▼ GET EXCITED!
- ▼ Get SOMEONE ELSE EXCITED!
- ▼ Passion and Enthusiasm are contagious.

3 • ACCEPT AND LOVE YOURSELF UNCONDITIONALLY

- ▼ Say an affirmation 2 times a day.
(ie: I love myself just the way I am!)
- ▼ Find 3 great things about you... write them down and read them 2 times a day.
- ▼ Find the positive (Find the 90% that's great about life and yourself!)
- ▼ Every human being does the best that they can do at that given time in their life.

4 • TACKLE YOUR FEARS

- ▼ Be nervous, be scared, but channel your energies and DO IT ANYWAY!
- ▼ Be a leader, be bold, take a risk.
- ▼ Try something new.
- ▼ CHANGE - CHANGE IS POSITIVE - CHANGE OFTEN.
- ▼ Take ACTION!

5 • DEVELOP A HEALTHY ATTITUDE

- ▼ Approach life with a positive attitude.
- ▼ Find your anger and let it go.
- ▼ Forgive yourself and others.
- ▼ Change your words - change your attitude.

6 • EXERCISE

- ▼ Exercise everyday - do something for your body and mind.
- ▼ Minimum 20 minutes a day.
- ▼ Do aerobic exercise 3 times a week.
 - a. Non stop exercise using the large muscles.
 - b. Always be able to carry on a conversation - Not breathless.
 - c. NEVER PAINFUL.
- ▼ Do anaerobic exercise 3 times a week.
 - a. Means "without oxygen."
 - b. Weight training and band resistance.
 - c. Build yourself up to 3 or 4 sets of 8 to 12 repetitions.
 - d. NO PAIN - NO GAIN (You should feel those last sets and last repetitions)
- ▼ Stretching
 - a. Everyday first thing in the morning and after you exercise.
 - b. Reduces muscle tension, promotes circulation, loosens your body and mind.
 - c. Prevents injury.
 - d. Stretch slowly and hold each stretch 30 to 50 seconds. (NO BOUNCING)

7 • NUTRITION

- ▼ Eat less fat (20% of calorie intake per food item)
- ▼ Eat less sugar.
- ▼ Eat more fiber (more fruits and vegetables)
- ▼ Eat a balanced varied diet.
- ▼ Read labels.
- ▼ Drink 6 to 8 glasses of water a day.

8 • MEDITATION

- ▼ Minimum of 5 minutes every day.
- ▼ Be thankful for everything you have in your life - appreciate life.
- ▼ Rejuvenate your energies.
- ▼ Breathe in slow and relax completely as you exhale.
(in through the nose and out through the mouth)
- ▼ Make YOURSELF #1.

9 • REWARD YOURSELF

- ▼ Make a daily goal - reward yourself.
- ▼ Make a weekly goal - reward yourself.
- ▼ Make a monthly goal - reward yourself.
- ▼ Make a 3 month goal - 6 month goal - and a year goal - reward yourself.
- ▼ Go for the long term - make a 5 year goal and reward yourself "BIG TIME"!

10 • COMMITMENT

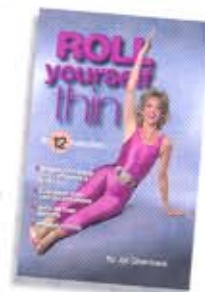
- ▼ Commit to your program of healthy living, commit to yourself.
- ▼ Set realistic goals.
- ▼ Listen to your body (IT'S ALWAYS RIGHT)
- ▼ It takes 21 days to make a habit and 30 days to become a lifestyle.
- ▼ START TODAY!

Jyl Steinback's Family Fit Lifestyle Program was developed to help others achieve greater health by incorporating a simple ten step formula.

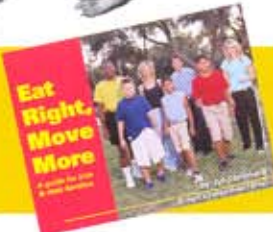


Jyl Steinback, FFL Inc. and FF Fitness have produced products specifically geared to fulfill certain elements of those ten steps. The Family Fit Lifestyle COOKBOOK SERIES is an array of healthy recipes which are designed to provide healthy, nutritious, and extremely tasty meals for home consumption.

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