


Smart ways to live well

JANUARY 2010

# Prevention

## Foods That Fight Age!

Eat to Protect Your Heart, Brain & Joints

 **VITAMINS**  
Every Woman  
Should Take

**Lifesaving Health  
BREAKTHROUGHS**

EAT WHAT  
YOU LOVE  
AND LOSE!

**MORE  
ENERGY,  
LESS  
STRESS**

**SLIM  
DOWN  
FAST  
& KEEP  
IT OFF**

**NEVER  
GET  
CANCER!**

**SLEEP  
DEEPLY  
EVERY  
NIGHT**

Prevention.com

SLIM IS  
SIMPLE!MAKE A  
400  
CALORIE  
BURGER!

**INDULGE!** Just follow these easy rules to build a tasty burger for only 400 calories—the perfect amount per meal to help control portions and lose weight.

**VEGGIES** Choose darker hues. The deeper the color, the more nutrients they pack. Pile them high since they're so low in calories, and opt for spinach over iceberg and red bell peppers instead of yellow for more vitamin A. More smart picks: red onion, pickles, tomatoes, and jalapeños.

**CHEESE** Shred it. That way, the cheese spreads out more easily so you can use less for just as much flavor. A thumb-size portion (about 2 Tbsp) is 50 calories.

**MEAT** Buy lean beef. It has the same calories as turkey but is slightly higher in iron and zinc. Choose 95% lean (5% fat) and keep your patty to a 3-ounce, hockey-puck size—about 145 calories. Every 5% jump in fat adds about 30 calories.

**CONDIMENTS** Go for red spreads. Ketchup and salsa have up to 15 calories per tablespoon; BBQ sauce has about 25. One tablespoon of mayo? It's 100 calories.

**BUN** Get 100% whole wheat. It offers more flavor and filling fiber (around 2 g) for the same 120 calories as a standard white or potato bun. —*Mindy Hermann, RD*

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