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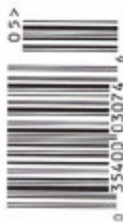
Delicious Low-Cal Desserts

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Say cheese!
Choose guilt-free, low-fat mozzarella string cheese.

High-Energy, Low-Calorie Treats for Walkers

When working out works up an appetite, reach for smart snacks that fuel your body yet don't cancel out your efforts. Here, Brad Schoenfeld, author of *Look Great Naked* (Prentice Hall), offers some smart and satisfying choices for hungry exercisers:

more water. Foods with a high water content squelch hunger. Always pick the whole fruit over the juice—the juicing process takes the fiber out of foods, making them less filling. Says Schoenfeld, “Think of it this way: Eating three apples is difficult, yet you can drink three glasses of apple juice without feeling full.”

Mozzarella String Cheese

A convenient, portable snack, low-fat or nonfat string cheese is low in calories and provides a good amount of protein. “It may take a while to get used to the texture and taste of the lower-fat cheese,” says Schoenfeld. “But as with skim milk, your taste buds will quickly become accustomed to it.”

Air-Popped Popcorn

We're talking real, air-popped popcorn, without butter or salt. The high air content of this snack tends to fill the stomach quickly, making it hard to eat a lot. But the minute you add salt, you reverse the satiety effect. Your taste buds will crave more salt, causing you to eat more and retain more water.

—Joanne Van Zuidam

Seeds and Nuts

Don't pass on these nutritious high-energy snacks because they're high in calories. “Any food can be low-calorie—just watch the quantity you consume,” says Schoenfeld. Crunchy treats such as walnuts, almonds and sunflower and pumpkin seeds help to increase metabolism, suppress appetite and even provide omega-3 fatty acids, essential fats your body needs for survival.

Yogurt

High in protein, nonfat yogurt packs an energy punch. But skip the fruit variety—it has added sugar. For a flavor boost, add your own blueberries or strawberries to plain nonfat yogurt. Be sure to reach for a brand with the live culture *L. acidophilus* and you'll also do your digestive system a favor by helping it work efficiently.

Fruit

While any fruit is a healthy choice, nondried fruit is preferable because it has

