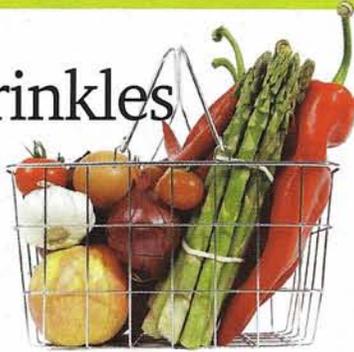


{ PICK IT KICK IT }

Fight fat and wrinkles

Beauty experts extol the benefits of topical antioxidants (vitamins A, C, E) in creams and serums for keeping your skin looking youthful. Those same powerful compounds are found in the fruits and vegetables that help keep you lean. Make these swaps to reap both benefits.



PICK IT

✓ SWEET POTATO
Its high-fiber content helps control blood sugar. A medium-sized baked spud also boasts 438 percent of the daily value of vitamin A, which wards off wrinkles and keeps skin smooth.



✓ KALE 1 cup of cooked kale supplies you with 53 mg of collagen-building vitamin C to keep skin plump and free of fine lines. High levels of vitamin C in the body also help burn more fat during moderate exercise.



✓ AVOCADO Provides plenty of vitamin E, touted for fighting off free-radical damage caused by the sun. Better yet, its monounsaturated fat content will support stable insulin levels, satiety and healthy weight maintenance.



KICK IT

✗ WHITE POTATO
Pale spuds are devoid of vitamin A, are lower in feel-full fiber and cause greater spikes in blood sugar levels, which may contribute to weight gain.



✗ ICEBERG LETTUCE
With little nutritional or beauty-boosting value, you're better off sticking to dark green- and purple-hued lettuces (kale, spinach and mesclun), which have more antioxidants.



✗ CREAM CHEESE
All fat, no benefits! 2 tablespoons of it provide about 100 calories and 10 g of fat, with no vitamin C or E. It contains mostly saturated fat, the kind that causes weight gain.



STOP YO-YO DIETING

MANY WOMEN HAVE been on more than 20 fad diets without keeping the weight off, shows a recent UK study. "Yo-yo diets can be both unhealthy for the body and psychologically upsetting," says lead researcher Jacquie Lavin, PhD. Recurring cycles of weight loss and weight gain can cause feelings of failure and a loss of confidence in your own ability to make changes. Another study published in *The Journal of Neuroscience* also found that mice with a history of temporary weight loss followed by weight gain had higher levels of stress hormones and exhibited depression-like behavior.

Q+A



ASK: BERNADETTE ABRAHAM
Personal Trainer
www.BemaciseMe.com

DEAR BERNADETTE: I recently heard that cow's milk isn't healthy for us. Is this true? —Emily, via email

DEAR EMILY: The controversy surrounding raw vs. pasteurized cow's milk has been ongoing for years and is fueled by political and financial interests. It is difficult to answer in a few short words so here are some facts about both types of milk.

Pasteurization is the result of heating milk between 145 to 150 degrees F to destroy certain disease-carrying germs and prevent milk from souring. While it may seem beneficial, pasteurization also kills off useful bacteria, enzymes, and many valuable nutrients, such as parts of vitamin C, calcium, and iodine. Those who are lactose-intolerant usually do better drinking raw milk because the lactase enzyme which helps digest the milk sugar lactose is still intact. In many countries however, it is illegal to sell raw milk. Even certified organic milk has to be pasteurized. Nonetheless, the reassurance that organic milk is free of antibiotics and growth hormones is worth the higher cost for some; two other very valid health concerns about mass-produced milk.

HAVE A QUESTION FOR OUR EXPERTS?
SEND YOURS TO
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