

THE FAT BLASTER IN YOUR FRIDGE

If you're struggling to lose a large amount of weight or maintain loss, pumping up the protein at certain meals could be key to your success, finds a new study in *Nutrition & Dietetics*. "It's an unfortunate fact that **overweight adults, as well as those who've already shed several pounds, don't burn fat after eating a meal as effectively as most slim people do,**" says study author Marijka Batterham. She found that to even the score—by stoking your fat-burning furnace to run faster—you need to up the amount of lean protein you eat at breakfast and lunch. Eating more protein can also help you feel fuller, making it easier to avoid overeating later in the day. Aim to get about 30 percent of your calories from the nutrient.

Two eggs
serve up
11 grams of
protein



the paper-free cookbook

Anyone who's used her laptop while preparing a recipe knows that electronics and splattering sauces rarely mix. That's why the Demy recipe reader (\$300; neimanmarcus.com) caught our eye.

The digital device has a moisture- and splash-resistant touch screen and room for up to 2,500 recipes that you download from the Web—so you won't have to print them out.



This kitchen
must have three
built-in timers

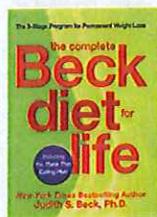


burning, and prevents the release of leptin, a feel-full hormone.) Also on the plan: two pieces of fruit daily and as many vegetables (except potatoes, winter squash, peas, and corn) as you like. In the second phase of the diet, healthy carbs are slowly reintroduced, but protein always dominates.

THE EXPERT TAKE It's tough to keep track of how many calories you're eating on this plan. You choose from a list of dishes, but calorie counts aren't provided. We estimate they vary widely, so you could get 1,000 calories

one day and 2,500 the next. The skipping snacks claim isn't backed up by science; in fact, there's more support for the idea that healthy snacking helps you stay satisfied. And while a multivitamin is a good idea, there's no proof that the other recommended supplements, like L-tyrosine, help with weight loss.

WEIGHT-LOSS TRICK Keep meals simple. Having a smorgasbord of flavors in one sitting can overload your senses and may make you more likely to overeat. Use two seasonings max, and when possible, select a "power spice"—one that provides additional benefits. For instance, chili pepper can help you stay satisfied after a meal.



The Complete Beck Diet for Life
by Judith S. Beck, Ph.D.

THE THEORY

The reason many of us

struggle to control our weight is that we haven't learned (or don't consistently use) the healthy eating habits employed by "naturally slim" people. That's

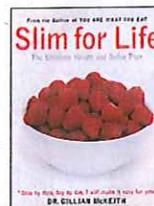
why Beck, a weight-loss expert and director of the Beck Institute for Cognitive Therapy and Research in Bala Cynwyd, Pennsylvania, has you do some prep work before you even *think* about cutting calories. First you make your lifestyle weight-loss-friendly by completing 10 tasks (such as setting a modest weight-loss goal and finding a diet buddy), then you master nine "think thin skills," such as motivating yourself daily and eating slowly. Next you calculate how many calories you need to maintain your current

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weight, then subtract just 200. There's no day-to-day diet; you build your own menus from a list of foods and recipes Beck provides.

THE EXPERT TAKE This plan prepares you to make the healthiest choices no matter what situation you find yourself in. But the most refreshing thing about Beck's approach is that she doesn't recommend drastic calorie cutting: A 35-year-old woman who is 5-foot-4-inches and weighs 160 pounds (about 20 pounds overweight) can have 1,800 calories a day and still lose weight. The idea: If you don't feel deprived, you'll have a better chance of sticking with this (or *any*) plan.

WEIGHT-LOSS TRICK Strengthen your "resistance" muscle. When you're faced with a tough food choice, tell yourself: "If I eat this I'll get temporary pleasure, but I'll feel bad later. It's not worth it." The more often you make the right choice and resist the wrong one, the more willpower you'll develop.



Slim for Life
by Gillian McKeith

THE THEORY

Staying on top of what you eat with a food diary is good—but you

can do even more to pinpoint your bad eating habits. McKeith, a holistic nutritionist, recommends stashing the packaging from *every* food and beverage you consume for a week in a box so you see what you really eat. The diet is long on fruits, veggies, and beans; contains

small amounts of fish, chicken, nuts, and healthy fats; and requires you to cook—using McKeith's recipes—at every meal. Wheat, refined sugar, caffeine, red meat, and

cow's milk products are discouraged.

THE EXPERT TAKE While the tone is supportive, McKeith comes across as a healthy eating drill sergeant: "It's my way or the highway," she says. If you like rules and structure, though, her plan might work for you. One of best things about her book is the recipes—such as chickpea-vegetable stew and salmon and savoy cabbage lasagna—which show you how to use veggies in delicious and filling ways.

WEIGHT-LOSS TRICK See your success. Instead of simply writing down your intended action (such as making a healthy snack to take to work), draw a picture of yourself actually doing it. You don't need to be Rembrandt, says McKeith—use stick figures and place a caption underneath the image ("This is me, making my low-cal snack"). It may feel silly, but doing this will solidify your intention and help move you one step closer to action.

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