

# Secrets to Getting the Best Body Women's Health

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## Pick the Right Kind

High heat and smoke bring out the rich flavor of beef, making it an ideal pick for grilling. And there are lots of lower-fat options that still taste great. "Cuts such as top-, eye-, and bottom-round are among the leanest," says Nancy Berkoff, R.D., a Los Angeles-based dietitian and chef. "Loin" or "flank" cuts are also good bets.

## Before You Grill

Leaner cuts can be tough unless you treat them right. The secret? Acid, baby. Ingredients like vinegar or lemon juice will help break down toughness. "Marinate these cuts for at least 12 hours for maximum effectiveness," says Steven Raichlen, author of *The Barbecue Bible* and *How to Grill* and host of *BBQ University* on PBS. A good marinade mixes one part acidic ingredients with two parts flavorful liquids like soy sauce, fruit juice, beer, or wine, plus mustard and spices.

## The Heat Is On

Go ahead, turn up the heat. "Beef should be grilled over a high heat and turned as soon as little pearls of blood start to accumulate on top of the steak," Raichlen says. Once you've cooked your steak to perfection—4 to 6 minutes per side for a 1-inch-thick steak—let it stand a few minutes before slicing. "The juices flow back throughout the meat, making for a more succulent main course," Raichlen says.

## Grilling Gaffe

Pressing down on your burgers as they cook. Sure, the sizzling sounds cool, but you're committing a mortal sin in grilling circles: squeezing out juices that add flavor and keep beef moist.

## Safety First

According to the USDA, one out of every four burgers turns brown in the middle before it's safe to eat—so peeking inside won't work. "A safe inside temperature

for ground beef is 160 degrees Fahrenheit; medium-rare steaks should reach 145 degrees," says Shelley Feist, executive director of the Partnership for Food Safety Education. Use a food thermometer like Polder's (\$19, [polderonline.com](http://polderonline.com)).

## Extra Credit

Cut the fat after you grill. Most beef cuts have 1/8 to 1/4 inches of fat on the outside of the cut, says Elizabeth Karmel, author of *Taming the Flame: Secrets for Hot-and-Quick Grilling and Low-and-Slow BBQ*. "Leave this fat during the grilling process. It helps the meat retain its juices better. Cut off the fat afterward."

## Sirloin with Garlic-Yogurt Marinade

- 1/2 c low-fat plain yogurt
- 1/4 c chopped fresh parsley
- 1 Tbsp lemon juice
- 1/2 Tbsp paprika
- 1 garlic clove, minced
- Dash of salt
- 2 sirloin steaks (4 to 5 oz each)
- 1/2 c low-fat mayonnaise

1. Combine all ingredients except steak and mayonnaise in a bowl; mix well. Divide mixture in half.
2. Combine half the mixture and steaks in a food-safe plastic bag. Turn to coat. Marinate overnight in refrigerator. Add mayo to remaining mix; refrigerate.
3. Place steaks on grill heated to high, turning once, until internal temperature is 155°. Serve topped with leftover marinade.

**Makes two servings.**  
Per serving: 290 calories, 9.5 g fat (3.5 g saturated), 400 mg sodium, 11 g carbohydrates, 0 g fiber, 40 g protein

## Caribbean Burgers with Mango Salsa

- 1 1/2 lb extra-lean ground beef
- 2 Tbsp jerk seasoning
- 1 mango, peeled and coarsely chopped
- 1 Tbsp chopped fresh cilantro
- 1 Tbsp chopped green onion
- 1 Tbsp chopped jalapeño chile pepper, seeded
- 1 Tbsp lime juice
- 4 whole-grain buns

1. Combine ground beef and jerk seasoning in a bowl and mix. Shape into four 3/4-inch-thick patties.
2. Place patties on grill heated to high. Grill uncovered for 5 to 6 minutes per side or until internal temperature is 160°.
3. While burgers are cooking, combine remaining ingredients and mix to make salsa.
4. Top burgers with salsa and serve.



**makes four servings**  
per serving:  
395 calories, 9.5 g fat (4 g saturated), 705 mg sodium, 39 g carbohydrates, 5.5 g fiber, 36 g protein