



Spring Slim-Down

Here comes the sun! But if you put on a few pounds over the winter, you may be feeling nostalgic for those slouchy sweaters. We turned to nutritional experts at some top spas for their best tips and tricks for getting back on track. Here's what they told us:

► **A STEP AT A TIME** Don't try to change a lifetime of eating habits overnight. Instead, make small do-able changes, one at a time. If you always order eggs with sausage, try skipping the sausage. "This one single change to your daily diet can help you drop about 25 pounds in one year," says psychologist Coral Arvon, Ph.D., lifestyle expert at the Pritikin Longevity Center + Spa in Miami. Once you've mastered that step, make another positive change: order fresh fruit instead of potatoes, or cut back on cheese. "Whatever you do is better than not doing anything," Arvon says.

► **EAT MINDFULLY** Rather than chowing down while reading, working or chatting, pay attention to what, why and how you eat, says certified nutritionist Mary Horn, who runs the Women's Wellness Programs at Vail Mountain Lodge and Spa in Colorado. Her tips for mindful meals: 1. Always sit down while eating. 2. Put down your knife, fork and spoon after each bite (much harder than it sounds). 3. Savor each bite, focusing on its texture, flavor, aroma. 4. If you don't like it, don't eat it. "Don't take calories in without taste," Horn says. 5. Stop when satiated — that is, no longer hungry. Then stop. Don't wait till you're busting. 6. Eat for now — not because you might get hungry

later. "By eating mindfully, you'll get full quicker, enjoy food more, but eat less," says Horn. "It comes down to honoring your body."

► **COUNT TO THREE** Quit your membership in the "Clean Plate Club," and make a point of leaving three bites behind on your plate at lunch and dinner. "If you do just this one thing for one year, you could lose 20 pounds, even without otherwise changing your eating or exercise habits," says Catherine Kruppa, registered dietitian at The Houstonian Hotel, Club and Spa in Houston, Texas. Don't worry, you won't go hungry if you don't polish off your plate — the amount of food left on your plate has nothing to do with how full your belly feels.

► **ENJOY DESSERT** "Just make it fruit-based," says registered dietitian Paulette Lambert, director of nutrition at the California Health & Longevity Institute at the Four Seasons Hotel Westlake Village. Lambert, who is also a chef, shares this guilt-free recipe: Melt a piece of chocolate in the microwave. Now chop fruit — nectarines, bananas, apples, strawberries — into bite-sized chunks. Dip away! You'll be amazed at how far you can stretch one piece of chocolate. — MH



FARMERS' MARKET FINDS

ASPARAGUS

The versatile veggie is full of the phytochemical glutathione, which helps stave off cancer. "Asparagus contributes to a healthy digestive system, promoting 'good' bacteria," says Kristin Kirkpatrick, registered dietitian and wellness manager with the Wellness Institute at the Cleveland Clinic in Ohio. "Your tummy will thank you!"

HONEYDEW MELONS

"This is one my favorite farmers' markets foods," says Marie Spano, vice president of the International Society of Sports Nutrition. "You get more than half of your total vitamin C needs for the day in less than 70 calories. Also, melons are filling, so your appetite is satiated while your sweet tooth gets satisfied."

SPINACH

We all know that spinach is a great source of iron, but it's also full of health-promoting phytonutrients, says Shawna Ilagan, a registered dietitian and case manager with CIGNA health insurance company. Lutein, in particular, is a powerful carotenoid that keeps eyes healthy and skin firm, while helping to protect it from sun damage.

STRAWBERRIES

"Nothing is quite as nice as a vine-ripened red strawberry in late spring," says registered dietitian Kate Scarlata, author of *The Complete Idiot's Guide to Eating Well with IBS* (Alpha, 2010). Eight juicy strawberries are packed with more vitamin C than an orange. The delectable fruits, which peak between April and June, are also rich in folate, antioxidants and fiber.

SUGAR SNAP PEAS

"This is the healthiest spring food I can think of," says Philadelphia registered dietitian Carol Meerschaert. And although peas are sweet as sugar, there's no guilt involved, since they are packed with vitamin C (one serving offers 98 percent of the daily requirement), as well as vitamin K, which offers protection from age-related conditions, such as heart disease, weaker bones and dementia.

