



## FEBRUARY'S SUPERFOOD: ARUGULA

Arugula, also known as rocket, is like the spicier, sassier sister to spinach, and it's this season's secret nutritional powerhouse. For a mere 16 calories, a two-cup serving provides an excellent dose of vision-protecting vitamin A, plus bone-building vitamin K. If the peppery taste is too intense, try baby arugula, which has a slightly milder flavor but the same benefits. Lisa T. Kimmel, a dietitian at Yale University, does a main-course salad like this: Whisk together 2 Tbsp *each* olive oil and lemon juice, toss with 2 cups of arugula, and top with thin slices of smoked salmon and avocado. Or sauté the leaves with olive oil for a few seconds and toss with spaghetti. You can even pile it atop a frozen pizza for the last few minutes in the oven—it'll be healthier *and* yumier. —AMY LEVIN-EPSTEIN



## 4 TIMES YOU SHOULD EAT THE PEEL

**Apple skin:** Besides being a good source of antioxidants and fiber, the chewy apple skin may help control blood pressure, says a new study from the Nova Scotia Agricultural College. Lesson: An apple a day might actually keep the doctor away—if you lose the peeler.

**Citrus peels:** Add some zest from the rind of an orange, lemon, or grapefruit to your muffin recipes or even pasta dishes, says researcher Arshad Hussain, Ph.D. The peels of these fruits are an excellent source of antioxidants such as beta carotene and vitamin C.

**Almond skin:** Skip the slivered kind—the brown skin improves digestive health by increasing levels of prebiotics, good bacteria in the gut, says registered dietitian Dawn Jackson Blatner.

**Peapods:** You'll save almost 100 calories per cup if you opt for peas in the pod (snap or snow are good bets) over shelled peas. One cup of peapods has about 25 calories, compared with 120 in shelled peas. The pods also pack protein and fiber. —MARISSA CONRAD

## What's the deal with coconut water?

Supermarket shelves are chock-full of coconut water, "but the drink is not a magical health elixir," says Boston-based dietitian Janel Funk. Sure, it *can* help you rehydrate after exercise, but plain H<sub>2</sub>O also does the job. Still, if you occasionally want something with more flavor, it's a better choice than most sodas and sports drinks, with just 46 calories per cup.

Along with the "super-creamy" original-flavor Zico Natural, these varieties did well in our taste test. —NIKE POWER



### ZICO Chocolate

"Imagine drinking a Yoo-Hoo that's been diluted a little. Not bad!"



### ONE Pink Guava

"Has the delicious taste of guava juice with a hint of coconut water."



### VITACOCO Peach & Mango

"Loved it, although there's a slight coconut-y aftertaste."



### VITACOCO Orange

"Tasted like a Creamsicle."