

Health

A flat belly *fast!*
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SHAPE-UP SPECIAL

Your

Diet Now

NEWS WATCH

Rev metabolism the probiotic way

"Friendly bacteria" found in foods like yogurt just might help with weight control. Researchers at the Imperial College in London found that mice treated with probiotics were more effective at blocking the absorption of fat. They aren't certain this works in people, but they do know that probiotics have other health benefits—from preventing gastro troubles to boosting defenses against colds and yeast infections. Find probiotics in a number of foods, including treats like any of TCBY's frozen yogurts (prices vary; TCBY locations nationwide) and Attune's Dark Chocolate Probiotic Wellness Bar (\$1.19; Safeway and Whole Foods stores nationwide and www.attunefoods.com).

Why new moms can't lose weight

Why do some new moms have loads of trouble getting back to their pregnancy weight? It's not lack of motivation but lack of sleep, according to Kaiser Permanente researchers. In a new study, sleep deprivation in mothers of infants led to hormonal changes that stimulated appetite. You can't expect to return to your prebaby shape instantly, but napping when you get a chance and eating low-fat, high-protein snacks (low-fat cheese sticks, for instance) when you're hungry can help.



Pucker up, slim down? New lip glosses promise to help you lose.

Three new eat-less tools

Do you feel like you've tried everything to cut your calorie intake? Here, three of the latest sneaky slim-down tricks.

1 Mellow mint

Studies suggest that the aroma of peppermint can curb your appetite. Try a peppermint "inhaler" (\$5; www.sportsinhaler.com), or sip mint tea.



2 Weight-loss gloss

Too Faced FUZE Slenderize Guilt-Free Lip Gloss (\$18.50; www.sephora.com) features chromium and L-carnitine, thought to help shed unwanted pounds.



3 Fridge police

Simple Memory Art's healthy-food magnets (\$12; www.simplememoryart.com) have fat-and-calorie info on 50 foods.



WISE WORDS



"Mercury and other contaminants often concentrate in larger fish like tuna. To get your omega-3s sans toxins and excess fat, try a Caesar with anchovies, dressing on the side." —Taras Grescoe, author of *Bottomfeeder* (\$25; Bloomsbury USA, 2008)



high vs. low

Panera's Chicken Bacon Dijon Panini on Country 910 CALORIES	Panera's Smoked Turkey Breast Sandwich on Sourdough 470 CALORIES
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Hold the Dijon! Bacon, cheese, and more bacon in the mustard blend weigh this sandwich down.

No need to hold anything here: Even with mayo, a whole sandwich is less than 500 calories.

HEALTH.COM 18 MAY 2008

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Source: Health
Date: May 2008
Circulation: 1,373,292