

MUSCLE & FITNESS

Hers

WWE DIVAS
THE BELLA TWINS

WILL DOUBLE
YOUR
RESULTS!

Start now!

**LOSE
FAT
GET
LEAN**

4-Week
Slim-Down Plan

**TIGHTER
ABS**

7 must-do moves

**RUN OFF
YOUR WEIGHT**

**PERFECT
MEALS**
IN 20 MINUTES





What's That Veggie?

• **COMING SOON TO A GROCER NEAR YOU:** Kalettes, a yummy combo of kale and brussels sprouts, are the latest healthy vegetable hybrid to hit the produce aisle. Also known as flower sprouts, brussels kale, lollipop kale, or kale sprouts, they feature a sweet and nutty taste—plus some superstar nutrition to back up their pretty appearance, says Nicole Silber, a New York City–based nutritionist at Middleberg Nutrition. Kalettes are packed with vitamins K, B6, C, and folate and contain 4 grams of protein with only 45 calories in a 1½-cup serving. They're also easy and quick to prepare since you can cook them whole. Make this Garlic Ginger Kalettes recipe, courtesy of Silber: Heat sesame oil on medium heat, add chopped garlic, and sauté for 1–2 minutes. Throw in Kalettes with grated fresh ginger and a pinch of salt and pepper, sauté for 5–6 minutes, then serve.



THE SPF DIET

Want an additional boost in sun protection? Stock up on foods that are high in antioxidants or contain certain minerals, advises Frank Lipman, M.D., an integrative medicine physician and author of *The New Health Rules*. A

sunburn, after all, is a type of inflammation, so conceivably an anti-inflammatory diet can help prevent sunburn and skin damage, he explains. "Certain foods such as leafy greens, strawberries, peppers, and green or black tea can offer protection by neutralizing

the effects of UV rays and providing your body with the nutrients needed to slow sun damage," Lipman says. Research has shown that lycopene (found in tomatoes), for example, can help reduce skin vulnerability to sunburn, providing up to 30% more protection against burns among subjects who followed a lycopene-rich diet. But don't shelve your sunscreen entirely: Since there's a great range of vulnerability to sunburn based on your skin color, ethnicity, and location, continue to apply sunscreen regularly to protect yourself from burns and even more serious damage, advises Lipman.

A Tastier Way to Go Meatless

Following a vegetarian diet doesn't have to mean doing away with flavor or skimping on muscle-building protein. These new packaged foods provide plenty of important nutrients while satisfying your need for something meaty and protein-packed.

• When you're craving breaded chicken, try **Gardein's Chick'n Scallopini**, which is gluten-free, seasoned, and ready to be sautéed and added to pastas and veggie dishes. (\$5, gardein.com)

• Keep **Nasoya Organic Teriyaki TofuBaked** marinated tofu in your fridge for a convenience food that can be enjoyed cold or hot in stir-fries, salads, and sandwiches. (\$5, nasoya.com)

• For a hearty dinner starter to pair with veggies, try **Lightlife Organic Wild Rice Tempeh**, which combines cultured organic soybeans with wild rice harvested from freshwater lakes. (\$3, lightlife.com)

NUTRITION TREND WE DON'T LOVE

■ Breast milk is gaining traction as the latest performance aid among some bodybuilders. But this particular trend probably does far more harm than good, even outside the "ew" factor. "People think breast milk is good for you because it is a 'natural' source of hormones and antibodies and is nutrient dense and high in protein," says Kelly Pritchett, R.D., a spokesperson for the Academy of Nutrition and Dietetics. "But there is no scientific evidence that suggests there are benefits for adults." And since it's a bodily fluid, breast milk can carry disease or infections. A far smarter option: Rely on foods such as Greek yogurt, cottage cheese, nut butters, and chocolate milk to amp up your results, she says.