

## Tricks Healthy Foods Play



Is this strawberry an angel food or a sneaky little devil?



PEOPLE WHO WERE SHOWN two bowls with the exact same portion of ice cream—one plain, one topped with fresh fruit—guessed that the fruity dessert had 125 fewer calories. Many experts call this the “health halo” effect: If there’s one virtuous thing about a meal, we can be duped into dismissing the less-healthy stuff.

## The Stretch You Need Right Now

Ease tight hips (which can trigger back pain) with this stretch from top trainer Joel Harper, whose celebrity clients include Dr. Oz:



**1.**  
Sit on a straight-backed chair and bring right ankle onto left knee.

**2.**  
Rest right elbow on right knee and right hand on right ankle. Keep back straight and lean forward to feel a stretch in right hip.

**3.**  
For a deeper stretch, gently turn sole of right foot toward ceiling. Hold for six deep breaths. Repeat with other leg.

## 3 Top Tips From New Diet Books

Smart advice that's bound to help you lose.

### *Choose a leaner meat*

You don't need to avoid red meats entirely to get slimmer and feel younger, according to *7 Years Younger: The Anti-Aging Breakthrough Diet*, by the editors of *Good Housekeeping*. Beef can fit into a healthy antiaging plan as long as you choose a cut like tenderloin, which has half the calories of prime rib.

### *Drop pounds as a team*

Partners who lose weight together can strengthen their relationship as a result, say UCLA psychology professors Thomas Bradbury, Ph.D., and Benjamin Karney, Ph.D., authors of *Love Me Slender*. When your guy complains about his weight, he's probably seeking understanding, not “you look fine!” reassurance, they explain. Try a response he'll perceive as helpful, such as, “Let's talk about what you think is going on.”

### *Save spirits for last*

When dining out, save your cocktail for the end of the meal. If you avoid drinking when hungry, you'll make better food decisions, explains nutritionist Rania Batayneh, author of *The One One One Diet*. Her strategy—one serving each of protein, carbohydrates, and fats at every meal—helps stabilize blood sugar and keeps you satiated longer. Once you're full, you're less likely to sip mindlessly and down unwanted calories.



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