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OCTOBER 2004

OUTSMART FAT

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THE 4 BEST FOODS you've never tried

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*What they're not: icky, eat-'em-
because-they're-good-for-you.*

*What they are: packed with nutrients, readily
available, and easy to add to your diet.*

You're going to love

the best new foods

by Lori Longbotham

*photography by
Leigh Beisch*

enhanced eggs

WHAT THEY ARE: The same nutrient-packed food as the classic kind, loaded with protein, essential vitamins and minerals, and only 75 calories per large egg. But these eggs' nutritional profile is pumped up even more by the special diets fed to the hens that lay them.

WHY YOU SHOULD EAT THEM NOW: "Designer" eggs are improved in various ways: They can be lower in saturated fat; higher in vitamins, minerals, and antioxidants like vitamin E and lutein (which some studies have shown can help protect vision as you get older); or enriched with heart-protective omega-3 fatty acids. Check labels for the specific nutrient content; look for claims like "high in omega-3 and vitamin E." As for cholesterol, the American Heart Association's current dietary guidelines allow for one egg a day, provided the rest of your diet is low in cholesterol.

HOW TO USE THEM: Scrambled, poached, sunny-side up—you can make them any way you enjoy the old-fashioned ones. (A perfect hard-cooked egg is tough to turn out, though. To learn how, go to Health.com and click on "Food.")

WHERE TO FIND THEM: In the refrigerated dairy cases of most supermarkets, specialty stores, and health-food stores. Look for such brands as Gold Circle and Egglard's Best.

RECIPE: *ultimate egg-salad sandwiches*

IN A MEDIUM BOWL, combine 4 chopped peeled hard-cooked large eggs, 4–5 tablespoons reduced-fat mayonnaise or sour cream, 2 tablespoons chopped fresh chives or parsley, and 1 teaspoon cider vinegar. Season egg mixture generously with salt and freshly ground pepper. Top 4 slices of bread (pumpernickel is great) with egg salad and sliced roasted red bell pepper, if desired. Cover with 4 more slices of bread to make 4 sandwiches, pressing the slices together gently. Makes 4 servings.