

AUGUST 2010

Prevention

Proven Results!

A FLAT BELLY FAST!

From Flab to Fab in Just 7 Days!

SHOPPER ALERT!

When to Buy ORGANIC

- ◆ 12 foods to go for
- ◆ 15 you can skip

Calm Excess Worry

287

RIDICULOUSLY EASY WAYS TO:
Fight Frizzy Hair, Soothe Sunburn,
Catch a Nap, Burn More Calories...

15-Min No Cook Meals!

LOOK YOUNGER Instantly!

Trick Your Body into Frying Fat

A LIFE LESSON (from my dogs)
p. 180

Laura Linney

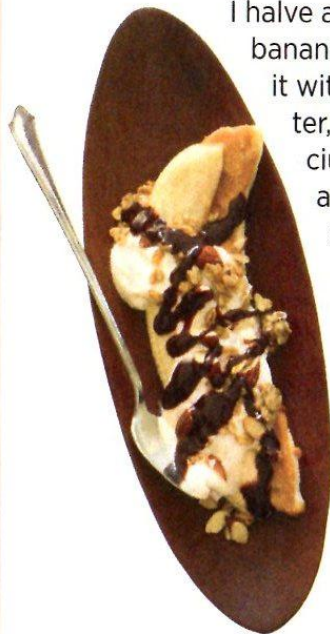
Why she cares about cancer prevention



Prevention.com

6 Decadent Breakfast Banana Split

I love finding healthy ways to satisfy my chocolate cravings morning, noon, and night. For a breakfast “banana split,”



I halve a potassium-rich banana lengthwise, spread it with natural peanut butter, and top it with calcium-filled yogurt and a hint of chocolate syrup. Then I sprinkle it with crunchy low-fat granola for a decadent yet nutritious treat to start off my day!

—Devin Alexander, healthy chef and author of *I Can't Believe It's Not Fattening!*



7 Vegetable Slaw

Use a Microplane or box grater to shave raw zucchini, baby carrots and turnips, onions or shallots, and cauliflower. Toss with pine nuts, crumbled blue cheese, and red wine vinegar. The varied textures and colors make this healthy side dish pleasing to the eye and palate.

—David Myers, chef of Sona, Comme Ça, and Pizzeria Ortica in Los Angeles

MorningStar[®]
FARMS

Francois Burger

A flame-grilled patty topped with light mustard sauce, peppery arugula and mmmmm... sharp Roquefort cheese.



How to make it:

1

Stir together 1 tbsp. of mustard and 1 tbsp. of sour cream in a small bowl.

2

Throw your patty on the grill and cook according to package instructions.

3

When the patty's done, put it on a bun and top it with the mustard mixture, 1/3 cup of baby arugula and 1 tbsp. of crumbled Roquefort cheese.

4

Go ahead and enjoy being good to yourself.