

Looks good on you

# Health<sup>®</sup>

## Your New Life Starts Now

### Secrets From Recovering Slackers

How to fall in love with your workout

BEST OF FOOD AWARDS 2005

### The Ultimate Grocery List

The brands to buy: cereals, cookies, quick dinners, and more

### The Libido Drug

One woman takes it for a test drive

We never thought we'd say it:  
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LOOK**



May 2005

Health.com

AOL Keyword: HealthMag

\$3.50 US \$4.99 CAN





## Lunch



### Bread

#### Sara Lee Heart Healthy, Multi-Grain

(\$2.59 for a 24-ounce loaf)

Everyone knows that whole-grain bread is the way to go, but not everyone loves the earthy flavor or texture. Leave it to the bakers at Sara Lee to deliver a bread that judge Connie Guttererson, RD, PhD, a Culinary Institute of America instructor, describes as light and airy. You also won't have to buy multiple loaves to suit each family member, because the kids (and spouses) who tried this loved it, too.

### Deli Meat

#### Applegate Farms Organic Roast Beef

(\$6.99 for 7 ounces)

Sandwich meats are often ho-hum, but we just loved this tender roast beef. At 110 calories and 3 grams of fat per serving, it's a great way to satisfy your beef cravings as well as your conscience—all of the company's animals are free of hormones and antibiotics. Layer it on the Sara Lee bread (at left) with arugula, tomato, and Swiss for an enviable lunch.

### Cheese

#### Cabot Creamery 75% Light Vermont Cheddar

(about \$2.69 for an 8-ounce block)

Judge Phil Lempert, food trends editor and correspondent for the *Today Show*, says this cheese has "exceptional flavor and mouth feel for a light cheese." We agree. And with a quarter of the fat, a third of the cholesterol, and about half of the calories of regular Cheddar, we think it's a fine way to get your daily dose of calcium.

### Ready-to-Eat Produce

#### Earthbound Farm Organic Grab & Go Salad Kit, Baby Spinach With Sesame Soy Vinaigrette and Peanuts (\$3.99)

With this salad kit on hand, there's no excuse (except sheer forgetfulness) for not packing a healthy lunch. The spinach is fresh, the dressing is tangy, and the peanuts add a nice crunch. The salad is big enough for two servings, so use the dressing judiciously and save the rest for another day.

