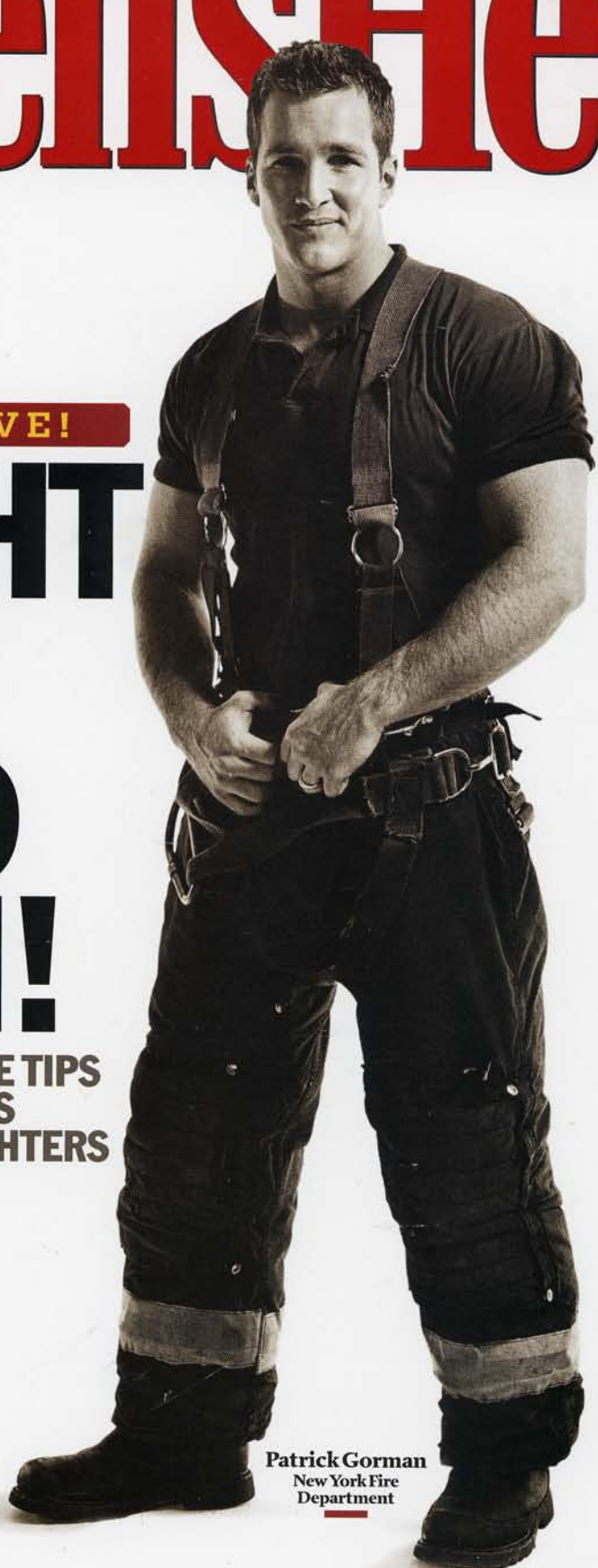


TONS OF  
USEFUL STUFF

JUNE 2005

# Men's Health



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New York Fire  
Department



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**EXCLUSIVE!**

## FIGHT FAT AND WIN!

RED-HOT MUSCLE TIPS  
FROM AMERICA'S  
FITTEST FIREFIGHTERS

**Smoked Turkey Breast** Most other brands offer only smoked or honey, but the two flavors go great together.

28. BEST SLICED HAM  
**Hillshire Farm Smoked** Okay sodium (340 mg per 2 ounces) and a super-handily resealable plastic container.

29. BEST SLICED ROAST BEEF  
**Applegate Farms Organic** Wow. Just-cooked taste and texture, and a surprisingly low 230 mg sodium.

30. BEST SLICED CHEESE  
**Sargento Reduced Fat Swiss** Best aged-cheese flavor for the lowest sodium price.

31. BEST CANNED TUNA  
**Crown Prince Solid White Albacore** Flakes apart like real fish. Tastes like it, too.



32. BEST ICEBERG-LETTUCE SUBSTITUTE  
**Baby Spinach** Loaded with lutein, which promotes eye health. Good source of calcium, too.  
*How to eat it:* Drop a handful of leaves in sandwiches, salads, and soups.

33. BEST PICKLES  
**Cascadian Farm Bread & Butter Chips** Crisp and just sweet enough.

34. BEST HUMMUS  
**Wild Garden Hummus Dip** Noticeably creamier than the refrigerated-section brands. Great lemon zing, too.

35. BEST MAYONNAISE  
**Hellmans Light** Not sure what's better—the easy-squeeze bottle or the fluffy mayo inside.

**You want to get her in the mood**  
Proving that stereotypes do sometimes have a basis in fact: Italian researchers found that women who often eat chocolate have a higher sex drive than those who don't.

36. BEST DARK CHOCOLATE  
**Ghirardelli Semi-Sweet** Beautifully balances sweet with bitter, just like a good relationship should.  
*Per 3 sections:* 210 calories, 2 g protein, 25 g carbohydrates, 14 g fat (9 g saturated), 3 g fiber, 0 mg sodium

37. BEST ICE CREAM  
**Edy's Grand Light** Other low-fat ice creams up the sugar to increase the appeal. Edy's is just pure, slow-churned, creamy goodness.  
*Per ½ cup (vanilla):* 100 calories, 3 g protein, 15 g carbohydrates, 3.5 g fat (2 g saturated), 0 g fiber, 45 mg sodium  
Drizzle it with...

38. BEST CHOCOLATE SYRUP  
**Nestlé Nesquik** This one's actually sweetened with sugar, not HFCS.  
*Per 2 Tbsp:* 100 calories, 0 g protein, 24 g carbohydrates, 0 g fat, 0 g fiber, 50 mg sodium

**Sunday brunch is at your place**  
It's actually a favor to your guests if you offer food that fills them up, not out.

42. BEST EGG  
**Eggland's Best Omega-3 Fortified** Heart-healthy omega-3 fatty acids displace 25 percent of the artery-clogging kind.

43. BEST CANADIAN BACON  
**Hormel Canadian Style Bacon** Already cooked—just zap it in the microwave for 11 g protein.

44. BEST BREAKFAST SAUSAGE  
**Armour Brown 'N Serve Lite Original** Full of peppery flavor, not fat (only 3 g saturated fat).

45. BEST ENGLISH MUFFIN  
**Thomas' Hearty Grains 100% Whole Wheat** So moist and sweet, they're kind of like the other type of muffin. But the other kind probably doesn't have 3 g fiber.

46. BEST BUTTERLIKE SPREAD  
**Land O'Lakes Whipped Light Butter** Real butter tastes better than any oily imitation spread. Because it's whipped

with air, this kind has 2 g less saturated fat.

47. BEST FRUIT SPREAD  
**Smucker's Simply Fruit, Strawberry** The name says it all.

**You want to reduce your risk of experiencing a heart attack**  
Focus on monounsaturated fats and omega-3 fatty acids to lower LDL-cholesterol levels.

48. BEST OIL  
**Colavita Extra Virgin Olive Oil** The dark green color is an indicator of this oil's bolder, full-bodied flavor.  
*Per Tbsp:* 120 calories, 0 g protein, 0 g carbohydrates, 14 g fat (2 g saturated), 0 g fiber, 0 mg sodium



49. BEST COOKING SPRAY  
**Pam Olive Oil** See all the zeros below? That's how it helps your heart.  
*Per spray:* 0 calories, 0 g protein, 0 g carbohydrates, 0 g fat, 0 mg sodium

50. BEST FLAXSEED  
**Barlean's Forti-Flax** One word: preground. Which makes this rich source of omega-3s all that much easier to add to cereal or yogurt.  
*Per 2 Tbsp:* 70 calories, 3 g protein, 6 g carbohydrates, 5 g fat (0 g saturated), 3 g fiber, 0 mg sodium

**You need to be prepared for a morning meeting**  
You need protein to tune your brain when the boss starts the meeting by turning to you for a recap of the Johnson project, and carbs to give you energy when he suggests that your approach is a load of hooey.

51. BEST YOGURT SMOOTHIE  
**Stonyfield Farm Strawberry** A silky-smooth blend of protein and calcium.

52. BEST CEREAL BAR  
**South Beach Diet Cranberry Almond** Tangy berry flavor and 10 g protein.

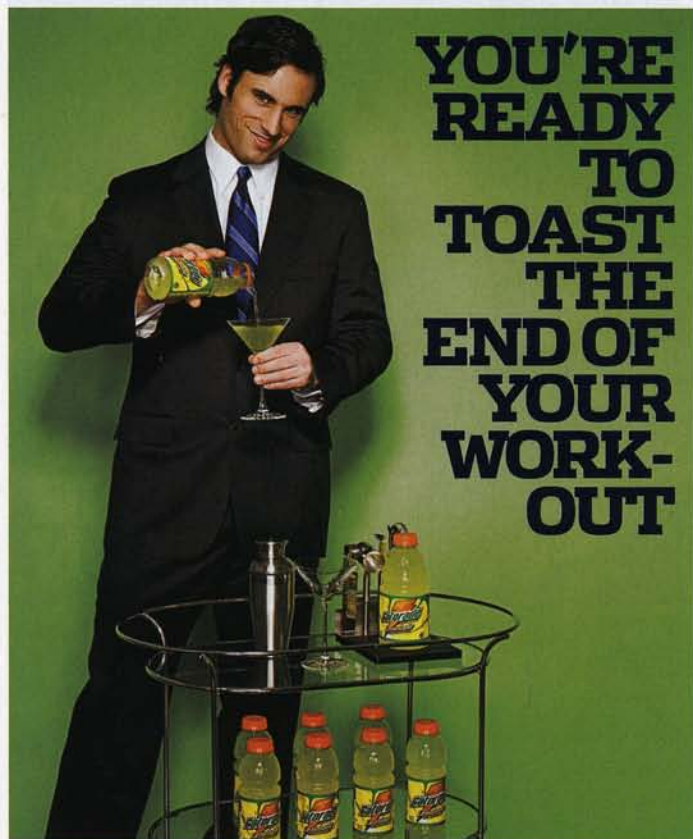
53. BEST TOASTER PASTRY  
**Amy's Organic Toaster Pops** These actually seem pastrylike. Full of fruit, too.



**A salad just doesn't seem filling enough**  
Iceberg lettuce has all the nutritional value of the iceberg it's named after. Top it with...

54. BEST CANNED BEANS  
**Goya Chick Peas** Rinsing them cuts the sodium by 40 percent, leaving just protein and fiber.

55. BEST PRECOOKED CHICKEN  
**Perdue Short Cuts Original Roasted** Tender strips of pure protein. Ups a salad's appeal instantly.



If you've worked out properly, you'll be beat. So restore your energy level with a quick carb infusion. Then give your muscles the protein they need to start making you bigger and better.

39. BEST SPORTS DRINK  
**Gatorade Lemonade** Tastes like delicious, refreshing lemonade. Why didn't they think of this flavor sooner?  
*Per 8 ounces:* 50 calories, 0 g protein, 14 g carbohydrates, 0 g fat, 0 g fiber, 110 mg sodium

40. BEST PROTEIN BAR  
**Detour Caramel Peanut** As close to a candy bar as protein bars come.  
*Per bar:* 170 calories, 15 g protein, 14 g carbohydrates, 6 g fat (2.5 g saturated), 2 g fiber, 248 mg sodium

41. BEST PROTEIN-BAR ALTERNATIVE  
**Cold Fusion** These ice cream-like treats will cool you down while delivering 11 g whey protein.  
*Per bar:* 130 calories, 11 g protein, 23 g carbohydrates, 0 g fat, 0 g fiber, 0 mg sodium