



Grab a Better Snack

Some versions of the between-meal classics are loaded with extra calories, sugar and fat. Avoid nutrition pitfalls with these guidelines.

Lose belly fat

Extra weight around your middle not only raises your risk of heart disease, it weakens your bones, according to the Radiological Society of North America. The study refutes experts' long-held thinking that excess pounds protect against bone loss.

Did you know?

Children who have a television in their bedroom are less likely to sleep soundly than those who don't.

Yogurt



Good Choice

The low-fat variety is a great source of calcium and potassium.

Better Choice

Try fat-free plain made with skim milk. Plain yogurt has less sugar and more protein and calcium, than flavored varieties. The skim version is the lowest in saturated fat. Add fruit to sweeten.

Peanut Butter



Good Choice

Peanut spreads contain monounsaturated fats, which lower your LDL or "bad" cholesterol.

Better Choice

Opt for one made with peanuts only—and no partially hydrogenated oils, which are bad for your heart. Skip the reduced fat varieties, which up the sugar to replace the fat.

Popcorn



Good Choice

This packaged snack is a heart-healthy whole grain.

Better Choice

Pop kernels at home. You can control the fat and sodium by using canola oil and just a dash of salt (or sodium-free seasonings).

Energy Bars



Good Choice

These delicious pick-me-ups (choose one with 200 calories or less) usually contain vitamins, minerals and protein.

Better Choice

Choose bars made with fruit and nuts only. Many energy bars are high in added sugar (at 17 or 18 grams, almost the daily limit of 25 grams). Fruit and nut bars are naturally sweetened.

Source: Bethany Thayer, RD, spokeswoman for the American Dietetic Association

Roasted Winter Vegetables



Prep: 15 min
Cook: 40 min

Serves 8

- 3 large carrots, cut into 1 ½ pieces (about 3 cups)
- 2 large parsnips, cut into 1 ½ pieces (about 2 ½ cups)
- 1 large sweet potato, peeled, cut into 1 ½ pieces (about 1 ½ cups)
- 1 small butternut squash, peeled, cut into 1 ½ pieces (about 2 cups)
- 3 Tbsp olive oil
- 1 Tbsp chopped fresh thyme

Directions:

1. Preheat oven to 425 degrees, line 2 large baking sheets with foil. Combine carrots, parsnips, sweet potato and squash in a large bowl. Add olive oil, thyme, salt and pepper. Toss to coat.
2. Divide vegetables between baking sheets and roast, stirring twice until golden brown and tender, 35 – 40 minutes. Season with additional salt and pepper, if desired. Serve hot.

Warm up Wisely

Nothing ruins a winter workout like being too cold. Stay toasty with these tips:

- *Face the Elements*
If you're exercising outside on a blustery day, walk in the wind on your way out so you're not battling a chilly headwind on your return.
- *Feel the Beat*
Research shows listening to music while you walk can keep you motivated, making any workout feel easier.

- *Reward Yourself*
Enjoy a post-workout cup of no-sugar-added cocoa made with skim milk. It's an ideal way to refuel.