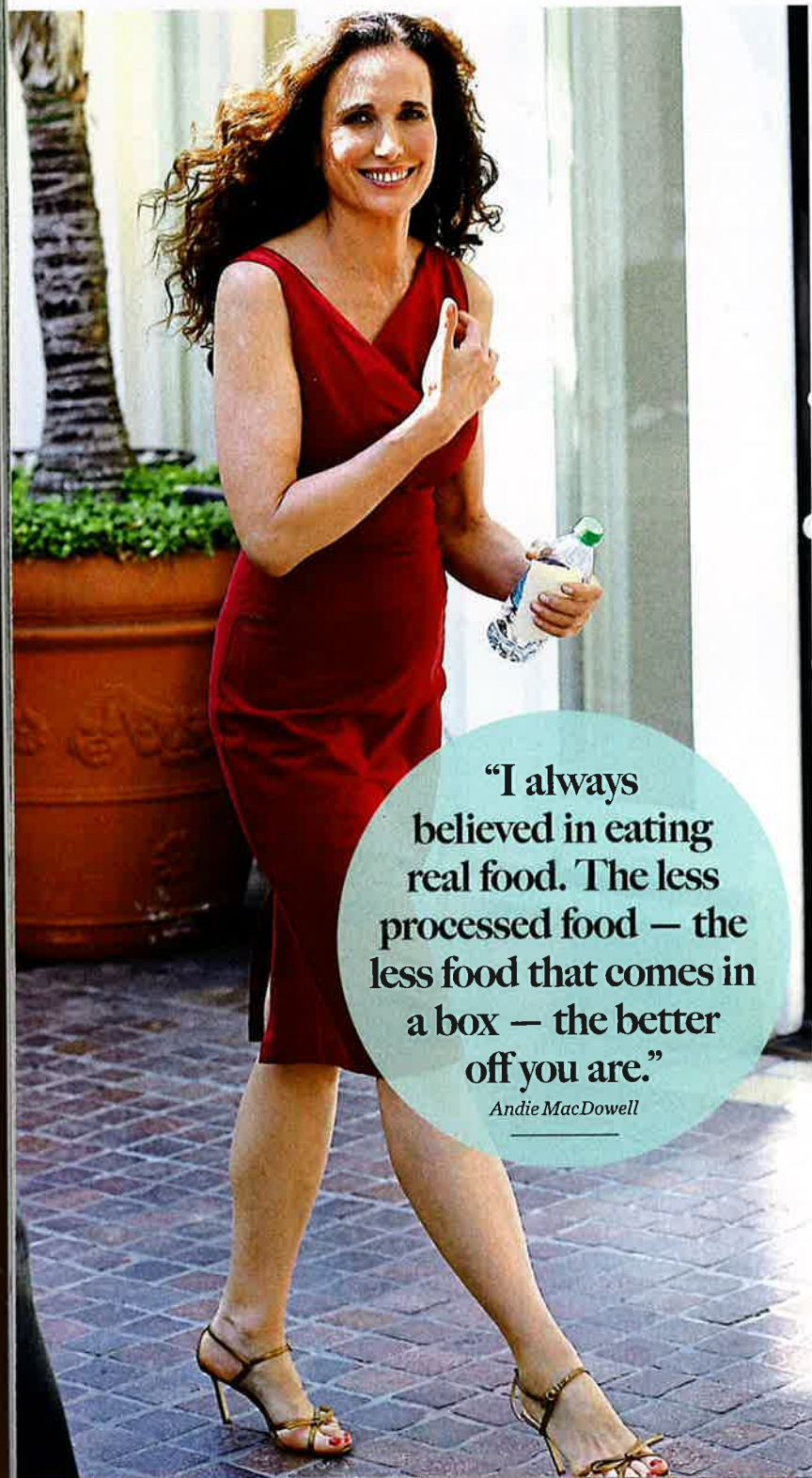


TINY TWEAKS TO

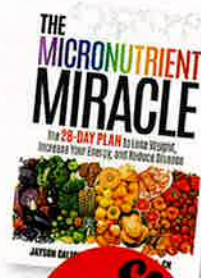


“I always believed in eating real food. The less processed food — the less food that comes in a box — the better off you are.”

Andie MacDowell

Hollywood beauties are outsmarting menofat with these no-stress strategies

You know the drill when it comes to eating well, but if you're like us, it's getting harder to ward off weight gain with each passing birthday. The problem, say nutritionists Mira Calton and Jayson Calton, Ph.D.: “Even with a healthy diet, most of us are still missing out on one or more of the micronutrients that are necessary for weight loss and optimal health.” Fortunately, kick-starting slimming doesn't require a diet overhaul. The Caltons have identified easy ways to get more of the nutrients women over 50 lack. Read on for their top tips, and pick up their book, *The Micronutrient Miracle*, for more.



NEW & NOTABLE



3 PICK GRASS-FED FOR SLIMMING FATS Upgrade your next cookout with grass-fed beef, which contains micronutrients that traditional beef lacks, says Mira. In fact, grass-fed cuts have up to 400 percent more conjugated linoleic acid, a fatty acid shown to rev fat burn by 88 percent. And there's no need to go to a specialty market to find this higher-quality meat. Options are now sold at Costco, Target and Walmart.

SLIM QUICK

My Skinny Secret



"I whip up my own almond butter. It's delicious and so much better for you. So I'll still have a PBJ sandwich, only it's almond butter and jelly."

—Cybill Shepherd



1 PROTEIN PACK YOUR A.M. SMOOTHIE

Women often don't get enough protein and essential amino acids in their diet, so the Caltons suggest mixing grass-fed whey-protein concentrate into smoothies. "Whey concentrate improves insulin response, dials down appetite and is rich in amino acids that speed fat burning," says Mira. A brand we like: Reserveage Organics Grass-Fed Whey (\$25, vitaminshoppe.com).



2 BUY LOCAL FOR PHYTONUTRIENTS

"You want to buy and eat produce soon after it's picked," says Mira. Why? Micronutrients become less potent over time. In one study, spinach lost 47 percent of its metabolism-revving B vitamins after just 3 days. Look for labels noting where your produce originated: The less a veggie has to travel, the more likely it is to be loaded with phytonutrients.



4 FAVOR THESE OMEGA-RICH FISH

Nearly all women are lacking in omega-3 fats. And while having two servings of fish a week will boost your stores, Mira recommends sticking with wild Alaskan salmon, wild rainbow trout or wild albacore tuna. These fish have the highest omega-3 content and lowest levels of mercury. The payoff: Women who eat these fish lose 3.5 times more weight than fish avoiders.



5 WHIP UP SLIMMING SWEETS

Treating yourself to a chocolate dessert can supply a key nutrient that many women are missing out on: magnesium, which wards off stress and cravings. Mira suggests enjoying pudding made with dark chocolate or a shake made with cocoa powder and 1 tbsp. of chia seeds, which deliver an extra hit of metabolism-boosting compounds.

SAVVY SWAP

Instead Of:

Ham and cheese on a roll for **263 CAL.**



YOU SAVE

99 CALORIES



Choose:

2 ham and cheese roll-ups for **164 CAL.**

CELEBRITY PHOTOS: GETTY; STILL LIFE: GETTY (5); CORBIS; FOTOLIA; TEXT: MELISSA SCORRELLS