

You can't find love in a cookie! Break free from emotional eating

SHAPE

SHAPE
YOUR
LIFE

**ONE
MINUTE
TUMMY
TONER**
P. 88

START NOW!

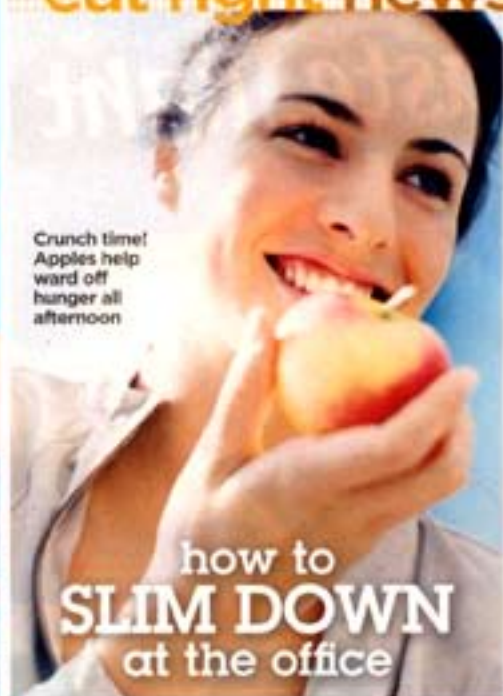
**MAKE
OVER
YOUR
BODY
IN ONE
MONTH**

Simple things
you can do
EVERY day

**BLAST
FAT
ALL OVER**
The 30-minute
workout that
gets you lean

**10 BIG
CHANGES
YOU
CAN MAKE
IN 2010**

eat right news



Crunch time!
Apples help
ward off
hunger all
afternoon

how to
SLIM DOWN
at the office

✓ SCORE A HEALTHIER SNACK

Del Monte is making it easy with a line of vending machines stocked only with fresh-cut fruits, vegetables, and yogurt dip. Find them in office buildings and health clubs. For more information, visit fruits.com.

✓ DOWNSIZE YOUR SODA

Now you can pick up a smaller, 90-calorie can of any Coca-Cola soda, including Sprite, Fanta, and Barq's Root Beer. The company is

also moving its calorie information to the front of its packaging to increase awareness.

✓ **EAT MORE FRUIT** No time to go to the farmers' market? The Fruit Guys will deliver a box of in-season fruit (from \$32 for 25 servings; fruitguys.com) to your office or home. You can also order an all-organic selection.

Thanks to supersize portions and sugary ingredients, the food industry has recently been called out for contributing to Americans' ever-expanding waistslines. But three corporations are bucking the trend by supporting eat-healthy strategies that can help you stay slim.

Try this!



\$4.99 U.S. \$5.99 Canada
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