

Fall Salad Swaps

Take advantage of the autumn harvest with these easy switches from Junelle Lupiani, R.D., a dietitian at Miraval Arizona Resort and Spa in Tucson.



SWAP MELONS FOR PEARS

Pears are at their peak now and offer the same ripe, sweet goodness (plus fiber!) as melons. **TRY:** Combine 2 chopped pears, 2 Tbsp feta cheese, the juice of ½ lime, 2 Tbsp chopped mint, and 2 Tbsp olive oil.



SWAP BROCCOLI FOR CAULIFLOWER

Cauliflower is a natural broccoli stand-in. **TRY:** Mix a chopped head of cauliflower with ½ Tbsp curry powder, 1 Tbsp canola oil, and 1 Tbsp rice vinegar. Bake at 450°F for 10 minutes.



SWAP BERRIES FOR FIGS

Figs offer the same touch of sweetness and dose of calcium and fiber as berries. **TRY:** For a quick appetizer or snack, combine 6 to 8 fresh figs with 1 Tbsp soft goat cheese. Drizzle 1 tsp honey on top.



SWAP CORN FOR APPLES

Apples balance out bitter salad greens and provide the same crunch as corn. **TRY:** Toss 1 sliced apple with the juice of ½ lemon, 2 cups torn spinach leaves, 8 to 10 walnut halves, 2 tsp olive oil, and 1 tsp wine vinegar.



Stay Slim, Hit the Books!

Tackle cold-weather weight gain before it has a chance to set in with a new fall eating plan. Before you bite, read this primer on the latest crop of diet books. Melinda Johnson, R.D., a spokesperson for the American Dietetic Association, helps us sort the good from the gimmicky.

The Cheater's Diet, by Marissa Lippert



Rather than offering a rigid set of recipes or rules, this book tackles one diet and lifestyle issue at a time—from what to order at restaurants to how to make a dietary comeback after overdoing it—over the course of eight weeks. “The whole family could do this together,” says Johnson.

The New Atkins for a New You, by Eric C. Westman, M.D., Stephen D. Phinney, M.D., and Jeff S. Volék, Ph.D.



While this version of Atkins is an improvement over the original no-bread plan—it’s more lenient about the carbs you can eat—it’s still “not an overall, healthy eating plan for the long term,” according to Johnson.

Eat Right When Time Is Tight, by Patricia Bannan, R.D.



This easy-to-follow guide outlines ten “master strategies,” such as combining protein and fiber every time you eat and snacking every three to five hours. Johnson’s take: “If you simply want to eat healthier and feel better—and perhaps lose some weight—this book is a nice choice.”

The Carb Lovers Diet, by Ellen Kunes and Frances Largeman-Roth, R.D.



“Resistant starches” in foods like beans, bananas, and oatmeal, the authors say, can burn fat and shrink fat cells in your belly. Though these claims would “make scientists cringe,” says Johnson, the delish recipes make the diet easy to swallow...and follow!