



HEALTH & FITNESS

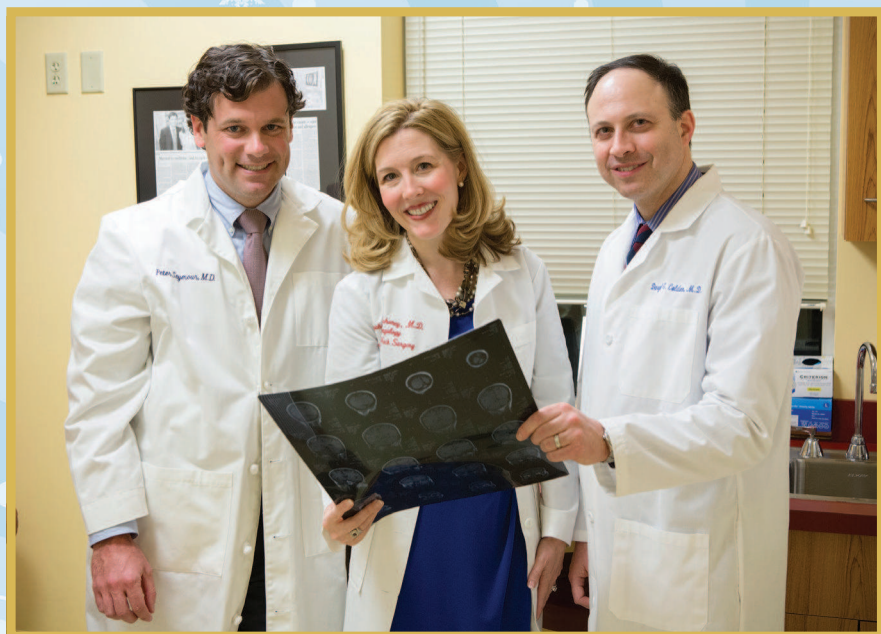
The
DAILY NEWS

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It's all good: Any exercise cuts risk of death, study finds

By MARILYNN MARCHIONE
ASSOCIATED PRESS

Weekend warriors, take a victory lap. People who pack their workouts into one or two sessions a week lower their risk of dying over roughly the next decade nearly as much as people who exercise more often, new research suggests.

Even people who get less exercise than recommended have less risk than folks who don't break a sweat at all.

"If someone is completely inactive, the best thing they can do is even getting out and taking a walk," said Hannah Arem, a health researcher at George Washington University.

For people who think they don't have enough time for small amounts of exercise to matter, the results are "encouraging or perhaps motivating," she said.

She had no role in the study but wrote a commentary published with the results in JAMA Internal Medicine.

Here are some things to know.

How much exercise do we need?

U.S. and global guidelines call for 150 minutes of moderate or 75 minutes of vigorous exercise each week, ideally spread out so you get some on most days.

That's based on many previous studies suggesting a host of benefits beyond the risk of premature death that this study measured.

How the study was done

Researchers at Loughborough University in England used surveys by trained interviewers on nearly 64,000 adults in England and Scotland from 1994 to 2008. By last year, 8,802 had died.

Participants were grouped according to how



Associated Press

A runner is silhouetted against the sunrise on his early morning workout near Arlington National Cemetery in Virginia. New research suggests that people who pack their workouts into one or two days a week lower their risk of dying as much as those who exercise more often.

much exercise they said they got the preceding month:

- Inactive (no leisure time exercise), 63 percent.

- Regular exercisers (meet the guidelines), 11 percent.

- Weekend warriors (get the recommended weekly amount but in one or two sessions), 4 percent.

- Insufficiently active (get less than the recommended weekly amount), 22 percent.

Results

The risk of dying was about 30 percent lower in weekend warriors and insufficient exercisers versus those who were inactive. Regular exercisers lowered their risk a little more, by 35 percent.

Any amount of activity helped cut the risk of dying of heart disease by about 40 percent, compared to being a couch potato.

Does this mean the guidelines are bunk?

No, independent experts say. Exercise has many other benefits such as helping prevent dementia, depression, high blood pressure, unhealthy sleep patterns and diabetes. Some of these effects are short-lived,

so exercising more often gives more of them, Arem said.

"I don't know that we're ready to say, based on this study, that people shouldn't try to exercise more than that if they can," said Dr. Daniel Rader, preventive cardiology chief at the University of Pennsylvania. "People who exercise more regularly report that they feel like they have a better quality of life," among other benefits, he said.

Still, the results are "quite fascinating and a bit surprising" on the "dose" of exercise needed for benefit, Rader said. "Even if you only have time to do something once a week, this study would suggest it's still worth doing."

Caveats to the study

More than 90 percent of the participants were white, so results may differ in other racial or ethnic groups. Exercise was only assessed at the start of the study and could have changed over time.

The biggest limitation is that observational studies like this can only suggest exercise and health risks may be related; they cannot prove the point.

How sick is too sick to go to work?

By CHRISTINE CLARRIDGE
TRIBUNE NEWS SERVICE

Got a slightly scratchy throat and a little congestion?

Sounds like a common cold. That means you can probably get away with going to work or school and not infecting your colleagues if you're diligent and conscientious about covering your mouth and nose when you cough or sneeze and washing your hands.

But if you have even the slightest chill, fever or the beginning of body aches, you really need to stay home, according to physicians and public health experts.

"If you have a fever that's over 100.5 or you're aching all over, that is a good sign it's time to stay home," said Peter McGough, medical director for the University of Washington health clinics.

"Those are the early, acute symptoms of the flu, and you should definitely stay home because it is highly contagious in those first days," McGough said. "All those people who are hacking and coughing all around the office are probably in day seven to 10. If they cover their mouth and wash their hands, it may be OK."

McGough acknowledged that it can be tough to stay home when people have limited — or unpaid — sick days, but he said that it's still the right thing to do.

"The other thing people do is go in when they know they are sick with the misguided feeling that they don't want to let people down," he said. "What they are doing, though, is putting their co-workers at risk, and if they work in any kind of service industry, they are exposing the people they

are supposed to taking care of."

"Basically, if you feel sick, you need to stay home," McGough said.

Right now, it's an especially critical moment to observe considerate health practices, as there is a "ton" of flu and respiratory viruses going around, he said.

"We are seeing both influenza and respiratory syncytial virus, which is very tough on children, older people and vulnerable people, taking off like a jet."

Jeff Duchin, a municipal health officer, also urged people with the classic flu symptoms of headaches, body aches, fatigue and chills to stay home for their own good and the good of others. He cautioned people to practice good hygiene by washing hands and covering coughs upon their return to work.

In addition, Duchin urged people to get the flu vaccine.



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Keeping seniors company can keep them healthy

By ANNA GORMAN
KAISER HEALTH NEWS

Emil Girardi moved to San Francisco on New Year's Eve in 1960. He loved everything about the city: the energy, the people, the hills. And, of course, the bars, where he mixed drinks for most of his adult life.

About 10 years ago, the 83-year-old New York native had a stroke and collapsed on the sidewalk near his Nob Hill home. Everything changed.

"I didn't want to go out of the house," Girardi said, adding that he only felt comfortable "going from the bedroom to the dining room."

He started to fear the city's streets — and growing older.

An out-of-state friend worried about his isolation and called a San Francisco-based nonprofit called Little Brothers — Friends of the Elderly. The organization

works to relieve isolation and loneliness among the city's seniors by pairing them with volunteers.

Little Brothers matched him with Shipra Narruhn, a computer software trainer who became involved with Little Brothers after her mother's death. The organization started in France after World War II and now operates in several U.S. cities, including Boston, Chicago and Philadelphia.

Cathy Michalec, the executive director of the San Francisco chapter, said that older adults often become less mobile as they age. Cities with hills, crowded streets and old housing stock are difficult for many seniors. That can lead to isolation and loneliness, she said.

"Those 50 stairs you used to be able to go up and down all the time, you can't go up and down all the time," Michalec said. "The streets



ANNA GORMAN/Kaiser Health News

Emil Girardi, 83, and Shipra Narruhn, 67, chat in Girardi's San Francisco apartment. They were paired through a nonprofit called Little Brothers — Friends of the Elderly, which aims to relieve isolation and loneliness in seniors.

are crowded and sometimes unsafe. ... Sometimes, our elders say, it's easier to stay in the house."

Across the nation, geriatricians and other health and social service providers are growing increasingly

worried about loneliness among seniors like Girardi. Their concerns are fueled by studies showing it is linked

to serious health problems.

Research shows older adults who feel lonely are at greater risk of memory loss, strokes, heart disease and high blood pressure. The health threat is similar to that of smoking 15 cigarettes a day, according to AARP. Researchers say that loneliness and isolation are linked to physical inactivity and poor sleep, as well as high blood pressure and poor immune functioning.

A 2012 study showed that people who felt lonely — whether or not they lived with others or suffered from depression — were at heightened risk of death. It also showed that 43 percent of people over 60 felt lonely.

"If someone reports feeling lonely, they are more likely to lose their independence, and they are at greater risk of dying solely from being lonely," said Carla Perissinotto, a



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geriatrician and researcher at the University of California, San Francisco, who did the study.

Perissinotto said that there are many causes of loneliness, including illness, hearing loss or life changes such as retirement or the loss of a spouse.

“The usual social connections we have in younger life end up changing as we get older,” she said.

At first, Narruhn, 67, said that she and Girardi would just visit at his apartment. She’d tell him about her travels and her adult daughter. He’d tell her about his adventures in San Francisco. He described what the city was like for a young gay man and told her about the friends he had lost to AIDS. They talked about music, books and cooking.

“I could tell from talking to him that he had a lot of interests,” she said. “At one time, he was very sociable.”

Narruhn started bringing him music from Italy, India and Mexico. Girardi liked the ones he could snap his

fingers to. Finally, Narruhn persuaded him to go out to lunch and to visit a hidden, tile-covered staircase in San Francisco with her.

“Shipra came to see me and came to see me and came to see me,” he said. “Finally, she said, ‘You have to get out of the house.’”

Soon, they were going to jazz shows, on walks and to the park. Narruhn said she invited him to do eclectic things with her — chakra cleansings, Reiki healing sessions — and he was always game. Over time, his fear subsided. So did his loneliness.

“After she took me out of the house, then I didn’t want to stop,” Girardi said.

There isn’t much research on programs like Little Brothers. But Perissinotto said they can help seniors build new social connections. Other efforts to address loneliness include roommate-matching services in various states and, in the United Kingdom, a hotline.

“Maintaining connections,

that touchy-feely thing, is actually really important,” Perissinotto said. “It’s hard to measure, it’s hard to quantify, but there is something real. Even though we don’t have the exact research, we have tons of stories where we know it’s (had) an effect in people’s lives.”

AARP Foundation also recently launched a nationwide online network to raise awareness about social isolation and loneliness among older adults. The network, Connect2Affect, allows people to do a self-assessment test and reach out to others feeling disconnected.

AARP, the Gerontological Society of America and other organizations are hoping to help create more understanding of isolation and loneliness and to help lonely seniors build more social connections.

“Loneliness is a huge issue we don’t talk enough about,” said Charlotte Yeh, chief medical officer of AARP. “There is a huge stigma.”

Control your environment to help you eat better

Hannah Stellmach



Some of us may cope with stressful situations by eating more, without even

realizing it.

Here are some strategies on how to be more mindful of your consumption habits relating to your environment. Small changes can make a huge difference!

■ Eat with a small group when you can. One study found that dining with six or more people could cause you to eat 76 percent more, most likely because the meal can last

so long. After an hour of staring at the stuffing, you’re more likely to have seconds.

■ At a big sit-down supper, be the last one to start eating and the second one to stop.

■ Sit next to a fellow healthy eater. There’s strength in numbers. Or sidle up to that uncle who eats slowly, so his pace can slow yours.

■ Wait for all the food to be on the table before making your selections.

■ People who make their choices all at once eat about 14 percent less than do those who keep refilling when each plate is passed.

■ Keep visual evidence around of what you’ve consumed so you don’t

forget.

■ Leave an empty bottle of wine or beer in view, and you’ll be less tempted to drink more.

■ Wait awhile before having dessert.

■ Get up from the table and help clean up while your stomach digests your main meal. The plan is to allow your stomach to signal your brain that you’re full — this takes about 20 minutes — before you decide on dessert. Maybe you’ll pass on it all together or choose one small bite to satisfy the end-of-meal sweet finish.

■ ■ ■

Hannah Stellmach is a manager and fitness coach at Fitness Together in Newburyport.

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Vietnam inspires a healthy chicken salad

BY THE CULINARY INSTITUTE OF AMERICA

Call it a resolution or just a last-minute attempt to button your pants, but come January, many of us strive to put the cookies behind us and make thoughtful food choices. But one surefire way to find yourself off track on a healthier eating plan is to fill your refrigerator with bland and boring foods after a month of decadent party snacks.

Fresh fruits and vegetables and lean meats and proteins are important foundations for a well-balanced diet, but, on their own, they're not always a thrilling culinary experience.

If you need some inspiration to take your healthy dinners from fine to fabulous, look no further than our neighbors on the other side of the globe.

Vietnamese cuisine is regarded as one of the healthiest in the world, for its lean meats and proteins, fresh vegetables, and limited use of dairy. Vinegars, spicy chilies, and fragrant and flavorful herbs are characteristic of familiar Vietnamese dishes, like the banh mi sandwich and cold rice noodle bowls. Layered together, they elevate minimal ingredients like boiled chicken and raw carrots to create exciting recipes that can help you out of that boring salad slump.

This recipe for Hue

chicken salad is the perfect dish to ease you into your meal-plan reboot. Though it starts with a base of plain boiled or steamed chicken (don't stop reading), it's packed with bright and fresh flavors, and every bite is a new experience.

There may be some ingredients in this recipe you haven't used before, so take this opportunity to get to know them. Or, you can always replace them with more familiar ingredients. Rau ram is a Vietnamese herb that can easily be substituted with cilantro, and sambal is a spicy chili sauce that can be replaced by Sriracha or omitted entirely if spicy isn't your thing (in that case, don't add those Thai bird chilies either).

If you aren't familiar with fish sauce, allow us to make this exciting introduction. Fish sauce is a very common ingredient in southeast Asian cuisines made by extracting the liquid from salted fermented fish. Despite its strong aroma, the flavor of fish sauce almost disappears in a dish, becoming more of a seasoning than a distinct flavor. Culinary Institute of America chef Michael Pardus calls it "the duct tape of the kitchen" for its ability to repair any bland recipe.

This recipe recommends serving the chicken salad with rice for dinner, but it's also great used as a topper for salad greens, served with



Associated Press

This Hue chicken salad with crispy shallots is inspired by Vietnamese cuisine, considered among the healthiest in the world.

riced cauliflower or scooped over toasted whole-grain bread. It is also the perfect make-ahead recipe, since its flavors will deepen in the refrigerator, and leftovers will make for a lunch you can really look forward to. Just be prepared for the longing looks from your co-workers with their boring salads.

HUE CHICKEN SALAD
Start to finish: 20 minutes

SERVINGS: 4

You can use either poached or roasted chicken to make this salad. If you can't find rau ram,

substitute an equal quantity of additional cilantro and mint. Vietnamese sambal is a fiery hot chili paste. You can substitute a good hot sauce if it cannot be found.

1/2 medium onion, sliced thin
1 1/2 pounds shredded cooked chicken meat

1/4 cup rau ram leaves, torn
1/4 cup mint leaves, torn
1/4 cup minced cilantro leaves and stems

1 Thai bird chili, thinly sliced
2 tablespoons lime juice
1 tablespoon peanut oil
1 tablespoon fish sauce
1 tablespoon Vietnamese sambal
2 teaspoons sugar, or as needed

Salt, as needed
Freshly ground black pepper, as needed
4 Boston lettuce leaves
2 cups steamed jasmine rice
1 red Fresno chili, sliced paper-thin
1/2 cup crispy shallots (optional), recipe follows

Combine the onion slices with enough cold water to cover, and refrigerate for at least 30 minutes and up to 2 hours.

Combine the chicken, rau ram, mint, cilantro and Thai bird chili slices in a large bowl. Drain the onion slices, and add them to the

chicken. Add the lime juice, peanut oil, fish sauce and sambal to the salad, and toss gently until combined. Season to taste with sugar, salt and pepper.

Arrange the Boston lettuce on chilled plates. Top with the salad, and serve with the steamed rice and Fresno chili. Garnish with crispy shallots if desired.

CRISPY SHALLOTS

Select a large, firm shallot with smooth skin. Use a sharp paring knife to trim away the ends and pull off the skin. Cut the shallot into thin slices, and separate them into rings. Plan on about 1/2 cup of sliced shallots to make enough garnish for 4 servings. That works out to about 1 large shallot.

Pour an inch of oil (canola, peanut or olive oils are all suitable) into a small, heavy-gauge saucepan. When it reaches 350 degrees, add the shallots and fry, stirring them occasionally, until they have a rich, sweet aroma and a good brown color, usually about 5 minutes. Use a slotted spoon to lift the fried shallots from the oil.

Transfer them to a plate or bowl lined with paper towels. You can hold them at room temperature for up to 1 hour.

Nutrition information per serving: 321 calories; 52 calories from fat; 6 g fat (1 g saturated, 0 g trans fats); 55 mg cholesterol; 528 mg sodium; 41 g carbohydrate; 1 g fiber; 4 g sugar; 24 g protein.



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Use your treadmill for more than a boring walk

By KELLI KENNEDY
ASSOCIATED PRESS

Just because it's too cold for your normal 3-mile outdoor run doesn't mean the treadmill has to be a monotonous exercise in staring at a blank wall.

Los Angeles-based trainers Jeanette Jenkins and Massy Arias offer the following tips for getting out of the treadmill rut: Vary the speed and incline, add arm weights, and use the treadmill when it's not running for circuit training moves.

Arias has more than 2 million Instagram followers, offering up various moves and inspirational messages on how working out has helped heal her depression. And even though she's eight months pregnant, she's still doing some seriously hard-core workouts.

"Treadmills don't have to be boring and don't need

to keep you stagnant," she said. "If you are creative, you can turn your steady cardio run into effective workouts that can push even the most advanced athletes."

Speed training

Sprinting can be one of the best exercises for building muscle and decreasing body fat. Try sprinting for one-minute intervals at a speed between 10 and 12 mph. Use a two-minute jog at 4 mph to recover. Repeat eight times.

Circuit train

Grab a mat and some moderate- to high-resistance dumbbells. Pair two strength exercises with sprint intervals or a simple fast run. Here are two options:

- Perform 12 to 15 repetitions of dumbbell squats followed by 12-15 reps on each



Jeanette Jenkins strides up a set of stairs during a workout. But if you can't get outside to exercise, the trainer has a plan to liven up your treadmill session.



Associated Press photos

Massy Arias is a trainer with a huge following on Instagram, where she posts workouts and inspirational messages.

leg of one-legged lunges with your back foot resting on the treadmill. Follow it with a 30-second run at 10

mph. Repeat three times.
■ Perform eight to 10 wide pushups with feet on the back of the treadmill

followed by planks or tricep dips using the treadmill handle bars or modify it using the back of the

treadmill. Follow it with a one-minute run at 6 mph with a 2.0 incline. Repeat three times.



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KEEPING IT FRESH

Founder of The Hollywood Trainer Club with clients like Pink and Alicia Keys, Jeanette Jenkins loves to mix up her treadmill routines with various speeds, inclines and weights. She has more than a dozen workout DVDs, including "Sexy Abs" with singer Kelly Rowland.

"Changing up your pace, speed, incline and exercises every two to five minutes keeps the workout interesting so the time flies, and before you know it, you will have completed a total-body, kick-butt workout," Jenkins said.

She suggests the following 45- to 60-minute workout:

- 1. Jog at a speed between 6 and 8 mph or at a

comfortable warm-up pace for 1 mile.

- 2. Walk uphill at a 10.0 incline for two minutes, then add dumbbell exercises using 3- to 5-pound weights. As you walk, do 25 repetitions of each: shoulder presses, tricep kickbacks and upright rows.

- 3. Pause treadmill, step off and do 25 pushups.

- 4. Get back on the treadmill and sprint for 30-45 seconds at a speed of 10 to 12 mph or your best pace. Recover for 30-60 seconds. Repeat five times.

- 5. Pause the treadmill, step off and do 25 regular squats or 25 jump squats using only your body weight. Stand on the side rails or step off the treadmill for more intensity.

- 6. Get back on the treadmill and walk uphill at an incline of 10.0 for two minutes, then grab a pair of weights. While walking, do 25 reps of shoulder presses followed by 25 reps of tricep kickbacks, and finish off with 25 reps of upright rows.

- 7. Sprint 30 to 45 seconds at a speed of 10 to 12 mph or your best pace. Recover for 30-60 seconds. Repeat five times.

- 8. Pause treadmill, step off and do 25 pushups.

- 9. Walk at an incline of 10.0 for two minutes, then grab a set of weights. Do 10 to 16 reps each of rotating overhead presses. Set your weights down, and do 50 to 100 boxing jabs, alternating with each arm. Finish off with 10 to 16 reps of tricep

extensions.

- 10. Pause the treadmill, step off and do 25 jump squats or regular squats using only your body weight.

- 11. Sprint 30 to 45 seconds at a speed of 10 to 12 mph or your best pace. Recover for 30 to 60 seconds. Repeat five times.

- 12. 25 pushups.

- 13. 25 jump squats or regular squats.

- 14. Finish strong with a 1-mile jog between 6 and 8 mph or your best pace. For the last half-mile, increase your speed by 0.5 every 30 seconds, going to 6.5, 7, 7.5, etc. Listen to your body, and only increase the speed to a pace you can maintain with good form.

- 15. Finish with abs by doing 100 bicycle crunches.

Fitness apps can help get you moving

By DEBBIE CARLSON
TRIBUNE NEWS SERVICE

Did you resolve to get in shape in 2017, but find yourself abhorring the gym? Fitness apps may be the solution.

Technology has advanced greatly, and current fitness apps provide people with much better access to information, said Jeana Anderson Cohen, a certified personal trainer and group fitness instructor who founded and operates the fitness website www.asweatlife.com.

"These apps and programs, videos and tools allow them to be efficient with their time and their bodies," she said.

And a gym membership isn't needed, either.

"If you have a body, you have a gym," Cohen said.

Here, fitness trainers

share their favorite new and established apps to help anyone with a smartphone get exercising.

■ **Cody.** This new subscription-based app has videos of certified trainers leading classes. Many of the classes focus on flexibility and strengthening exercises like yoga and Pilates, but it also has weightlifting and nutrition classes, with single classes and series available. Cohen is especially pleased that the videos show trainers with varied body types, and the videos are accessible to people of all fitness levels.

"They also have body-weight workouts that are accessible to anyone no matter where they are," she said.

■ **StepBet.** One of the easiest ways to start a new fitness regime is to simply walk more. California

chiropractor Dr. Bridget Scott recommends a new walking game app from the founders of DietBet called StepBet. Users bet against themselves on personalized targets, and they can win money when they reach their goals. The competition angle can be a catalyst to get sedentary people moving, she said.

"When there's money and competition involved, there's motivation. And you can't cheat because the Fitbit tracks your progress," Scott said.

■ **SworKit.** Cohen and Scott said SworKit's videos are good for beginners, although they're accessible to anyone with fitness goals. Scott said it's her favorite recent app.

"It's free, simple and can be customized to your body type and specific needs," she said. "I love the variety

of strength, stretching, cardio, Pilates and yoga options, all with no gym or necessary equipment. It also syncs with MyFitnessPal and Google Fit, among others."

Free and subscription versions are available.

■ **Spotify Running.** The music app Spotify has been around for a while, but recently, it added a section devoted to runners. It uses an algorithm to create special playlists based on the user's movement. Tracy Chudnow, chief sweat officer at an Illinois fitness studio, swears by it.

"This app measures your running pace and then finds songs with a beats-per-minute to match it," she said. "For me, it's all about being on the beat and losing myself in the music. This app helps with that."

Free or subscription

versions are available.

■ **Zombies Run!** Need some distraction while exercising? Christian Koshaba, owner of an Illinois gym, said that this interactive game app is fun and offers a high-intensity workout. Users listen to a story and pick from 200 "missions" or create their own interval training.

■ "(Users) gather supplies, plot rescues and survive in the end times while getting in a great workout," he said.

■ **Daily Workouts Free.** For beginners who don't know where to start and aren't ready to commit funds, Lisa Payne, a Chicago personal trainer who works with private and corporate clients, likes Daily Workouts Free, a no-frills app.

"It's just 10 workouts and covers the basics," she said. "It's very short. It's great for

people who want to get up early in the morning and get something in."

■ **Fitness Buddy.** For people who want to know the "why" behind their exercise, Payne recommends subscription-based app Fitness Buddy. Not only does it have a multitude of exercises, it shows users the muscle groups being worked and other exercises to complement the moves, making it very educational. Plus, there's a community where users can discuss what they've been doing.

"They may tell you how to do a squat, but also the biomechanics behind it and what I need to improve on, and it gives proper form," Payne said. "Form is really huge, so people don't get injured. It's like having a personal trainer in your house without having to hire one."

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DIET RES-ILLUSIONS: Pro tips on weight loss

By MARILYNN MARCHIONE
ASSOCIATED PRESS

We make 'em, we break 'em. New Year's diet resolutions fall like needles on Christmas trees as January goes on. Genes can work against us. Metabolism, too. But a food behavior researcher has tested a bunch of little ways to tip the scale toward success.

His advice: Put it on autopilot. Make small changes in the kitchen, at the grocery store and in restaurants to help you make good choices without thinking.

"As much as we all want to believe that we're master and commander of all our food decisions, that's just not true for most of us," said the researcher, Brian Wansink.

"We're influenced by the things around us — the size of the plate, the things people are doing ... the lighting." He heads the Cornell



Associated Press photos

Food behavior scientist Brian Wansink suggests making over your refrigerator by moving fruits and vegetables out of crisper drawers and putting them at eye level, keeping good foods in clear bags or containers, and storing less healthy things like leftover pizza in aluminum foil.

University Food and Brand Lab, has written books on

taking control of food choices, and has had government and industry funding. Some tips are gimmicks,

and some may not work as well for you as they did in tests. But they "make a lot of sense," and many are backed by other studies, said one independent expert, Dr. William Yancy, a weight specialist at Duke University's diet and fitness center.

To start: Make goals that are SMART — specific, measurable, attainable, relevant and time-bound, Yancy said. Instead of resolving to eat better, plan how to do it, such as having chips once or twice a week instead of every day. Rather than vague vows to get in shape, resolve to walk half an hour every day after dinner.

Other tips from Wansink and research to support them:

In the kitchen

■ **Redo the pantry to put healthy stuff in front.** You're three times more likely to eat the first food you see than the fifth one.

■ **Tidy your kitchen before eating.** Women asked to wait in a messy kitchen ate twice as many cookies as women in the same kitchen did when it was organized and quiet.

■ **Redo the fridge.** Even though it shortens shelf life, move fruits and vegetables out of crisper drawers and put them at eye level. Keep good foods in clear bags or containers and less healthy things like leftover pizza in aluminum foil. In one study, people who put fruits and vegetables on the top shelf ate nearly three times more of them than they did the week before.

■ **Keep no food out except a fruit bowl.** Researchers photographed 210 kitchens to see whether countertop food reflects the weight of women in each home. Those who left breakfast cereal out weighed 20 pounds more than neighbors who didn't; those with soft drinks out weighed 24

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to 26 pounds more. Those with a fruit bowl weighed 13 pounds less.

At the table

■ **Beware the glassware.** Use narrower glasses, pour wine when the glass is on the table rather than in your hand, and use a glass that doesn't match the color of the wine. A study found that people poured 12 percent more wine when using a wide glass, 12 percent more when holding the glass, and 9 percent more when pouring white wine into a clear glass versus a colored or opaque one. Pour any glass only half-full — this cuts the average pour by 18 percent.

■ **Use smaller plates and pay attention to color.** Big plates make portions look small. In one study, people given larger bowls took 16 percent more cereal than those given smaller bowls, yet thought they ate less. People also take more food if it matches the color of their plate. But they eat less when the tablecloth or place mat matches the plate; it makes



A study found that people poured 12 percent more wine when using a wide glass, 12 percent more when holding the glass, and 9 percent more when pouring white wine into a clear glass versus a colored or opaque one.

the food stand out more.

■ **Keep the TV off and eat at a table.** A study of dinner habits of 190 parents and 148 children found that the higher the parents' body mass index (a ratio of height and weight), the more likely they were to eat with the

TV on. Eating at a table was linked to lower BMI.

■ **Try small portions of "bad" foods.** Eat a bite or two, then distract yourself for 15 minutes to see if you feel satisfied. A study gave people different portions of chocolate, apple pie and potato chips and had

them rate hunger and craving before and 15 minutes after eating. Bigger-portion folks ate 103 calories more but didn't feel more satisfied than those given less.

At the grocery store

■ **Divide your shopping cart in**

half. Use a partition, purse or coat for a visual cue to fill at least half of your cart with fruits, vegetables and other healthy foods. In two studies, half of shoppers were given divided carts and told to put healthier items in front. They spent more on produce than those given regular shopping carts.

■ **Be careful when buying in bulk.** A study found that people who bought big containers of chips, juice boxes, cookies, crackers and granola bars ate half of it within the first week — twice as fast as they normally would. Tip: Repackage into single-serve bags or containers, or store it out of reach, such as the basement.

■ **Eat an apple first.** People given a sample of an apple at the store increased spending on fruits and vegetables versus those given no sample or a cookie. A healthy snack may prime people to buy better foods, not the fast, processed foods they gravitate to when shopping hungry.

■ **Circle every island in the**

produce section. In a study of 1,200 shoppers, every minute spent in the produce section meant \$1.80 more in fruit and vegetable sales.

At a restaurant

■ **Let the light shine.** Researchers checked sales receipts of patrons at four casual chain restaurants. Those in brighter rooms were more likely to order healthier fish, vegetables or white meat rather than fried food or dessert. Diners in dim rooms ordered 39 percent more calories.

■ **Sit near a window.** Researchers analyzed 330 diners' receipts after they left. The closer they were to a window, the fewer foods and alcoholic drinks they ordered.

■ **Ask for a to-go box in advance.** Half of diners in a study were told before they ordered that the portions were big and that they could have a doggie bag. Those told in advance wound up taking more food home. To-go boxes encourage people to eat about a third less.

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