

YOUR FOOD UPGRADE

Go from good to great with 10 food switches that will get you extra fat-burning power.

Bonus: Four mouth-watering, slimming recipes.

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Tired of the same old diet routine?

Looking for new choices that will both rev up your metabolism and spice up your meal plan? Then you've flipped to the right page: These 10 food upgrades represent small but significant changes that can help you get lean and healthy at the same time. While none of the foods here are poor choices, consider the upgrades as a sort of fine-tuning to keep your body's engine running on all cylinders.



Like almonds? Try walnuts – you'll stay full longer.

FOOD STYLIST TERRY SCHACHT | PROP STYLIST MADELEINE JOHARI

1.
INSTEAD OF: ALMONDS
TRY: Walnuts
Almonds may be the darling of the nut family when it comes to clean eating, but only walnuts contain omega-3 fatty acids. **Made up of EPA and DHA, these much-buzzed-about anti-inflammatory fats improve brain health, immune function and fat metabolism.** That's important because systemic inflammation is strongly associated with obesity, so having more of these fats in your diet can up your chances of staying slim. On top of that, a Harvard study found that a serving of walnuts per day naturally suppresses the appetite, making them a great snack that will keep you from overdoing it at your next meal.

2.
INSTEAD OF: BLACK BEANS
TRY: Soybeans
Soybeans are richer in protein (offering up about twice the protein of black beans), and **several studies have shown that people who regularly consume soy protein tend to weigh less and have less abdominal fat than those who don't.** The key compounds are the soy isoflavones: These estrogen-like substances not only fight belly fat, but they also protect against the development of breast cancer.

3.
INSTEAD OF: BROWN RICE
TRY: Quinoa
Brown rice is better than white, but quinoa is better than both of them. **Not many grains can boast a big dose of complete protein (eight grams per cup cooked) along with low-glycemic carbs that will fuel your workouts.** Quinoa also serves up 30 percent of your daily magnesium, a mineral that strengthens bones and relaxes hard-working muscles.

Tip: Soak mussels for 20 minutes then scrub with a small, firm brush to remove ocean debris. To remove the byssal threads (a.k.a. "the beard") yank them out toward the hinge end using a dry towel. Discard.

4.
INSTEAD OF: WHITE POTATOES
TRY: Sweet potatoes
Compared with white potatoes, sweet potatoes have less impact on blood sugar, resulting in reduced insulin production after eating. Translation: **You'll store fewer carbs as body fat when you switch to sweet potatoes, but you'll still get the energy you need for your workouts.** As a bonus, a medium sweet potato provides more potassium than a medium banana. Potassium is an important nutrient for blood pressure control and the prevention of muscle cramps. The Center for Science in the Public Interest (CSPI) ranked the baked sweet potato as the most nutrient-dense of all vegetables with a score of 184 – that's 100 points higher than a baked white potato.

5.
INSTEAD OF: SHRIMP
TRY: Mussels
While both are good sources of lean protein (note that the cholesterol in shrimp doesn't actually raise cholesterol in most people), mussels offer some advantages for active women – **they contain more iron and far more vitamin B-12 than shrimp, two key nutrients for healthy red blood cell formation and oxygen transport that are necessary to keep active women on the move.**



Turn the page for recipes.



Tons of great, easy solutions to help you make cleaner food choices are available in our new book, *Pick It Kick It*, on sale now – on newsstands or at pickitkickit.com

TURN FOR MORE. >>>



Steamed Mussels with Kefir Dipping Sauce

Ready in 20 minutes • Makes 4 servings

- $\frac{3}{4}$ cup kefir
- 1 tbsp capers, roughly chopped
- 1 tbsp chopped chives
- 1 tsp lemon zest
- 1 tsp honey
- $\frac{1}{4}$ cup water
- 1 cup stock or de-alcoholized white wine
- 1 tbsp white wine vinegar
- 1 small lemon, sliced
- 2 tbsp chopped parsley
- 2 garlic cloves, chopped
- $\frac{1}{4}$ cup chopped red onions
- 4 lb live mussels in shell, scrubbed and debearded

1. To make dipping sauce, mix first 5 ingredients together in a bowl. Refrigerate.
2. In a large saucepan or soup pot, combine water, stock, vinegar, lemon, parsley, garlic and onions. Bring to a rapid boil.
3. Add mussels and cover. Steam for 5 minutes or until shells are open. Discard any unopened mussels. Serve immediately with dipping sauce.

PARSNIP/HOOK ISTOCKPHOTO

Nutrients per serving:
 Calories: 220, Total Fats: 6 g,
 Saturated Fat: 1 g, Trans Fat: 0 g,
 Cholesterol: 55 mg, Sodium: 490 mg,
 Total Carbohydrates: 15 g, Dietary Fiber: 1 g,
 Sugars: 5 g, Protein: 25 g, Iron: 7 mg

Power Pair!
 Kefir and mussels deliver zip and health.

Mussels are loaded with energy-boosting iron and vitamin B-12.



Nutrients per serving:
 Calories: 490, Total Fats: 27 g, Saturated Fat: 5 g, Trans Fat: 0 g, Cholesterol: 75 mg, Sodium: 70 mg, Total Carbohydrates: 25 g, Dietary Fiber: 6 g, Sugars: 6 g, Protein: 36 g, Iron: 3 mg



Clean Combo!
 Trout, soy and quinoa help you lean out.

Baked Rainbow Trout with Black Soybean and Quinoa Salad

Ready in 30 minutes • Makes 4 servings

- $\frac{1}{2}$ cup dried quinoa
- 1 cup unsalted black soybeans (canned), rinsed
- $\frac{1}{4}$ cup sliced green onions
- $\frac{1}{4}$ cup diced red peppers
- 3 tbsp lemon juice
- 3 tbsp olive oil
- 1 tbsp honey
- $\frac{1}{4}$ cup chopped cilantro
- Sea salt and ground pepper, to taste
- 4 4-oz rainbow trout fillets
- 1 tbsp ground cumin
- 1 tbsp olive oil

1. Cook quinoa in a pot with a cup of boiling water for 12 to 15 minutes, until liquid is absorbed. Spread out on a baking sheet to cool.
2. Combine quinoa and next 7 ingredients in a large bowl. Mix well, add salt and pepper to taste and refrigerate until needed.
3. Preheat oven to 350°F. Sprinkle fillets with cumin, salt and pepper and rub with olive oil. In a glass casserole dish, bake for 15 minutes until cooked through. Serve with quinoa salad and garnish with a lemon wedge.

TURN FOR MORE.

6.

INSTEAD OF: COD

TRY: *Trout*

A fan of whitefish? While popular, the reality is that whitefish, like cod and tuna, contain only about one-fifth the omega-3 fatty acids of oily fish like trout and salmon. And since omega-3 fats can give your metabolism a boost, it makes sense to choose fish that will help you burn a few extra calories after eating. Need extra incentive? Omega-3 fats are also naturally anti-inflammatory, so they can help keep your hardworking joints healthier over time.

7.

INSTEAD OF: CARROTS

TRY: *Parsnips*

Parsnips may not have the same vitamin A content as carrots, but they are higher in fiber (a large parsnip serves up a full six grams of roughage versus about 2 grams for a similar-sized carrot), which research shows can help with appetite control. Parsnips are also higher in folate than carrots, making them a great choice for women who are or could become pregnant. (Folate is important for the prevention of neural tube defects in the developing fetus.)

Tip: Grate, slice and toss into salads or stir-fries.



8.

INSTEAD OF: YOGURT

TRY: *Kefir*

Think of kefir as yogurt with an attitude. Higher in protein and lower in calories than yogurt (a one-cup serving of plain low-fat kefir provides 120 calories and 14 grams of protein), kefir is also typically richer in good bacteria that can support digestive health. While it can normally be used interchangeably with yogurt, kefir's drinkable quality makes it an ideal recovery choice after your workout.

Slim Slurp!
Swiss chard and parsnips make this soup nutrient-packed.



Tip: Swiss chard will taste sweeter and less bitter when you "quick boil" it.

9.
INSTEAD OF: MIXED GREENS

TRY: Swiss Chard
Any green vegetable is better than none, but Swiss chard is one of the best. After all, its nutritional value is so high that it's almost difficult to comprehend: In addition to providing more than a day's worth of vitamin A, **a cup of cooked Swiss chard will also provide more than 700 percent of your vitamin K needs, a vitamin important for bone health.** When it comes to weight control, Swiss chard is also among the best: At just 35 calories per cup cooked, it's virtually impossible to overeat.

Nutrients per serving:
Calories: 200, Total Fats: 6 g,
Saturated Fat: 1 g, Trans Fat: 0 g,
Cholesterol: 0 mg, Sodium: 170 mg,
Total Carbohydrates: 32 g,
Dietary Fiber: 8 g, Sugars: 10 g,
Protein: 8 g, Iron: 2 mg

Swiss Chard and Parsnip Soup

Ready in 40 minutes • Makes 4 servings

- 1 tbsp olive oil
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 3 medium parsnips, peeled and thinly sliced
- 4 cups vegetable or chicken stock
- 1 bunch Swiss chard, rinsed, stems trimmed and chopped
- 3 tbsp balsamic vinegar
- 1/4 cup low-fat milk
- Sea salt and ground pepper, to taste

1. In a large saucepan or soup pot, heat olive oil over medium heat.
2. Sauté onions for 5 minutes. Add garlic and sauté for 2 more minutes.
3. Add parsnips and sauté for 5 minutes until slightly browned. Add stock, bring to a boil, reduce heat and simmer for 25 minutes until parsnips are soft.
4. Add Swiss chard and let wilt, about 2 minutes. Add vinegar, milk, salt and pepper.
5. Using an immersion blender, purée until smooth, adjusting consistency with stock or milk as desired. Serve.



Recipes that use out-of-the-ordinary foods can give you extra fat-blasting nutrients.

TRAINING PHOTO PAUL BUCETA • MODEL LEIGH HICKOM/BOTTOM SWISS CHARD ISTOCKPHOTO

Grilled Teriyaki Bison Sirloin with Roasted Sweet Potatoes & Walnuts

Ready in 40 minutes (plus marinating) • Makes 4 servings

- 1 lb bison sirloin (1" thick)
- 1/4 cup low-sodium soy sauce
- 1 garlic clove, minced
- 1 tsp minced fresh ginger
- 2 tbsp honey
- 2 tbsp sunflower oil
- 1/2 tsp ground black pepper
- 2 large sweet potatoes (1 1/2 lb), scrubbed and cut into wedges
- 1 tbsp olive oil
- Sea salt and ground pepper, to taste
- 4 oz roasted walnuts, roughly chopped
- 2 tbsp parsley, chopped

1. In a large freezer bag, place bison and next 6 ingredients. Let marinate overnight in fridge.
2. Preheat oven to 400°F. In a large bowl, toss together sweet potatoes, oil, salt and pepper. Roast on baking sheet for 30 minutes, turning once, until tender. Remove from oven and toss with walnuts and parsley.
3. Grill bison over high heat for 3 to 4 minutes per side. Let rest under foil for 5 minutes. Thinly slice against the grain.
4. Serve with walnut-sweet-potato mixture and your favorite green vegetable.

Nutrients per serving:
Calories: 660, Total Fats: 36 g,
Saturated Fat: 6 g, Trans Fat: 0 g,
Cholesterol: 100 mg, Sodium: 500 mg,
Total Carbohydrates: 45 g,
Dietary Fiber: 6 g, Sugars: 19 g,
Protein: 40 g, Iron: 6 mg



Dine Fine!
Bison, sweet potatoes and walnuts boast mega benefits.

10.
INSTEAD OF: BEEF

TRY: Bison
Grass-fed bison is lower in heart-clogging saturated fats and higher in those heart-healthy omega-3 fatty acids – an essential type of fat that can slightly raise your metabolism – than beef raised on corn. On top of that, **a 3.5 ounce (100 gram) serving of bison provides 15 percent of your daily recommended intake of iron, a mineral critical for oxygen transport to your muscles,** allowing you to work out at the highest intensity – without hitting the wall. ☺