



Bonus! Organic milk has higher amounts of protein and antioxidants.

Got (Healthier) Milk?

Another reason to spend a few more bucks on organic: Researchers from Washington State University found that while both organic and conventional whole milk have the same amount of fat, organic has a better balance of essential fatty acids, including 62% more omega-3s and 25% fewer omega-6s. Limiting intake of the latter can help reduce the risk of a variety of chronic conditions like cancer, cardiovascular disease, and autoimmune disorders. “By switching current dairy consumption from conventional to organic, a fit woman will significantly improve the ratio of omega-3 to omega-6,” says Charles Benbrook, Ph.D., lead author of the study. —Amy Schlinger

Taking Measure

Do your food scale one better with the new Orange Chef Prep Pad (\$150, theorangechef.com). This high-tech device not only measures the amount of food you're preparing, it also calculates its precise nutritional breakdown. Start by downloading the free companion app, Countertop, from the Apple app store. Then select the ingredients you're adding to the scale, or scan in the bar code of any packaged foods. Place the item on the scale, and the app will reveal the amount and ratio of calories, protein, carbs, and fat. Keep adding ingredients and the pad records and stores the nutrition information for each part of your dish, as well as the meal as a whole. Since the data is based on weight, you can easily take out or add ingredients to reach your nutritional goals. Genius! —A.S.



Restaurant Rescue

Whether you're on vacation, headed out on a road trip, or simply dining somewhere new, you don't have to slip into cheat mode. A new generation of smart dining apps can help keep your diet clean.

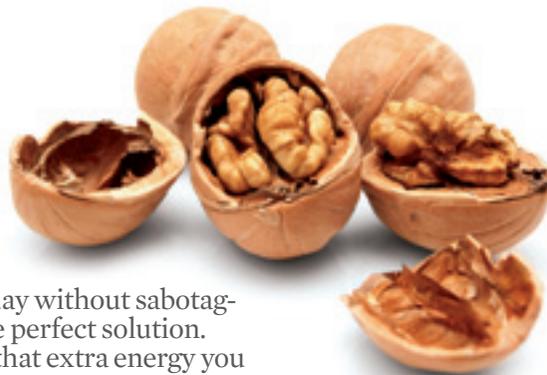
ROAD TRIP: Food Tripping (free, iTunes) is a perfect way to discover nutritious fare in unfamiliar territory. The app uses GPS to find your location and displays a list of healthy restaurants featuring organic or local fare, as well as farmer's markets, juice bars, vegetarian options, and more.

AROUND TOWN: The mobile website *healthydiningfinder.com* features a database of more than 60,000 restaurants nationwide. Enter a zip code and get a list of the healthiest eating establishments in the area, plus the most wholesome dishes on the menu. You'll also find recipe suggestions from some of your favorite restaurants, food blogs, and tips on smarter nutrition for kids.

ORDER TAKEOUT: Don't let your diet restrictions make ordering take-out impossible. Find restaurants that can accommodate your needs by using HealthyOut (free, iTunes). Put in your dietary desires—from low-carb to paleo to gluten-free—and browse the restaurants with the best options for you. —A.S.



New apps make it easy to eat clean on the go.



Going Nuts

Want a healthy snack that can help you make it through the day without sabotaging your weight-loss goals and muscle gains? Nuts may be the perfect solution. "Most nuts provide a healthy amount of fat while giving you that extra energy you may be craving around 3 p.m.," notes Cynthia Sass, R.D., a sports nutritionist based in New York City. Here are three of our favorite types to crunch.

	Almonds	Pistachios	Walnuts
1 OZ	164 calories • 6g protein 6g carbs • 14g fat	159 calories • 6g protein 8g carbs • 13g fat	185 calories • 4g protein 4g carbs • 18g fat
WHY WE LOVE THEM	"Almonds are like natural appetite suppressants," says Sass. "They help you stop thinking about food and keep your hunger at bay."	Pistachios are rich in the antioxidants lutein, beta-carotene, and gamma-tocopherol and have been shown to help lower cholesterol levels. Plus, taking the time to crack the shells helps slow you down, so you're less likely to gorge on too many at once, Sass says.	Walnuts have potent anti-inflammatory properties, which is key, as inflammation is a known trigger of premature aging and chronic conditions like type-2 diabetes, heart disease, cancer, and obesity.
EATING OPTIONS	Chop almonds and sprinkle on everything from oatmeal to salads to stir-fry, or just nibble on a handful. 	Fold pistachios into yogurt, blend them into homemade hummus, or grind them up to make a coating for fish fillets. 	Add chopped walnuts to whole-grain pasta dishes, lentils, and wild rice; or sprinkle them over steamed veggies tossed with sundried-tomato pesto. 

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