

Watermelon packs a powerful nutritional punch with just 86 calories a slice.



## Water(melon) Works

To ease the pain after a tough workout, consider blending up some watermelon or just chow down on a slice. A recent study in the *Journal of Agriculture and Food Chemistry* found athletes who consumed watermelon juice post-exercise had significantly less muscle soreness compared with those who drank a placebo drink. “Watermelon is rich in L-citrulline, which affects the body’s nitric oxide system,” says Encarna Aguayo, Ph.D., of Universidad Politecnica de Cartagena. Nitric oxide “can increase blood flow, oxygen and glucose transport, and lactic acid removal.” The result: You can train harder and recover faster. So toss out the sugary sports drink and sip melon juice instead.



## Stemming the Flow

Want to enjoy a nice glass of cabernet with dinner without getting carried away? Put out a smaller glass. A recent study from Iowa State University (ISU) found that individuals poured 12% more wine into wide wine glasses than narrow ones. Wine color also makes a difference: Subjects poured 9% more white wine than red wine into a clear glass. “We wanted to test if glass size and wine color made it harder to judge one serving size,” says Laura Smarandescu, assistant professor of marketing at ISU. Unlike most beer or shot glasses, wine glasses vary in size, making it hard to tell what a typical five-ounce serving is for each vessel. One easy way to eliminate the guesswork: Stacked Wine, which is sold as a tower of four pre-poured (and perfectly portioned) glasses of vino. They’re available in four varieties, including cabernet sauvignon, charisma, chardonnay, and pinot grigio. (\$13, [drinkstack.com](http://drinkstack.com))

## Healthy Chip Fix

It’s hard to ignore that piled-high bowl of chips, especially around Super Bowl season. But you can still eat cleanly even while crunching away, with savvy snack choices that give you all the satisfaction without the guilt. Here, our fave alternatives to the classic chip:

### 1/ IPS ALL NATURAL

Made with egg-white protein, Ips packs a protein punch (7 grams per ounce) with very low carbs and fat. Go sweet with Cinnamon Sugar or salty with Aged White Cheddar. **\$1.90 (1 oz), [ipsallnatural.com](http://ipsallnatural.com)**

### 2/ SKINNYPOP POPCORN

Naturally high in fiber, one delicious cup of SkinnyPop has only 39 calories. **\$3.80 (4.4 oz), [skinypop.com](http://skinypop.com)**

### 3/ SNIKIDDY ALL NATURAL BAKED FRIES

Cheat treat? Not even: Snikiddy’s baked fries are vegan and cholesterol- and GMO-free, with flavors like Hot & Spicy, BBQ, and Cheddar Cheese. **\$3 (4.5 oz), [snikiddy.com](http://snikiddy.com)**

### 4/ SIMPLY 7 QUINOA CHIPS

Available in four flavors—including Sea Salt, Cheddar, BBQ, and Sour Cream and Onion—each serving (20 chips) has 8-plus grams of protein. Score! **\$3.19 (4 oz), [simply7snacks.com](http://simply7snacks.com)**

### 5/ FOOD SHOULD TASTE GOOD SWEET POTATO CHIPS

A chip that’s hip to true nutrition. Pick from savory flavors like Salt & Vinegar or Ancho Chile, while getting 11% of your daily fiber and potassium, plus a megadose of vitamin A in one serving. **\$4.10 (4.5 oz), [foodshouldtastegood.com](http://foodshouldtastegood.com)**

Have a guilt-free snack attack!

