

# Health

October 2007

## The weight-loss lunch



Lunchtime can be one of the biggest traps for dieters, says registered dietitian and American Dietetic Association spokeswoman Ruth Frechman. You don't want to overdo it, but, "you also have to make sure that you eat enough, so you don't raid the vending machine at 3 p.m.," she says.

### **Eat this:**

#### **Zesty Spinach-Tomato Salad With a Whole-Wheat Roll**

Mix bagged spinach; low-fat cubed mozzarella; rinsed, canned garbanzo beans (high in fiber and protein); cherry tomatoes; and diced pears (also full of diet-friendly fiber). Top with your favorite low-fat dressing.

### **Drink this:**

#### **IZZEesque**

This new fruity sparkling beverage in refreshing Mandarin, Limon, and Black Raspberry is only 60 calories per serving. —Sarah Jio