

Eat Healthy(ish) Wherever You Are This Summer

▶ Good eating habits don't have to go bust while you're enjoying fun in the sun. Consider this your **mini-guide to guilt-free indulging.** BY *Kate Rockwood*

TRYING TO EAT WELL when you're away from home can sometimes feel like a lose-lose proposition: Give in to cravings and feel like sludge later, or deny yourself and feel left out—and hungry. Here's how to find a delicious middle ground.



Win at the Concession Stand

Ballpark fare isn't just peanuts and Cracker Jacks anymore. At Chase Field in Arizona, for instance, fans can order a deep-fried churro in a split chocolate-glazed doughnut topped with fro yo, caramel and chocolate sauces, and whipped cream. The monstrosity can have more than 1,100 calories. To eat smarter, use these tips from dietitians Tammy Lakatos Shames and Lyssie Lakatos, coauthors of *The Nutrition Twins' Veggie Cure*.

YOU'RE FEELING RAVENOUS

CLASSIC CONCESSION

A **burger** is a rich source of iron, a mineral women are more likely to be deficient in than men. Your body needs iron to build the red blood cells that transport oxygen throughout the body. Too little, and you may end up foggy and fatigued. (Needless to say, you should skip the chili and cheese to keep calories down.)



YOU'RE FEELING NIBBLY

"**Soft pretzels** are a solid choice, and if you split one with a friend, it's even better," says Shames. Despite the salt, this doughy treat typically packs less of a sodium wallop than stadium popcorn or cheesy nachos.



SOMETHING DIFFERENT

Baked potatoes make a substantial base for a pile of veggies, like sautéed spinach and mushrooms. And they can also slash the guilt of ordering BBQ brisket or pulled pork. Instead of eating a standard sandwich, ask for a spud with just a little meat on it—you'll consume less, plus you'll get more fiber and potassium, a mineral that helps control blood pressure.



Pistachios, which are among the lowest-calorie nuts, contain powerful phytonutrients that help fight tissue-damaging free radicals. "And the ones with shells that most stadiums sell take a little longer to eat, so snacking on them feels more satisfying," says Lakatos.



3 WAYS TO FUEL YOUR ROAD TRIP

Fill up without slowing yourself down.



IF YOUR ONLY OPTION IS A Fast Food Joint

A drive-through meal can range from 300 to 3,000 calories—so don't abandon all sense of discernment. Lakatos suggests picking a produce-centric menu item—like the green beans at KFC, baked potato at Wendy's, or garden side salad at Burger King—and building from there with other healthy additions.



IF YOUR ONLY OPTION IS A Gas Station

Head for the refrigerator case. "Yogurt or string cheese is always a great idea, and grab any fresh fruit you see," says Penn State professor of nutritional science Barbara J. Rolls, PhD. If you have a sweet craving, go for a Kind dark chocolate, nut, and sea salt bar, which contains five grams of sugar—about one-fifth as much as some candy bars.



IF YOUR ONLY OPTION IS A Coffee Shop

Opt for an egg-and-cheese sandwich on an English muffin—it will almost always clock in at under 400 calories and has enough protein to help keep you feeling full. And don't shy away from egg yolks: They're a top source of choline, a nutrient that's been linked to better memory.

Stash These SNACKS

The taco truck's siren song becomes even more irresistible when you're hungry and empty-handed. "It's important to keep snacks around that have staying power," says registered dietitian Katie Sullivan Morford, author of the upcoming cookbook *Rise and Shine*. She shares easy make-ahead bites that can power you through any outing.

NUT BUTTER ENERGY BALLS

In a bowl, stir together ½ cup **nut** or **seed butter**, ½ cup **honey**, 1 cup instant nonfat **dry milk powder**, and ¼ cup **flax meal**. With your hands, form 1¼" balls, arrange in a single layer in a container, and refrigerate for at least 30 minutes. You'll get a poppable snack that's filling and full of protein and calcium.

SPICED CAULIFLOWER BITES

Cauliflower doesn't exactly say summer fun—but this Middle Eastern-spiced, savory treat is full of flavor: Put 1 head **cauliflower**, cut into florets, on a baking sheet; drizzle with 1 Tbsp. **olive oil**; and sprinkle with ¼ tsp. **salt** and ¼ tsp. each **cumin** and **paprika**. Toss well and roast at 400° for 30 minutes. Bonus: This cruciferous veggie is an excellent source of vitamin C.

CHILLED YOGURT PARFAITS

Skip the ice cream—and still enjoy a refreshing parfait. Freeze grapes, blueberries, or raspberries ahead of time. Then, in a small jar, layer ⅓ cup **frozen fruit** with ⅔ cup **yogurt** and 2 Tbsp. **slivered almonds** or **granola**. The probiotics in many protein-rich yogurts may help improve digestion.

POMEGRANATE POWER BARK

Place 6 ounces finely chopped **bittersweet chocolate** in a heatproof bowl set over (not in) a pan of simmering water. Stir until melted, then add ⅓ cup **cashew butter**. Remove from heat, stir in ⅓ cup chopped **roasted cashews** and ½ cup **raisins**. Spread onto a parchment-lined baking sheet and sprinkle with 3 Tbsp. **roasted, salted pumpkin seeds** and 3 Tbsp. **pomegranate seeds**. Cool and break into bite-size pieces.

IF YOU CAN'T RESIST THE ICE CREAM TRUCK

Both rocket pops and Fudgsicles will satisfy your sweet craving for 100 calories or fewer. Other frozen treats can be twice as high in calories.



CRUISE CONTROL

Three tricks to help you leave the all-you-can-eat buffet satisfied, not stuffed.

1 FACE AWAY FROM THE ACTION

"Out of sight, out of mind" applies to the buffet, suggests research from Cornell University's Food and Brand Lab. When scientists observed more than 200 diners at 11 all-you-can-eat restaurants, they found that those with a high BMI were more likely to pick seats facing the buffet than those with a low one.

2 SURVEY ALL YOUR OPTIONS

In the Cornell study, 71 percent of slim diners browsed all the buffet choices before serving themselves, compared with just 33 percent of eaters with a higher BMI.

3 PLAN A POSTMEAL ACTIVITY

Committing to some type of movement after a meal makes buffet eaters less likely to overdo it, says David Just, PhD, a behavioral economics professor at Cornell. In his study, subjects who had an all-you-can-eat lunch before playing volleyball ate fewer calories than those who planned to be sedentary afterward.