

THE BEST SWIMSUIT FOR YOUR BODY Real women, real solutions

SHAPE
YOUR
LIFE

LOOK
10 LBS
THINNER
INSTANT
TRICKS
P. 106

NO FASTING NECESSARY!

BIKINI BODY DETOX

Beat belly bloat,
drop pounds **FAST**

**Blast fat
and boredom**

The 30-minute
cardio plan
you'll **LOVE**, p. 80

The
**CANCER
FIGHTER
IN YOUR
FRIDGE**

p. 86

SEXY SURFER
**MARISA
MILLER**
"The 6 firming
moves
I swear by"

RESULTS IN JUST 1 MONTH

SCULPT EVERY INCH

Get flat abs,
a toned butt &
jiggle-free arms

BONUS!

**FREE
WORKOUT
CARDS**

**EXACTLY
WHAT TO EAT
BEFORE
EXERCISE**, p. 28



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PLUS! Tasty ice cream treats—150 calories or less

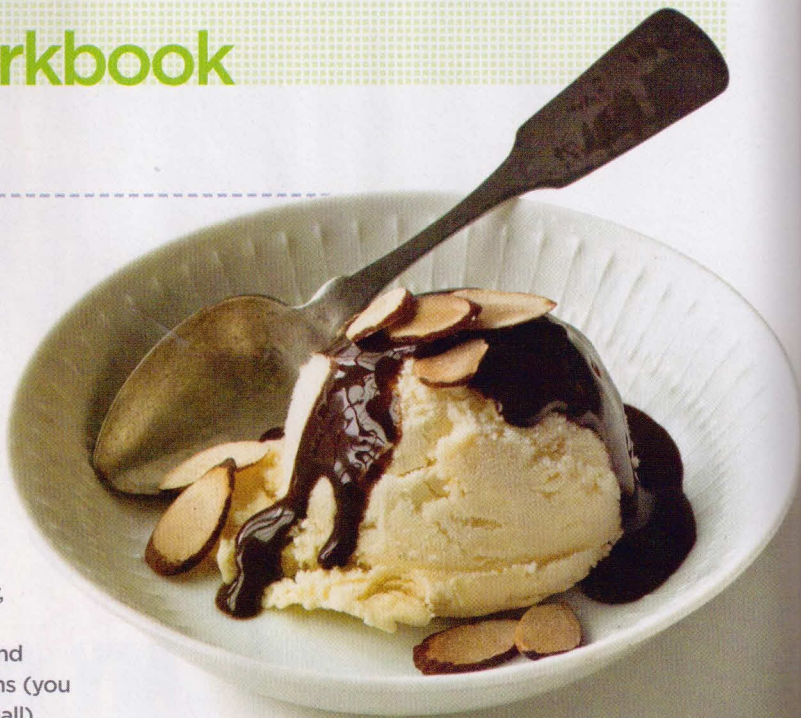
STAY-TRIM PARLOR TRICKS

Before placing your order, heed these waistline-saving strategies.

1 EAT LIKE A KID “Usually a single scoop is pretty close to the recommended half-cup serving size,” says Gloria Tsang, R.D., a nutritionist in Vancouver, Canada. She recommends asking for a small or even a children’s scoop if the person behind the counter is doling out softball-size portions (you want yours to be about the size of a tennis ball).

2 BE CONE-CONSCIOUS Order your ice cream in a dish, cup, or cake cone, which has fewer than 20 calories, says Tsang. Your next best bet is a sugar cone, with just 40 calories. “Steer clear of waffle cones, especially ones that have been dipped in chocolate,” she says. “With the coating, they can have as many as 320 calories.”

3 DON'T BE TOP-HEAVY Cookie dough, chopped candy bars, and even sprinkles often contain partially hydrogenated oil (not to mention loads of



Choose classic flavors—like vanilla—over “loaded” ones and save up to 60 calories

empty calories). Better bets? “Half a cup of berries or half a banana both contain fewer than 50 calories, plus they have fiber and nutrients,” says Joanne Larsen, R.D., the founder of *dietitian.com*. Tsang even sanctions sundae toppings—in moderation. “Walnuts, pecans, and almonds all have healthy fats,” she says, “while chocolate syrup and whipped cream have fewer than 75 calories and less than 1 gram of fat per tablespoon.”

PERFECTLY PORTIONED FREEZER TREATS

These new single-serving sweets make it nearly impossible to overindulge.

THE SKINNY COW CHOCOLATE TRUFFLE BARS	CIAO BELLA SICILIAN BLOOD ORANGE SORBET	TOFUtti CUTIES KEY LIME PIE SNACK SIZE SANDWICHES	NESTLÉ DRUMSTICK LIL' DRUMS	WEIGHT WATCHERS ROUND MINT ICE CREAM SANDWICHES
				
100 CALORIES 2 g fat	105 CALORIES 0 g fat	130 CALORIES 6 g fat	140 CALORIES 7 g fat	140 CALORIES 2 g fat
These decadent-tasting fudge bars are surprisingly low in calories—and pack 12 percent of your fiber. (\$5 for 6)	To get 80 percent of your vitamin C, dig in to this sweet-tart sorbet (there's a spoon tucked under the lid). (\$2 each)	Get a piece of the pie—minus the calorie-laden crust—with these soy-based sweets. (\$4 for 8)	The classic chocolate-lined sundae cone in a slightly scaled-down version. (\$5 for 10)	Chocolate wafers and lowfat mint ice cream make for a rich and refreshing combo. (\$5 for 6)