



FEBRUARY'S SUPERFOOD: GRAPEFRUIT

Let go of your grudge against grapefruit, left over from those crazy high school diets. Slice one in half, drizzle with a teaspoon of honey, and it'll win you over instantly. To segment the fruit, try this technique from dietitian Jackie Newgent: Cut a half inch off the top and bottom of the grapefruit, stand it on a cutting board, and slice away the peel and white pith. Then cut along the membranes to the center of the fruit to remove each segment. It's worth it: Each 100-calorie fruit contains about a day's worth of immunity-boosting vitamin C, plus cholesterol-lowering fiber. —NICOLE YORIO



ONE LESS THING TO WORRY ABOUT: Frozen **veggies** are as good as fresh!

It's 6 p.m., the kids are hungry, you're exhausted, and the only vegetables in your house are in the freezer. Serve 'em up and hold the guilt, says Joanna Dolgoff, M.D., author of *Red Light, Green Light, Eat Right!* **Not only do frozen veggies save you cash and time (no chopping or prep!), they also may deliver more vitamins than fresh produce.**

Research has shown that fresh vegetables can have fewer nutrients than ones from the freezer aisle. "Nutrient levels drop during shipping and as produce sits in your refrigerator," Dolgoff says. But when produce is flash-frozen at its peak, it retains more of its vitamins and flavor. Easier *and* still good for you? Win-win! —SARAH JIO



WE CAN'T STOP EATING...

Naturally Nora's Fantastic Fudgy Brownies

There's nothing quicker than premade brownie mix when you need a dessert to bring to your kid's bake sale (or just crave chocolate!). But unlike most mixes, these yummys don't have any preservatives or artificial ingredients. Our staff loved that they were "moist on the inside but flaky on top." And you can't argue with the oh-so-simple ingredient list: It has only seven items (sugar, flour, cocoa, confectioners' sugar, vanilla, salt, and baking soda)—compared with 12 (including partially hydrogenated soybean oil) in another national brand.

Crunch time: Eating walnuts daily helps prevent stress-induced blood-pressure spikes, notes new research from Pennsylvania State University.