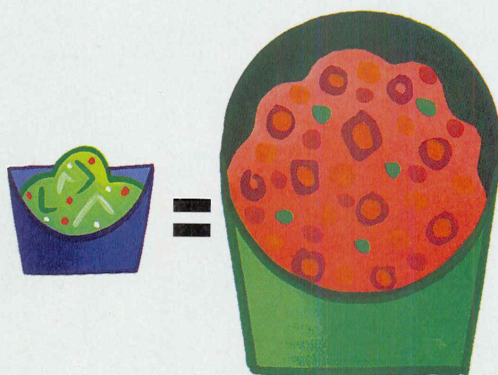


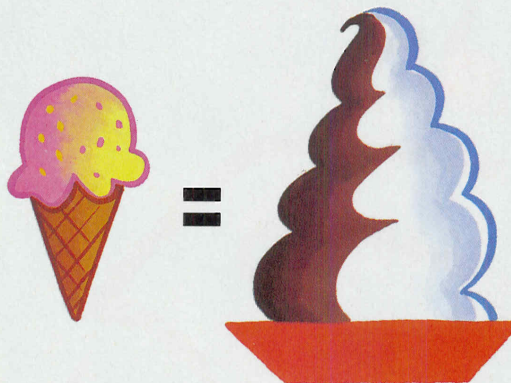
25 ways

to eat slimmer this summer

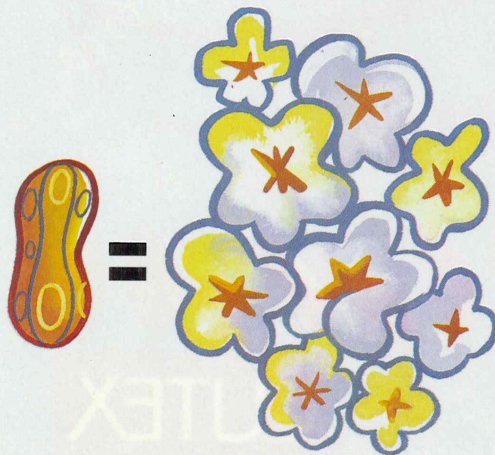
before you choose
your foods, digest
what's on this list
by hillary quinn



1 BOWL OF GUACAMOLE = 5.62 BOWLS OF SALSA



1 SCOOP ICE CREAM = 2.65 TIMES MORE FROZEN YOGURT



A SINGLE PEANUT = 9.7 KERNELS OF POPCORN

Summer menus need no longer mean a choice between satisfying but sinful foods (hot dogs, ice cream) and ones that are bland but virtuous (salad, cottage cheese): There's a third category that offers high excitement without the guilt. For help in finding foods that provide both the tastes you crave and what's good for you, we asked Alix Landman, R.D., L.D., head nutritionist for the Doral Saturnia International Spa Resort in Miami, to compile this guide.

appetizers

SHRIMP COCKTAIL Boiled shrimp (120 calories per four ounces) dipped into a red cocktail sauce is one of the leanest starters around.

UNUSUAL CRUDITÉS Try jicama, daikon radish, red and yellow peppers, clean raw mushrooms, raw string beans or mung bean sprouts—all offer satisfying crunch.

BEAN DIP Trade the canned variety (full of oil and salt) for a fat-free version that's prepared in a food processor or blender: Simply puree beans (chick-peas are particularly protein-rich) with a little lemon juice and cumin.

NO-OIL TORTILLA CHIPS Make sure they're baked, not fried, and dip them into a spicy salsa, which contains a fraction of the fat and calories of guacamole.

main courses

GRILLED FISH Choose a white-flesh variety, such as flounder, scrod, cod, halibut, grouper, snapper or yellowtail—they're lower in fat than salmon or tuna. Limit your portion to four ounces (the size of a deck of cards).

SIRLOIN STEAK It's the leanest kind of beef, particularly when broiled; three and a half ounces is considered a reasonable serving.

CHICKEN A grilled, four-ounce skinless breast checks in at 200 calories; a light coat (about two tablespoons) of barbecue sauce adds only about 20 calories.

BAKED TORTILLAS They make a meal when filled with poached chicken, bell pepper and salsa, and they're less fatty than fried tortillas (about 60 calories as opposed to nearly 100).

NO-MEAT HOT DOGS Skip the fat-laden beef or even turkey varieties and try a fat-free soy dog. They taste remarkably normal when topped with mustard and sauerkraut.

side dishes

THREE-BEAN SALAD Unlike coleslaw, potato or

macaroni salad, there's no mayonnaise (drain off the excess vinaigrette to cut down on oil). Plus, the legumes are high in fiber.

GRILLED POTATO If the barbecue's already fired up, throw on a potato or sweet potato in its skin; add a bit of barbecue sauce or nonfat yogurt dressing before serving.

snacks

COLD OR HOT FRUIT For an unusual treat, freeze an unpeeled banana, or grill a few pieces of fruit (like peaches) for a sweet-tart dish.

LICORICE The health-food-store variety is sweetened with molasses, which (unlike refined sugar) is high in iron.

FRUIT ICES Sorbets, pops, even frozen cubes of juice make highly refreshing treats.

POPCORN For munching at baseball games when everyone else is into peanuts. Order it plain—unsalted and unbuttered.

GRAHAM CRACKERS The kind made with honey, not sugar, are the most healthful.

drinks

FLAVORED SPARKLING WATER Zero calories, if you avoid ones containing sugar or syrup.

ICED HERBAL TEA No caffeine, no calories and very thirst-quenching.

VEGETABLE JUICE Try carrot, parsley, celery or any combination that sounds enticing.

LIGHT BEER If you want something alcoholic, skip the mixed blender drinks, like daiquiris and piña coladas, and go for this instead: about 100 calories per 12-ounce bottle.

desserts

ANGEL FOOD CAKE One of the few no-fat desserts around; even the fresh strawberries that go on top are dietetic.

"LIGHT" WHIPPED TOPPING Like the real thing, but without the calories (try Cool Whip Lite: eight calories per tablespoon).

NONFAT FROZEN YOGURT It'll satisfy the craving for creaminess while avoiding the high fat content of ice cream.

dressings

NONFAT COTTAGE CHEESE It's ideal for mixing into tuna or egg salad (combine with nonfat yogurt for a mayonnaise alternative that's rich in calcium and protein).

NONFAT YOGURT A no-fail replacement for sour cream in salad dressings, dips, desserts and fruity blender drinks. It also provides calcium and protein. □