



DR. OZ Happier in 7 Days? Yes, Possible

THE GOOD LIFE

How to Eat Less Sugar & NEVER MISS IT

- ✓ Slim down, no dieting
- ✓ Kick your cravings
- ✓ Get heart-healthy

12 ANTI-AGING SECRETS DOCTORS KNOW

REVEALED
The science of looking young

FREE BOOKLET
YOUR ALLERGY RESCUE PLAN
Spring is saved!

Dr. Oz's 23 Favorite Foods

Lifesaving Tips from an EMT P.36

THE FASTEST WAY TO BURN 100 CALORIES
and zoom your metabolism

100 OZ NEWS

2

IT'S GUAC O'CLOCK!

No one needs an excuse to dig into a bowl of guacamole, but we're glad to have one, anyway: Happy Cinco de Mayo! Studies suggest creamy avo may help lower "bad" cholesterol, so start there, then add pizzazz with delish mix-ins. A few to try:



3



new + good

What Beats Green Tea?

Double green tea. We're truly, madly, steeply in love with Aiya's new organic green tea blends, enriched with matcha, a potent powdered form of green tea leaves. With the caffeine buzz, antioxidant punch, and next-level tastiness, these brews pack real pick-me-up powers. Aiya Tea Taster's Line Organic Matcha Infused Sencha and Genmaicha (\$9/box, aiyamatcha.com)

4

This Habit May Fight an Epidemic Way to go, brown-bag lunchers. Your routine could be driving down your risk of type 2 diabetes. Scientists found that folks who ate 11 to 14 home-cooked meals a week—about two a day—were 13% less likely to develop the disease than people who ate six or fewer a week.

5

Sometimes Red Means Go

Dark red produce could help keep you slim, according to recent research published in the *BMA*. Scientists found that diets high in antioxidants called flavonoids—especially the kinds found in cherries, grapes, strawberries, and apples—were associated with less weight gain over time. Color-code your produce drawer accordingly.



SLIM SNACKING
Pretty please, eat anything with a cherry on top.

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new + good

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May

GOOD EATING

1 **Nothing Beats Your Basic Egg**
Just one has all nine essential amino acids your muscles need to stay healthy, plus about 6 grams of protein. Hard-boiled eggs are the perfect convenience food, ready to snack on or add to meals and eco-wrapped by nature. Boil up a bunch, then refrigerate them in one of these sweet crates to keep a protein fix at the ready. Trust us, they're worth shelling out for. Egg Cartons (\$20 each, lecreuset.com)

Hard-boiled heroes, four new ways

- 1 Quinoa + sautéed kale and garlic + broccoli + egg wedges
- 2 Whole-grain crackers + hummus + sliced egg
- 3 Green beans + chopped egg + red onion + vinaigrette
- 4 Tomato soup + chopped egg + basil

5 THINGS WE JUST LEARNED

OZ NEWS: FOOD

Turn for 4 More

Tasty Tips and Slim-Down Snacks

PHOTOGRAPHER BY LARA ROBBY

SHIRT/STYLING BY LARA ROBBY

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SPICY CHICK
lemon + chickpeas + cumin

FRESH 'N' FRUITY
pomegranate seeds + red onion + mango

GO NUTS
pistachios + feta + cherry tomatoes

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SEMI-SNACKING
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PHOTOGRAPHER BY LARA ROBBY; STYLING BY LARA ROBBY; EGG CARTONS BY LE CREUSET; GUACAMOLE BY LARA ROBBY; CHERRIES BY LARA ROBBY; TEA BY AIYA TEA TASTER'S LINE