

Richer in heart-healthy omega-3s than salmon, loaded with more anti-inflammatory



polyphenols than red wine, and packing half as much muscle building protein as chicken. The walnut sounds like a Frankenfood, but it grows on trees. Other nuts combine only one or two of these features, not all three. A serving of walnuts--about 1 ounce, or seven nuts is good anytime, but especially as a postworkout recovery snack. **Substitutes:** almonds, peanuts, pistachios, macadamia nuts, hazelnuts.

Fit it in: Sprinkle on top of salads; dice and add to pancake batter; spoon peanut butter into curries; grind and mix with olive oil to make a marinade for grilled fish or chicken.

Home Run: Mix 1 cup walnuts with 1/2 cup dried blueberries and 1/4 cup dark chocolate chunks.

Oats

Benefits: Muscle growth, brain stimulant, heart healthy.



The eminence of health food, oats garnered the FDA's first seal of approval. They are packed with soluble fiber, which lowers the risk of heart disease. Yes, oats are loaded with carbs, but the release of those sugars is slowed by the fiber, and because oats also have 10 grams of protein per 1/2 cup-serving, they deliver steady muscle-building energy. **Substitutes:** Quinoa, flaxseed, wild rice.

Fit It In: Eat granola and cereals that have fiber content of at least 5 grams per serving. Sprinkle 2 tbsp. ground flaxseed on cereals, salads, and yogurt.

**Information provided by All-Star Panel: Joy Bauer, a author of Joy Bauer's Food Cures and nutrition advisor on NBC's Today show; Laurie Erickson, award-winning wellness chef at Georgia's Sea Island resort; David Heber, MD, PHD, author of What Color Is Your Diet?; and Steven Pratt, MD, author of the best-selling SuperFoods Rx.*

from your diet, there is a sudden increase in circulation both to the brain and digestive system. This may lead to severe headaches as well as constipation or bowel upset.

Cutting Out Coffee

14 Days to Break the Habit

Are you a one-cup-a-day kinda guy or more like a nine-cups-a-day



girl? Coffee is as much a part of the average adult's morning routine as is brushing their teeth. The aroma of a fresh brewed cup 'o Joe or the taste of a freshly pulled shot of espresso is enough to get anyone out of bed on time, even on a frosty cold morning.

Coffee is really a comfort "food", but how good is it really for you? Some studies suggest that coffee is practically a health food with it's abundance of antioxidants, while other studies highlight the negative side-effects of caffeine on our bodies.

It's really your choice whether you drink coffee or not, but if you're deciding to cut down on your coffee habit or you've been advised by a physician to cut out coffee all together, you've come to the right place. Maybe you've tried to stop cold and have been incapacitated by excruciating headaches.

Caffeine constricts blood vessels in the brain and decreases circulation, and when caffeine is suddenly missing

So, even though it is ideal for your

body of this addictive substance as quickly as possible, it's best to take a gradual approach to cutting out coffee in order to achieve the most success, pain free.

Here are some suggestions on how to alter your beverage habits over a 14-day period to avoid heavy caffeine withdrawal:

1. Depending on how much coffee or soda you drink, for days 1-4, cut the amount in half and replace the lost amount with cold drinking water. If you drink two cups of coffee in the morning, a soda at lunch and a cup of coffee in the afternoon, replace one cup of coffee in the morning with water and drink water with your lunch.
2. For days 5-8, for your cup of coffee in the morning and in the afternoon, while still drinking your water, mix a ratio of 3/4 cups of caffeinated coffee and 1/4 cup of decaffeinated coffee.
3. On days 9-10, increase the amount of decaffeinated coffee in your morning and afternoon cups to 1/2 decaf and 1/2 regular.
4. Days 11-12, reduce the amount of regular coffee in both your morning and afternoon cups to 1/4 cup - so that means you're drinking 1/4 cup of