

JULY 2010

# Prevention

FAST-RESULTS PLAN

## LOSE INCHES All Over!

### Radiant Energy!

13 NEW WAYS TO GET IT, KEEP IT

LOOK and FEEL 15 YEARS YOUNGER!

## nutrition

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nutrition NEWS & TRENDS

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### Food Swaps for a Stronger Heart

Three companies have just made it easier to trade bad fats for good ones—great news, because replacing saturated fats with polyunsaturated ones may slash your risk of heart disease by nearly 20%. These three substitutions make fighting heart disease a no-brainer. —Holly C. Corbett

**1 SWAP OUT** Butter microwave popcorn

**SWAP IN** Pop Weaver Butter Flavor Microwave Popcorn now made with Canola Oil Replacing partially hydrogenated oil with canola oil eliminates trans fats, cuts saturated fat in half, and adds inflammation-fighting omega-3s.

**2 SWAP OUT** Regular mayonnaise

**SWAP IN** Spectrum Omega-3 Mayonnaise with Flax Oil Flaxseed oil packs this mayo with 7 g of heart-healthy polyunsaturated fat and reduces the saturated fat by half a gram. It's also organic and preservative free.

**3 SWAP OUT** Regular butter

**SWAP IN** Land O'Lakes Butter with Olive Oil Adding olive oil to regular cream instead of using sweet cream saves 3 g of artery-clogging saturated fat and boosts healthy fats by 2 g without adding any trans fats.



*Dara Torres*  
How the busy mom and Olympic swimmer finds balance



Prevention.com