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Four Times Not to Go “Healthy”

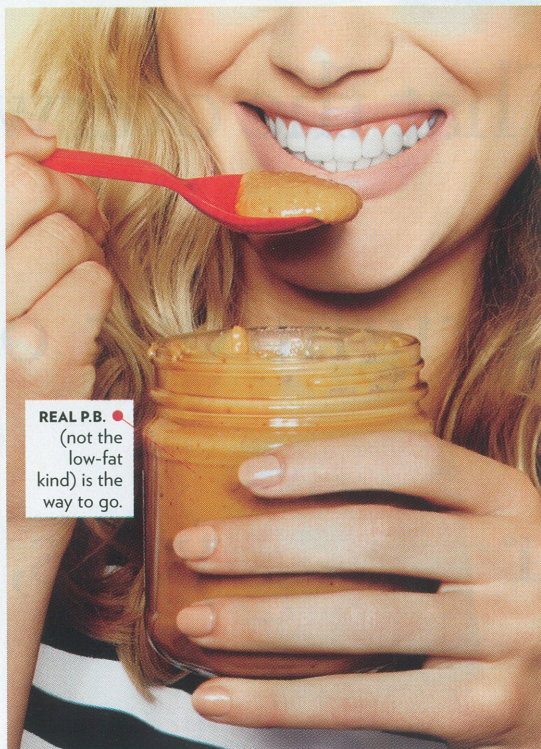
If the label says “low,” “lite” or “free,” women tend to grab it off grocery store shelves. But sometimes the real thing is a better bet! We’ve got the details.

1 INSTEAD OF: **Fat-free salad dressing** **HAVE: Vinaigrette made with olive oil and vinegar**

Your nonfat ranch may have fewer calories than the original, but many fat-free dressings contain a surprising amount of sugar, something most women already get too much of, says Kathy McManus, R.D., director of the department of nutrition at Brigham and Women’s Hospital in Boston. Plus, the fats in an olive oil vinaigrette are healthy ones that may even benefit your weight: Dieters who followed a Mediterranean-style plan rich in those fats lost *more* pounds than people on a lower-fat diet plan, McManus’ research has found.

2 INSTEAD OF: **Fat-free cheese** **HAVE: Flavorful cheese like feta or goat**

If you have a craving for something gooey, don’t try to fool your body with nonfat stuff, says Toby Smithson, R.D., a spokesperson for the American Dietetic Association. It’s the fat that makes cheese so satisfying in the first place! Just keep portions to 1.5 ounces (about the size of six dice) and try soft, super-flavorful cheeses like feta and goat, she says. They naturally have less fat than semi-



hard cheeses like cheddar (about 120 calories and 10 grams of fat per serving, versus 165 calories and 14 grams).

3 INSTEAD OF: **Reduced-fat peanut butter** **HAVE: Natural P.B.**

Low-fat peanut butter seems like a smart swap, but the second ingredient is corn syrup solids—sugar! Instead, reach for peanut butter labeled “natural-style,” which has the same number of calories as diet varieties but much less sugar. It has a little more fat, but that may help keep you fuller longer.

4 INSTEAD OF: **“Diet” yogurt** **HAVE: 2 percent Greek yogurt**

One 6-ounce container of nonfat, sugar-free fruit yogurt makes for a healthy snack, with 5 grams of protein and just 80 calories. But get this: The same amount of 2 percent Greek yogurt contains *three times* the filling protein (as much as a quarter cup of tuna) for just 112 calories. “Its creamier, thicker texture makes you feel more satisfied, too,” says Smithson. Try yours with frozen blueberries and a drizzle of honey. *Delish!*
—Leslie Goldman