

LOOK GREAT • LIVE HEALTHY • GET FIT • EAT RIGHT

SHAPE

AUGUST 2006 | \$5.00

"Healthy"
Low-carb food
that's as fat-free
as you think

HEALTH REPORT

OVERLOADED?
5 ways to feel
better fast!

Crunching
for time?
5-minute
workouts to
get energised

SKIN ALERT
5 home fixes
that wreak
havoc on
your skin

**SAVE
YOUR
SOLES!**
**26 PAGE
SPECIAL**

- Yoga for stronger ankles and toes
- The best foot spas
- Stylish shoes for high arches, flat feet and more!



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HOLD THE WINE, SKIP THE SWEETS

Alcohol does more than lower your inhibitions, it also weakens your resolve to stick to your diet. A recent US study found that wine drinkers were more likely to order dessert than teetotalers. If you must drink, split the calories by sharing after-dinner sweets with a friend.

Don't become a tele-tubby!

It's now a scientific fact that we snack more when we watch our favourite TV programmes. In a US study of 1,200 participants, 36 per cent of them had the urge to munch after watching scenes of characters enjoying their meals on television. The solution? Eat a healthy, balanced meal before sitting down to watch TV. If you must snack, clear out all fattening foods from your kitchen and nosh on low-fat substitutes like yoghurt and dried fruit instead.

THE SHOPPING LIST

Get your hands on our pick of chips, drinks, cereals and dried fruits.

1. PerkReishi Sugar Free Instant Reishi Coffee

(\$19.90 per 20-sachet box, at Guardian stores, Cold Storage and Jasons supermarkets) Coffee is said to reduce the risk of type 2 diabetes, cirrhosis of the liver and Parkinson's disease.

Made with Brazilian coffee beans and organic reishi (*ling zhi*) mushrooms, this instant coffee mix tastes almost like gourmet coffee, but with an antioxidant boost.

2. Muller Vitality peach low-fat probiotic yoghurt drink

(\$13.40 for a six-pack, at Cold Storage) Fish oil in a yoghurt drink may sound awful, but we can assure you that this is a smooth and light-tasting health drink.

Good for your heart and guts, too, as each 100g bottle packs omega-

3 oil, vitamin B6, and pre- and probiotics.

3. Orgran Fruit Filled Blueberry Bar (\$2.15, at Cold Storage) Give in to this wholesome and satisfying fruit snack which is 98 per cent fat-free and contains no added cane sugar.

4. ExpressSnacks Fruit Fantasy Mix (\$2.95, at NTUC supermarkets) Most dried fruit contain the preservative sulphur dioxide, but this rare, unsulphured find has no artificial flavours, colours or preservatives.

5. Adam's Snack Blended Brown Rice with Black Sesame Seed & Ginseng (\$1.60, at NTUC supermarkets) Most "healthy" chips taste like cardboard, but this is yummy and has no added colouring, flavouring or MSG.

