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BODY
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**WIN AT
WEIGHT
LOSS!**

- **Where** to start
- **How** to figure *your* calorie burn for no-fail success
- **When** you should bust your food rut

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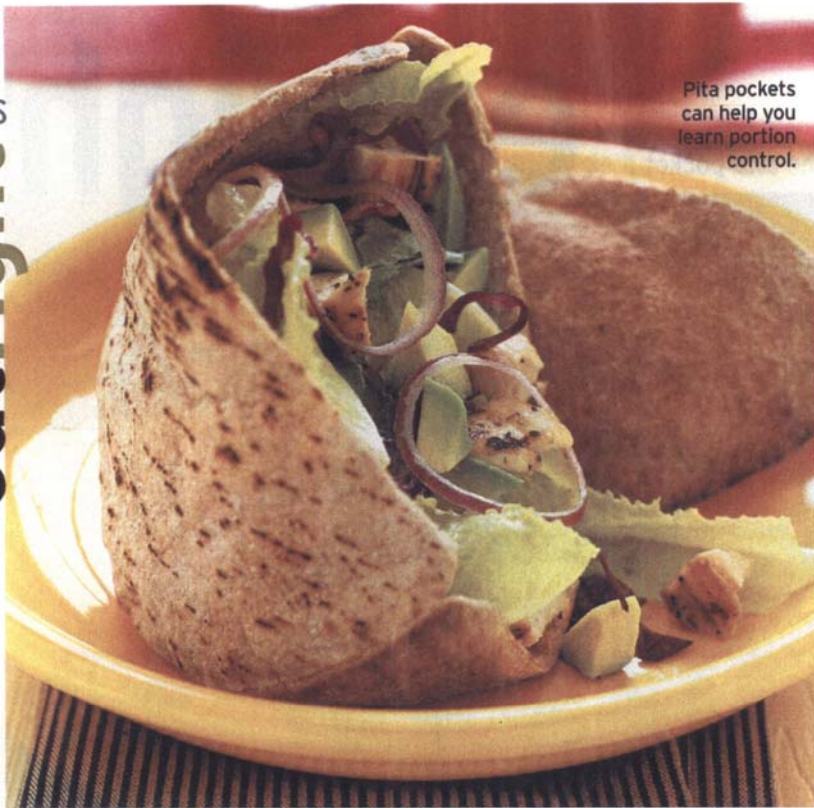
**QUIZ:
ARE YOU
A SORE
WINNER?**
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**FIRMER
SEXIER
BUNS
IN ONE
MOVE**

March 2005



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Pita pockets can help you learn portion control.

diet trend we love: the pocket diet



Move over, Subway, there's a new sandwich diet in town. The Pocket Diet, developed by the Milwaukee-based Kangaroo Brands to help its breads shed their high-carb stigma, involves eating up to four or five daily pitas filled with healthy combos like grilled pork tenderloin with root veggies or peanut butter, bananas and sugar-free jam. Between pita meals, three snacks of fruit, yogurt, nuts or even frozen yogurt are allowed.

Expert Opinion

"There's a good principle behind this diet as far as portion control – that's a great way to lose weight," says Emily Abercrombie, R.D., L.D., a clinical nutritionist at Emory University Hospital in Atlanta. A caveat: Choosing only white bread pockets could leave you low on fiber. "But otherwise, the diet seems to follow the basic principles of the [USDA's] food pyramid, so that's a major strength," says Jana R. Kicklighter, a registered dietitian at Georgia State University in Atlanta.

When tested on 38 volunteer staffers at Community Memorial Hospital in Menomonee Falls, Wis., all lost weight, with the average participant dropping 8 pounds over six weeks. "I was flabbergasted that it worked," says Annie Volk, a physical therapist who lost 17 pounds and has kept it off for nine months. "The recipes were easy to make and take anywhere you went – which was very important to me."

How'd she do it? Even Kangaroo admits there's nothing magical about its pitas. The secret is – surprise! – portion control. Each pocket holds just 2-3 ounces, or about 1/3 cup, making it tough to overeat. "Having that tangible pocket in your hand – you can't overstuff it," says Volk. "They break open, so you can't cheat."

To try this trend, choose slim pitas with 80-90 calories each, not the thick flatbreads, which are twice as caloric. For a free copy of the diet and recipe booklet, log on to kangaroodiet.com. – Brenda Goodman

bust your food rut



Give your diet a taste of adventure with these tips from American Dietetic Association nutrition experts:

1. Try a new food each week, recommends Dawn Jackson Blatner, R.D., a dietitian at the Northwestern Memorial Wellness Institute in Chicago. "People can stick with really bad diets like the grapefruit diet because it is totally mindless," says Altoona, Pa.-based Christine Gerbstadt, M.D., R.D. "But you don't get a variety of nutrients, and [these diets] are usually limited in fiber." Expanding the variety of foods you eat takes a little more thought when you're grocery shopping, but the payoff is great, Gerbstadt says. To boost nutrition, she advises, "stick with foods in their most natural form."

2. Go for texture. "Include at least three different textures in each meal," says Lona Sandon, R.D., assistant professor at the University of Texas Southwestern Medical Center at Dallas. For crunchy, try red cabbage or sunflower seeds. For creamy, look to herbed cottage cheese or frozen yogurt. For chewy, try brown rice.

3. Move beyond salt and pepper. Exotic flavorings like hot mustard, rice wine vinegar, Thai fish sauce, saffron, fresh ginger and herb-infused oils add spice to meals. Season with thyme, basil, dill or rosemary. "A baked potato can taste so different if you just put a little rosemary on it," Jackson Blatner says. – K.D.