

FOOD BUZZ

EATING ON THE GO? MAYBE NO.



SIT, GIRLS, SIT!

Grabbing a bar or smoothie saves time but—*wuhoh*—could wreck your waistline. In a new study, dieters who ate while walking had more sweets (and up to 242 percent more calories on average) later on than those who weren't on the move. Eating and walking may make it seem okay to overindulge since all that motion burned hella calories, right? Wrong. Even if your meal is portable, savor it.

—K. ALEISHA FETTERS



YES, THIS MEAL IS

FEWER THAN 500 CALORIES!

Low-cal dinners don't have to be blah or leave you hungry. Chef Karla Williams of South Carolina's Hilton Head Health knows the formula: a lean protein (here, a pork chop), a flavorful condiment (peach chutney!), and tons of veggies.

THE RECIPES

For the Pork Chop

Rub salt and pepper into a 6½ oz. bone-in pork chop. Grill 3 to 4 minutes on each side. Finish in a 425-degree oven for about 4 minutes.

For the Sweet Potatoes

Poke 1 to 2 sweet potatoes with a fork, then microwave for 6 to 8 minutes, flipping once. Cool. Peel. Using a mixer, puree, then mix with a pinch each of salt and cayenne. Serve ½ c.

For the Green Beans

Heat ¼ tsp. olive oil in a sauté pan over medium-high heat. Add 15 green beans; sprinkle with salt and pepper. Sauté 3 to 5 minutes or until al dente.

For the Chutney

In a sauté pan, cook ¼ c. peaches, diced, with 1 T chopped red pepper, ½ tsp. butter, and 2 tsp. apple-cider vinegar over medium-low heat

Know Your Sweeteners

Yay, you're cutting down on sugar! But are the alternatives any better? Here's when to pick what.

SPLENDA

Aka sucralose, it's calorie-free but about 600 times sweeter than table sugar, which may screw with your palate and up cravings. Best for drinks.

HONEY

It contains more carbs and calories per teaspoon than standard sugar. In good news, it's also got minerals and antioxidants. Best for baking.

COCONUT SUGAR

Expensive (we've spotted it at more than \$6 per lb.), but you get minerals, B vitamins, and antioxidants. Best for baking.

AGAVE NECTAR

It won't spike your blood sugar as much, but warning: Per teaspoon, it has more calories than sugar and more fructose. Best for drinks.

SUGAR IN THE RAW

Not that different from table sugar, but it does contain trace amounts of calcium and potassium. Best for baking.

