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Diet dictionary

Part-time vegan

(pärt-tīm vē-gən) **noun:** a person who periodically refrains from consuming animal products, including dairy

HOW IT WORKS A traditional vegan eschews all animal foods, as well as leather and fur. Many are motivated by ethical issues; others seek health benefits. But compromise is possible. Take Jennifer Lasalle Edwards, 35, of Aurora, Colorado, who wanted to feel better physically without giving up some of her favorite foods.

THE DIET Weekdays, Edwards eats vegan meals: a fruit smoothie for breakfast; guacamole and veggie soup for lunch; and black bean chili for dinner. She snacks on LaraBars or apples with almond butter. Wiggle room makes it easier to stick to the diet, so on weekends, she adds cheese, eggs and shrimp or crab (she skips red meat altogether). "I have more energy, and I've lost 10 pounds," she says.

SHOULD YOU TRY IT? "Being a part-time vegan can be incredibly healthy if it's done correctly," says SELF contributing editor Janis Jibrin, R.D. "A partially plant-based diet is higher in disease-fighting phytonutrients and lower in calories and saturated fat."

DO IT RIGHT Try two vegan meals per day, Jibrin says. To get enough protein, calcium and calories, use calcium-enriched soy milk in smoothies and add tofu to a veggie soup. Eat fish on weekends to get omega-3 fatty acids. And consider taking a daily calcium supplement and a multivitamin. —Merritt Watts

Forking over extra dough may cost you calories.



Enjoy vegan benefits—no burgers, too.

SELF TESTED!

BEST DRESSED Plan on piling your plate high with the season's bounty? We sampled dozens of toppings to find the tastiest pours. —M.W.

BUYER BEWARE

Save calories (and cash!) with these stay-slim spending strategies.

- ❑ **Check yourself out.** Women who rang up their own groceries spent 32 percent less on high-calorie impulse buys such as chocolate at the cash register, finds a study by the IHL Consulting Group in Franklin, Tennessee. Can't play cashier? Keep busy with a mag.
- ❑ **Start separate tabs.** Diners who split a bill down the middle tend to eat more, a study in *The Economic Journal* reports. Typically, we are more open to springing for appetizers and dessert when we share the cost. Before you dine, request separate checks.
- ❑ **Shop ahead.** Online shoppers who ordered groceries at least five days in advance selected healthier fare, a study from Harvard University in Cambridge, Massachusetts, notes. The brain is more rational when choosing for the future, so make a list beforehand. —Catherine Ryan



MARINADE MATCH

Drew's All Natural Rosemary Balsamic
\$3 per 12-oz bottle; Whole Foods Markets (160 calories, 18 g fat per 2 tbsp)
Infused with fresh herbs, this thick and savory vinaigrette is ideal on arugula. Marinate fish in this twist on balsamic vinegar before grilling.



FAB ON FRUIT

Organicville Pomegranate Organic Vinaigrette
\$3 per 8-oz bottle; grocery stores (200 calories, 30 g fat per 2 tbsp)
This subtly sweet sauce adds a tropical touch to any salad. Drizzle some over melon and strawberries to make a fruit cup a more satiating snack.



SPICY ACCESSORY

Wish-Bone Bountiful Simply Santa Fe
\$3 per 9.5-oz bottle; grocery stores (20 calories, 0 g fat per 2 tbsp)
With chunks of corn, tomatoes, bell peppers and onions, this next-to-no-cal topping is more salsa than salad dressing. It adds zest to a chicken and spinach dish.



DIP DOUBLE

Annie's Naturals Goddess Dressing
\$3 per 8-oz bottle; grocery stores (130 calories, 13 g fat per 2 tbsp)
This tahini-based dressing lends a nutty accent to crudités or mesclun with vegetables and tofu; the healthy, filling fat will help a salad stick with you for hours.



ASIAN ACCENT

Kraft Light Asian Toasted Sesame
\$3 per 16-oz bottle; grocery stores (60 calories, 3 g fat per 2 tbsp)
The tangy soy and sesame flavor makes this a great match for greens paired with mandarin oranges and snow peas. If you're stir-frying fresh veggies, use it as a sauce.