

## eat right | NUTRITION Q&A

By Juno DeMelo

**Q** "I know dark chocolate is good for me, but what about milk chocolate?"

**A** Though both pack roughly 160 calories and nine grams of fat per ounce, most milk chocolate provides fewer heart-healthy flavanols and contains an extra half teaspoon or so of sugar. "But if milk chocolate is what you're jonesing for, have some," says Gloria Tsang, R.D., author of *Go UnDiet: 50 Small Actions for Lasting Weight Loss*. "The healthier treat may not satisfy your craving, prompting you to go back for more." Whichever chocolate you choose, limit your portion to one ounce. —Samantha Shelton

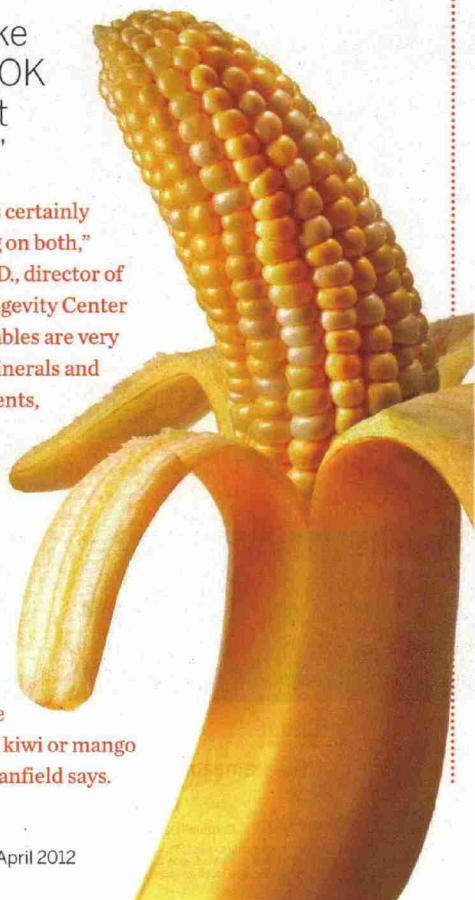


**Q** "Is it risky to microwave leftovers in plastic containers?"

**A** If you see a "microwave-safe" label, you can nuke your food with no worries. But never put takeout trays or other one-time-use containers in a microwave, says Douglas Karas, an FDA spokesperson. "Cookware that's not manufactured for microwave use can warp, allowing possibly harmful chemicals to migrate into your food," he explains. Instead, transfer leftovers to a plate and cover them with a paper towel.

**Q** "I don't like fruit. Is it OK to eat just veggies?"

**A** "It's not ideal, but it's certainly better than skimping on both," says Gayl Canfield, Ph.D., R.D., director of nutrition at the Pritikin Longevity Center in Miami. "Fruits and vegetables are very good sources of vitamins, minerals and disease-fighting phytonutrients, so as long as you're eating a wide variety of veggies in all colors of the rainbow, you won't be missing out on too much." Before you snub half the produce section, though, make sure you've given fruit a fair shake. "Just because you don't like the texture of bananas or the taste of melon doesn't mean kiwi or mango won't be more appealing," Canfield says.



### Food Court

#### THE VERDICT ON ... DIETING FOR DOLLARS

We know from watching *The Biggest Loser* that winning \$250,000 can be a huge motivator. But can the fear of losing money have the same effect? New sites like Dietbet.com and Healthywage.com are, well, betting on it. Though the rules vary by site, the basic idea is the same: You wager money—say, \$50 or \$100—that you'll reach your goal weight. If you do, you get back your dollars and potentially win more money. If you don't, you kiss your bucks good-bye. Experts say the premise has merit: In a recent study, people with a financial incentive to slim down lost about seven times more weight than those who had no money on the line. And if a diet betting site "motivates you to make healthy eating changes you can maintain after the competition ends, even better," says Elisa Zied, R.D., author of *Nutrition at Your Fingertips*.

**OUR RULING** Play your cards right and this gamble can pay off.



Got a burning question about food or weight loss? Send us an e-mail at [nutrition@fitnessmagazine.com](mailto:nutrition@fitnessmagazine.com).

PETER TRAK (2)