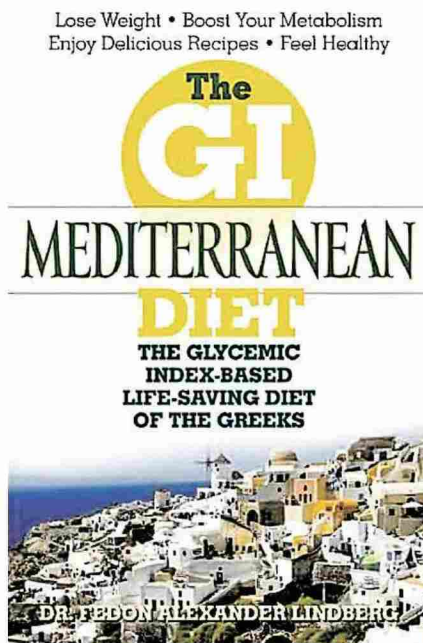


## Media scan

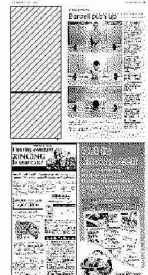
A peek at helpful health and fitness books and magazines:



Lose Weight • Boost Your Metabolism  
Enjoy Delicious Recipes • Feel Healthy

» The Mediterranean diet's mix of whole grains, fresh vegetables and oily fish can help you lose weight, fight heart disease, lower blood pressure and prevent diabetes, says Dr. Fedon Alexander Lindberg in **The GI Mediterranean Diet: The Glycemic Index-Based Life-saving Diet of the Greeks** (Ulysses Press, \$14.95). Combining Old World wisdom and modern science, he applies the science of the glycemic index to the traditional diet of the Greeks to create a powerful program for healthy weight loss. The book includes 48 traditional Mediterranean recipes, easy-to-follow, four-week meal plans and glycemic index rankings for more than 200 foods.

» Jealous of those “naturally thin” people who can eat and lounge with abandon? Don't be, says registered dietitian Susan Burke March. In her new book, **Making Weight Control Second Nature: Living Thin Naturally** (Mansion Grove House, \$26.95), she debunks the myth that some people are simply “naturally thin.” She reveals that people who maintain a healthy weight aren't “different” from the average overweight American, but instead, they are “deliberately thin,” that weight control results from making everyday choices with intention, and that, by taking similar steps, readers can also make “living thin naturally” a part of their daily lifestyle.





» If you're looking for the healthiest whole-wheat or multigrain bread that's tasty, too, check out the April issue of Consumer Reports' **Shop Smart**. Among 12 popular brands, the magazine's winner was Nature's Pride 100 percent Natural Healthy Multi-Grain bread. Writers said the big, sweet, nutty mix of chewy grains and crunchy seeds is tasty enough to eat plain. Runners-up include Milton's 100 percent Whole Wheat and its Original Multi-Grain, Pepperidge Farm's Whole

Grain 15 Grain and Farmhouse Soft 100 percent Whole Wheat, Rudi's Organic Baker Seven Grain and Whole Foods' 365 Touch of Honey Whole Wheat Organic.

— Barb Berggoetz