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Q+A Eat Right

FORTIFIED FOOD CHOICES

Q **I've recently noticed added fiber in foods like orange juice and yogurt. What gives?**

A Think of it as a way for companies to make certain healthy foods a bit more well-rounded. Or in the case of things like Splenda and Pop-Tarts, a way to make nutritionally empty foods a tad more wholesome. Unlike the natural fiber in beans or berries or whole grains, this fiber comes from something called inulin—a substance derived from the chicory root. It's flavorless and all-natural, but it doesn't appear much in our normal diet. With groups like the American Dietetic Association recommending that men consume 30-plus grams of fiber a day (the average guy is lucky to get half that amount), it may not be a bad idea to choose fortified foods. Researchers still aren't sure how effective inulin is at preventing disease and promoting weight loss, so if you have the choice, pick foods with natural fiber over processed foods.



Tanya Zuckerbrot, R.D., is a New York City–based nutritionist, the founder of skinnyandthecity.com, and author of *The F-Factor Diet*. Got a question for her? Submit it at mensfitness.com/question

Smooth-It-Yourself

CHUCK YOUR USUAL WATERY BLENDED DRINK AND WHIP UP A SMOOTHIE WORTHY OF THE PROS By Brandon Guarneri

If you're just dumping fruit, juice, and ice in a blender, there's no telling what kind of drink you'll get. We asked Chris Cuvelier, president of Zola beverages (zolaacai.com), for some quick tips on making every smoothie a masterpiece.

1 | USE THE RIGHT RATIO
For a 16-ounce smoothie, combine 8 to 10 ounces of milk or juice plus 1 to 1½ cups fruit. If you want to add protein powder, make sure you chuck it into the liquid first so it can dissolve before you add the fruit and blend.

2 | SHOP IN THE FREEZER AISLE
Cuvelier recommends using frozen fruit because it thickens smoothies without ice (which can make drinks runny). If you prefer fresh fruit, use 1 to 2 ounces of juice, and add 2 to 4 ounces of ice at most.

3 | THICK TRICKS
For hearty, milk-shake-style smoothies, add a full banana or a scoop of yogurt (nonfat, Greek, or frozen). Granola can add substance and nuttiness, while wheat germ will help bump up your smoothie's fiber content.

MAKE THIS
PB&J Smoothie
1 cup **apple juice**
1 cup **frozen strawberries**
½ **fresh banana**
2-3 oz **organic peanut butter**

4 | MIX IT UP
Although juice or milk is the base for most smoothies, don't be afraid to try alternatives like soy or rice milk, especially flavored varieties. Since plain milk tends to dull fruit's flavor, a sugar substitute like Splenda or Equal is generally a good addition. (Peanut butter and honey work great too.) You can also spike your drink's nutritional profile by throwing in some liquid omega-3 fatty acids, which are great for the heart, or green tea powder, which is full of antioxidants.

5 | MASTER THE BLENDER
Start low for 30 seconds and then switch to high. Blend until smooth with no chunks of fruit. If your smoothie is not churning properly, don't turn the blender up. Instead, turn it off and shake it to get rid of any air pockets. Then add liquid.

HOW I STAY LEAN

"I own an organic restaurant in Long Beach, California. It's right next to my shop, so I eat there twice a day, every day—lots of salads. I also drink a lot of protein shakes because I'm working so much."

—JESSE JAMES, MOTORCYCLE ICON AND REALITY TV STAR



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