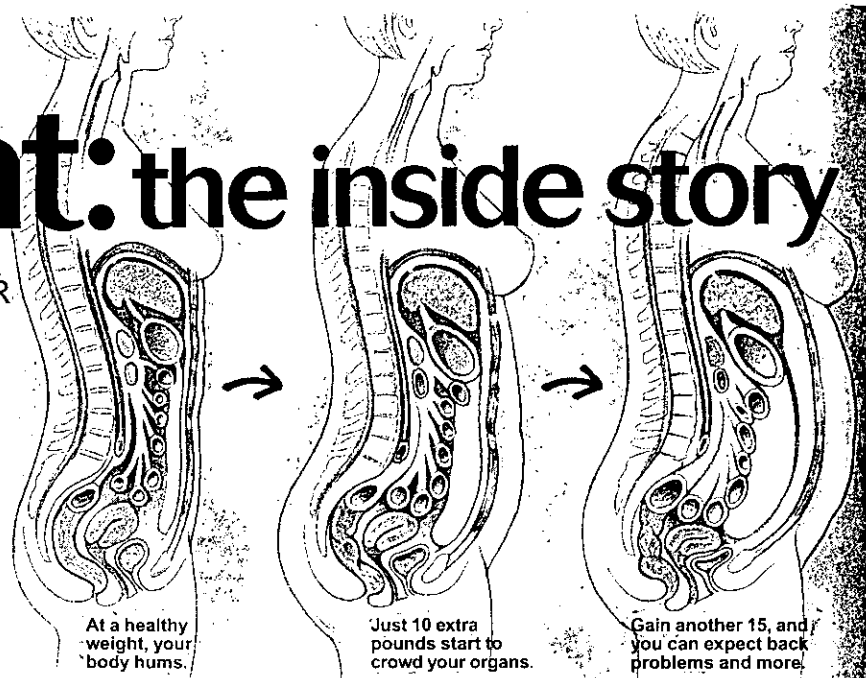


Fat: the inside story

THE FRENCH FRY AFTER-EFFECT YOU'LL NEVER NOTICE IN THE MIRROR

INDULGING DAILY IN FATTENING fare may lead to weight gain—that's a no-brainer. What's tougher but more crucial to grasp is that extra pounds can seriously affect your health. Next time you enjoy potatoes à la fried, remember that carrying excess fat:

- **Disrupts zzz's.** Sleep apnea, an often undiagnosed condition, causes you to periodically stop breathing during sleep. Overweight people are prone to it, since fat deposits in the neck put pressure on the airway, says Donald D. Hensrud, M.D., assistant professor of nutrition at Mayo Medical School in Rochester, Minnesota.
- **Weighs down your lungs.** "Carrying excess weight is like putting your lungs in a case that prevents movement, making it harder for you to breathe," says Dr. Hensrud.
- **Harms your heart.** Gaining 10 to 20 pounds ups your risk for heart disease (the number-one killer of women) by 25 percent. Gain 45 pounds and your risk increases 250 percent.



At a healthy weight, your body hums.

Just 10 extra pounds start to crowd your organs.

Gain another 15, and you can expect back problems and more.

- **Makes joints ache.** Carrying 10 extra pounds strains your hips and lower back, and increases the pressure on your knees by 30 to 60 pounds with each step, according to Susan Bartlett, Ph.D., assistant professor of medicine, at Johns Hopkins School of Medicine in Baltimore. Lose the weight and decrease your risk of knee osteoarthritis by 50 percent.
- **Meddles with blood-sugar levels.** Twenty-five percent of all new diabetes cases are due to a 10-pound weight gain, according to a Mayo Clinic study. —*Kathryn Belgiorno*

What I ate today

Vonda Shepard, 37,
singer/songwriter on Fox's
Ally McBeal

FOOD PHILOSOPHY "I stop eating when I'm 85 percent full to maintain my weight."

BREAKFAST "Oatmeal from the restaurant near my studio; Starbucks grande nonfat latte."

LUNCH "Grilled chicken and vegetable salad from the same restaurant, plus I drink about 12 cups of water a day."

DINNER "Another meal out—Caesar salad, sea bass, sautéed spinach, new potatoes, one glass of red wine."

SO, HOW'S SHE DOING? Vonda's protein and veggie servings make her an eating ace, but she's getting less than 20 grams of fiber and needs 25. Fixes: Eat strawberries (1 cup, 4 grams of fiber). Trade potatoes for 1 cup brown rice (an extra 5 fiber grams).



The skinny on...garlic

THE STINKIN' AND REEKIN' GOOD-FOR-YOU BULB

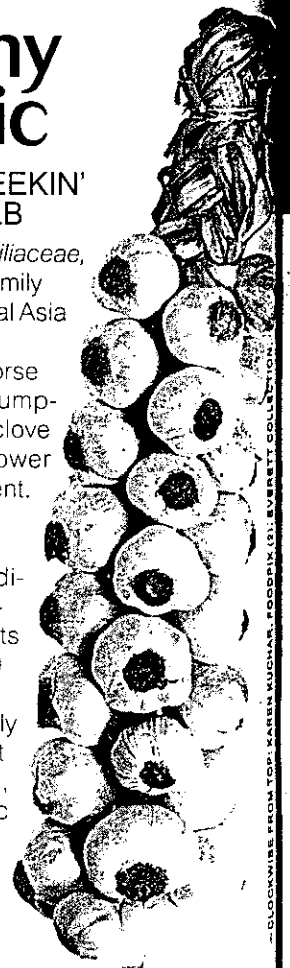
Family name *Allium sativum liliaceae*, pungent member of the lily family
Birthplace Deserts of Central Asia
Residence Worldwide

Occupation Culinary workhorse
Vital statistics Daily consumption of one raw or cooked clove (a bulb has several) may lower blood cholesterol by 9 percent.

Loves Teaming up with its buddy olive oil in a sauté pan
Hates Being heated immediately after crushing or chopping (this causes it to lose its anticancer powers—wait 10 minutes before cooking)

Favorite quote "It is not really an exaggeration to say that peace and happiness begin, geographically, where garlic is used in cooking."

—X. Marcel Boulestin, French chef (1878–1943)
—*Beth Ann Holden*



SELF HELP

Before bed, eat a banana. It contains tryptophan, a relaxing enzyme.