



**300**  
CALORIES

**1½ CUPS**  
Häagen-Dazs  
Sorbet, Mango  
90 g sugar  
0 g fat

**3½ BARS**  
Edy's Fruit Bars,  
Strawberry  
75 g sugar  
0 g fat

**1¼ CUPS**  
Edy's Slow Churned  
Light Ice Cream,  
Mint Chocolate Chip  
32 g sugar  
11 g fat  
(7 g saturated)

**2 SANDWICHES**  
Skinny Cow  
Ice-Cream  
Sandwiches,  
Strawberry  
Shortcake  
30 g sugar  
4 g fat  
(2 g saturated)

**1 CUP**  
Breyers  
Carb Smart  
Ice Cream,  
Butter Pecan  
8 grams (g) sugar  
22 g fat  
(10 g saturated)

**2 BARS**  
Blue Bunny Sweet  
Freedom Supremes,  
Raspberry Cheesecake  
4 g sugar  
20 g fat  
(14 g saturated)

**1 CHIPWICH**  
Klondike's Chipwich  
22 g sugar  
12 g fat  
(7 g saturated)

**½ CUP**  
Ben and Jerry's,  
Chunky Monkey  
28 g sugar  
18 g fat  
(10 g saturated)

## Q: HOW CAN I RESIST FATTENING FROZEN DESSERTS THIS SUMMER?

NATE, URBANA, IL

Resistance is futile. "Restrictive food behaviors deprive you and lead to binge eating," says Milton Stokes, M.P.H., R.D., a spokesman for the American Dietetic Association, adding that you should give your taste-buds exactly what they want instead. "Pick a flavor you really like and you'll feel satisfied." At the same time, downsize the dish you use. When Cornell University researchers gave 85 nutritionists unlimited access to ice cream, the food gurus with large bowls ate 31 percent more than those assigned small bowls. If you find that you're still not sated, buy a low-fat or low-sugar version of your favorite flavor; in most cases, you'll be able to consume more without extra calories. (Each treat above tops out at 300 calories.)

### I'm a runner, and I want to build abs. Do I have any shot at a six-pack?

COLIN, ELIZABETH, NJ

Running can either strengthen or weaken your abs, depending on your form. "If you keep your torso straight and your shoulders back, running and jogging can be extremely beneficial for reinforcing abdominal stability," says Craig

Friedman, C.S.C.S., a trainer at Athletes' Performance in Tempe, Arizona. If you slouch, you'll take your core out of the equation. Can't maintain the proper ab alignment? Make sure you're picking up your feet. "Lift your feet higher by sliding them up under your butt," Friedman says. "This will add more lift to your stride, helping you stay tall through the hips."

### Lunges hurt my knees. Is there an alternative?

MARK, MUNDELEIN, IL

Before you give up on lunges altogether, evaluate your technique. Many men lean forward at the waist during lunges, which puts added pressure on their knees, says Carter Hays, C.S.C.S. "Too much energy is going forward, rather than straight down."

## MYTH OF THE MONTH® Spicy foods cause heartburn.

True  False

Consider jalapeño peppers exonerated. A recent Stanford University study review shows that tobacco, alcohol, and body weight—not hot tamales—are the main contributors to internal combustion. "The idea that spicy foods trigger heartburn is mainly perception based on what patients tell their doctors," says Lauren Gerson, M.D., the lead study author. That said, if you eat too much of any food right before bedtime, you're setting yourself up for heartburn; it's easier for stomach acid to creep back up your esophagus when you're lying down.

Photograph by NICHOLAS EVELEIGH, food@istock.com