

SPECIAL ISSUE: Tap into the Power of the #WWFamily

MARCH/APRIL 2017

weightwatchers

Live Fully

35 Recipes

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PEOPLE
TOGETHER**



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healthy, and
sooo
satisfying,
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At seventeen, I was obese and headed for a diagnosis of type 2 diabetes. That's when I decided to make changes and recruited my parents to get fit along with me. Together, after improving our diets and starting an exercise program, we lost more than 325 pounds. Today I'm a registered dietitian and a cheerleader for my clients as they reach their goals while enjoying beautiful food.

For Sarah's story and more stories from real people, go to AmericanPistachios.org.



Sarah Galicki
REGISTERED DIETITIAN
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the power of us



Welcome to the first-ever community issue of *Weight Watchers* magazine, dedicated to the millions of Members of the Weight Watchers family. We pored over the posts on Connect (our community on the Weight Watchers app), reached out to followers on our social networks, and visited meetings across the country in search of Members interested in sharing their stories. In the following pages you'll meet some of these people and hear how they're losing weight and living more healthily (look for the "Stay Connected" banner throughout the issue).

Why a special issue on the power of community? Because we think that, after food, water, and shelter, a sense of belonging is essential to a happy, healthy life. Research shows that people with lots of friends and close family relationships are less likely to experience depression and stress and more likely to practice positive habits.

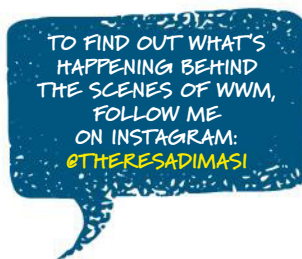
Connection and kinship used to be built into our culture. We'd come together—in the village square, in parks, in backyards, on the stoops of our houses and apartment buildings—with friends, neighbors, and extended families to talk, laugh, or commiserate. The emphasis wasn't on having a big house or a killer career—ambitions that can isolate us from one another and leave us feeling like we don't measure up—it was on our common humanity.

If you spend time at a Weight Watchers meeting or on Connect, you'll see the power of belonging up close. Members say they feel safe, secure, appreciated—no longer judged or in need of "fixing." Most importantly, they don't feel alone or invisible; they realize their problems are shared by millions of others who are rooting for their success.

And when you're surrounded by people who have your back and share your aspirations, what you wish for becomes possible. To see how Members support one another on Connect, read "Together We Thrive," page 57. Or be inspired by Sarah Lindner, a Member who became a fashion blogger after losing 40 pounds. (See her tips on wearing the latest style trends on page 50.) Or check out Kelly, a Member whose motivation to hike up a local mountain was supplied by the enthusiasm of a fellow Member in her Weight Watchers meeting (page 32).

I recently came across a quotation from Margaret Mead that stopped me cold: "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." Back in the early '60s, our founder, Jean Nidetch, invited six friends into her living room to discuss their weight-loss struggles. Nidetch and her gang of six forged the model that Weight Watchers still uses today: harnessing the power of a committed group of like-minded people to improve their physical, emotional, and spiritual health, together. Like Mead, I believe that simple, collective acts like this—both then and now—have the power to lay the groundwork for a better planet.

Theresa DiMasi
VP, CONTENT/EDITOR IN CHIEF
theresa@weightwatchers.com



REJUVENATION VACATION AT SEA™

Weight Watchers hopes to bring cruise goers a one-of-a-kind experience in which they can enjoy a vacation and maintain a healthier lifestyle at the same time. The Rejuvenation Vacation at Sea powered by Weight Watchers sets sail to the Caribbean from May 6 to 13.

Community at Sea Find your Weight Watchers community during meetings on board. Members will swap advice, tips, and ideas, while Leaders help Members stay on track while on vacation—and beyond.

Learning for Fun Enjoy cooking demonstrations, fitness programs from cardio dance to yoga, and informative seminars on eating better, moving more, and shifting your mind-set.

Dining with Options Weight Watchers has made it easier than ever to enjoy the exquisite dining and buffet options that are synonymous with cruising. At each meal, SmartPoints options will be provided so you can make delicious and informed decisions throughout your trip.

Interested in setting sail? Head to weightwatcherscruises.com for more information. Bon voyage!

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*"Spin class—it's where I get to catch up with my sister-in-law once a week."
—K.G.*

*"Working out. I feel the need to give it my all and share that great feeling with someone else."
—A.S.*

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*"Shopping. They'll always give you honest feedback."
—M.D.*

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*"Trying something new. It usually results in laughter."
—P.K.*

*"Hiking. You can share in the beauty of nature together."
—J.M.*

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The stories in *Weight Watchers* magazine represent Members' individual experiences. Eating patterns, activity levels, and adherence all play significant roles in determining weight loss and maintaining that loss. For many people, weight loss is temporary. Ask at our centers for details about our maintenance record. Check with your physician before beginning or dramatically changing a fitness routine.



ON YOUR
**FREE
FOOD
LIST**

MORE WAYS TO HELP ACHIEVE YOUR GOALS



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a full life

Angelica had to discover that perfection is a myth in order to realize she could reach her goals.

BY KATERINA GKIONIS

ANGELICA BARBOSA

AGE 39 | HEIGHT 5'2"

LOST 75 LB*



SO THIS ISN'T YOUR FIRST TIME ON WEIGHT WATCHERS?

No, I joined for the third time in January 2016, and I've lost 75 pounds since then. The SmartPoints program was a game changer. The new system motivated me to eat more protein, more produce, and less processed food.

HOW DO THESE CHANGES MAKE YOU FEEL?

The food I'm eating gives me so much energy; I no longer feel like I need a nap. Plus, I used to be obsessed with the scale. Now, I focus on how I feel and the changes I'm making.

HOW HAVE YOU TRANSFORMED?

I've learned to appreciate myself and to be healthy in a new capacity—not just physically, but mentally, too. I forgive myself. I don't strive to be perfect anymore. Because of that, I feel balanced and if I have a slipup, I don't punish myself. I just get right back on track.

HAS THAT ATTITUDE SPREAD TO OTHER AREAS OF YOUR LIFE?

Completely. I used to not want to attend family events because I worried about what people would say about my weight. Now I go hiking with my kids or take them to the trampoline park. I used to play tennis and now I'm back on the court! I'm doing everything I want to do.

GET
MORE

Check out a video of Angelica telling her story at weightwatchers.com/us/angelica.

“I found balance. It's no more 'all or nothing.' It's just life.”

TAKE ANGELICA'S ADVICE:

■ Stick to your roots.

I've made my Mexican favorites plan friendly. For *albondigas*, a meatball soup, I'll swap potatoes for butternut squash and eggplant, and I'll leave out white rice from the meatball mixture.

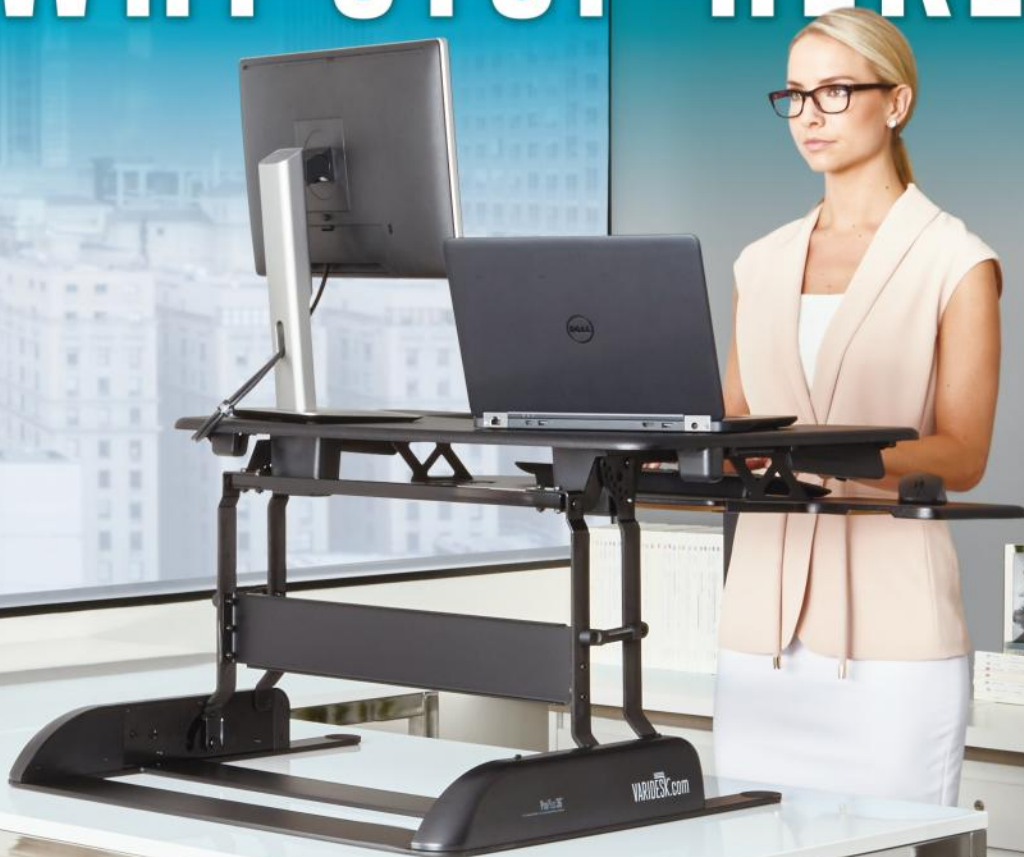
■ Give what you get.

I've found amazing support from Connect. And I pay it forward. If I read that someone is having a bad day, I take a couple of minutes to send them a message.

■ Snag a fitness deal.

I bought a used exercise bike for \$40 and it's the best purchase I've made! The bike stays in my living room so that's a constant reminder to keep pedaling.

YOU'RE ALWAYS MOVING OUT THERE. WHY STOP HERE?



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full plate

hear it first

DIY 5K

Start a race—and help a cause—in your own backyard.

FRIENDS, FITNESS, AND FUND-RAISING all converge in a 5K fun run, walk, or bike race for charity. Making it to the finish line for a worthy cause is even sweeter when you've planned the event yourself. Choose a cause that's close to home (a local library or hospital) or close to your heart (cancer research, animal welfare). Then follow these tips from Hyrum Oaks, founder and CEO of RaceEntry, an online tool for building a race of your own.

BY CARI WIRA DINEEN

PLOT THE COURSE. It's your race. How long do you want the route to be—and how challenging? Scenery and topography are key, but a too-tough course can discourage participation. Stick to parks or rural areas. Use the tool on raceentry.com or mapmyrun.com to map the course, then apply for permits with your town.

PLAN THE DETAILS. A longer course means a higher entry fee, and thus more money for your charity. The typical entry fee for a 5K: \$20. Open up registration a few months out—even if you haven't settled on sponsors or a theme. The earlier people can sign up, the more time they have to get friends and family on board.

PUT OUT THE WORD Distribute flyers in sports stores, gyms, and fitness centers, and at other sporting events. Create an event page on Facebook and place a few geo-targeted ads. Once your friends and community talk it up, your DIY fund-raiser (accent on *fun*) could be the next big thing.



full plate
the news you can use

beyond the scale

News on health,
wellness,
and life as
we know it

Should You Eat Earlier?

The notion that consuming most of your calories late in the day may negatively affect weight loss has been kicked around for years, without much evidence. Now, preliminary findings presented at the Obesity Society's annual meeting suggest that eating only between 8 a.m. and 2 p.m. for four days makes no significant difference in how many calories participants burned, but that eating earlier may limit hunger swings. Could that help with weight loss? It's too early to tell, but another preliminary study in *The American Journal of Clinical Nutrition* found that 35 overweight and obese women who ate their main meal at lunch lost more weight over 12 weeks than a similar group who ate theirs at

dinner. Clearly, more research is needed; in the meantime, stick with your SmartPoints budget.

Yes to the Weigh-In

Knowing that regular weighing may help you stay on track is one thing (many Weight Watchers members swear by the weekly weigh-in), but actually doing it is another. Let this convince you: Out of a sample of 148 people, predominantly women, those who stepped on the scale almost daily during a 12-month study published in the *International Journal of Obesity* lost twice as much weight as those who checked their number only occasionally or almost never. Those who avoided weigh-ins were less likely to hit daily calorie or step goals—and tended to shun the scale more as time went on.

Here Comes the Sun

Feeling low? April showers may not be to blame. Weather conditions you might expect to darken your mood—storm clouds, swirling wind, stifling heat, bone-chilling cold, oppressive smog—had no relationship to emotional distress, according to a new study in the *Journal of Affective Disorders*. The only meteorological factor linked to feelings was bright days—specifically, the amount of daylight—which helped offset the impact of everything else. So if the researchers' conclusions are correct, after looking at 19 weather or pollution variables and matching them against six years' worth of therapy data for 16,452 young adults, longer days ahead could mean happier days ahead. —RICHARD LALIBERTE

LOVE TO WALK, BIKE, OR RUN AT NIGHT?

Light-up accessories—arm bands, bike attachments, shoe lights and laces—can keep you safe. We like 4id.com's weatherproof, easy-to-remove models. \$25 and under.

best bet

There's more to Easter eating than chocolate bunnies and jelly beans. For many, the holiday means a lavish spring feast. Here's how two favorite entrées face off:

LAMB VS HAM



IT'S A TIE!

LEG OF LAMB, 3 OUNCES	SPIRAL HAM, 3 OUNCES
SMARTPOINTS VALUE: 4	SMARTPOINTS VALUE: 4

QUICK TIP

Both meats are festive ways to pack in some protein—about 15 grams per serving. Be sure to keep an eye on the sugary sauces—mint jelly or ham glaze—which can easily add 2 or more SmartPoints to a serving.

TREAT YOURSELF! (NO SMARTPOINTS REQUIRED)

"Built-in orthotic," once shorthand for "sensible shoes," is now

(*finally!*) synonymous with heels that don't hurt, thanks to Vionic, whose new spring line includes the first high heels to incorporate this feature (Carmel, \$140, vionicshoes.com, below). "The shank reduces pressure in the front of the foot by placing more pressure in the heel," says Terry Mitchell, Vionic's director of biomechanic technologies. "The arch contour gives full contact through the mid-foot, and a metatarsal dome helps relieve pressure on the ball of the foot." The best part? These pain-free pumps are pretty.

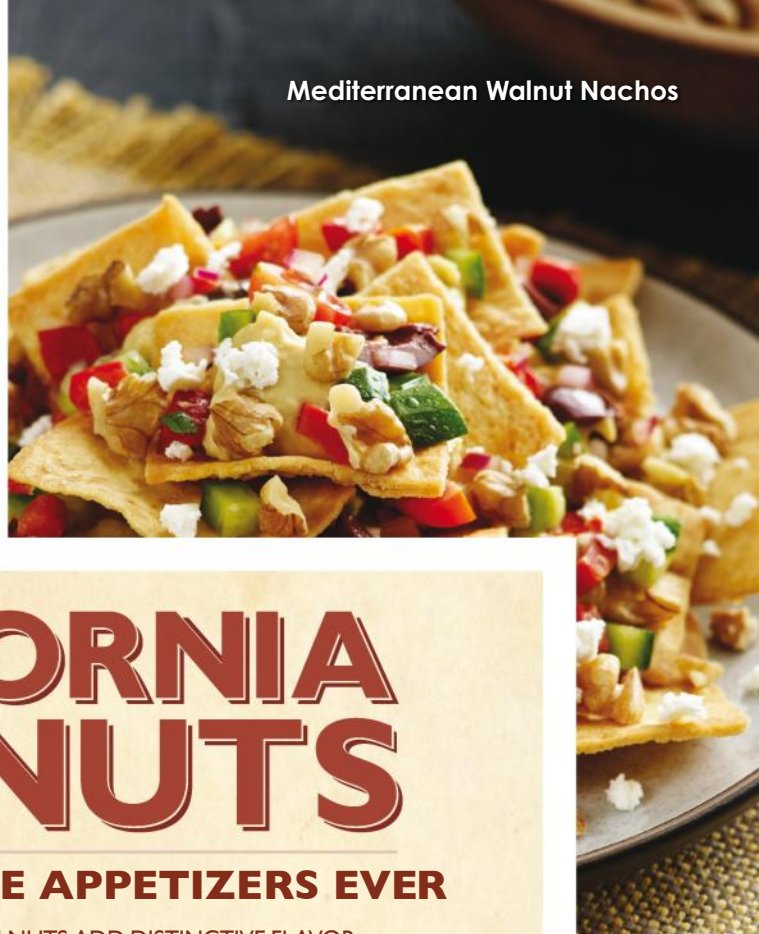


Turn the page for more →

Walnut Pear Flatbread



Mediterranean Walnut Nachos



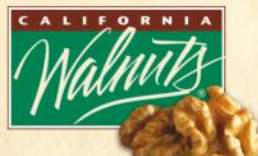
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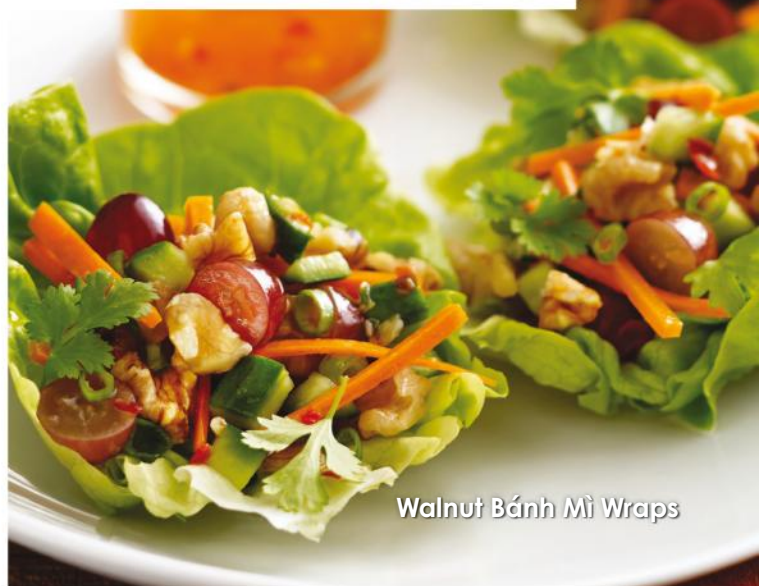
Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/guidelines.

walnuts.org

Walnut and Roasted Red Pepper Spread



Walnut Bánh Mì Wraps



*Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3.



Tamra Ryan (right) CEO of Women's Bean Project, with Abok, a recent graduate of the Denver-based program.

WW
woman
to watch

From the street to the workplace

TAMRA RYAN is CEO of the Women's Bean Project (WBP), a human-services organization tucked inside a business that sells bean soups and other dry food products. WBP provides a safe environment for impoverished women—including former felons, domestic abuse victims, and recovering addicts—to learn how to succeed in entry-level jobs. Here, Ryan's insights on lifting women out of poverty.

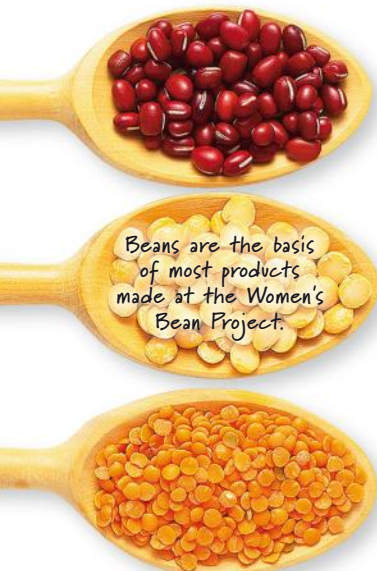
"A JOB CAN CHANGE A WOMAN'S LIFE FOREVER.

And when you purchase a product from WBP, you're giving her a job. Shelters and

soup kitchens certainly help, but they don't break the cycle of poverty. Women work full-time here for six to nine months and acquire hard skills—making products, working in our retail shop, shipping, and marketing—as well as soft skills like problem-solving, budgeting, basic computer skills, and how to interview for a job. The goal for our graduates is not only to secure gainful employment but also to become great employees. On average, 70 percent go on to jobs in the community. One year later, 93 percent are still employed.

"BELIEVING YOU ARE WORTHY OF A BETTER LIFE CREATES CHANGE. Our messaging has a lot in common with that of Weight Watchers. You have to believe you deserve more. We teach the importance of setting goals; every Monday, our workers declare a personal goal, a work goal, and a long-term goal. We celebrate small successes and create accountability. We do that not only by paying above minimum wage, but also by offering merit pay every payday.

"PEOPLE ARE OFTEN TOLD, 'PULL YOURSELF UP BY YOUR BOOTSTRAPS.' But it's unimaginably hard to get a job when you've never had one and have a history of drug abuse or incarceration. We must change our attitudes toward our poor communities—so we can all move forward together."



Beans are the basis of most products made at the Women's Bean Project.

SMOKIN' GOOD

Some of your favorite products are jumping on the smoked-food bandwagon, and that's great news: Smoking gives flavor a mega-boost without adding a single SmartPoint value. Check out these new offerings:



• **Sullivan Farms Mustard with Smoke** offers a sweet, spicy, smoky pop to anything—and everything. \$13, sullivanfarmsfoods.com.



• **Gaea Smoked Eggplant Spread** has a rich, intense flavor that's ideal for slathering on crusty bread, or to top meatballs or fish. \$3, gaeaus.com.



• **Hamptons Salt Company** offers a range of smoke-infused salts: Smoked Hickory, Smoked Bacon, Smoked Mesquite, and more. \$22–\$25, hamptonssalt.com.



78 million

SmartPoints value of all the pints of Guinness consumed worldwide on St. Paddy's Day (13 million at 6 SmartPoints value each)

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"We don't have to achieve whatever we are seeking in one mighty leap. That's overwhelming—and unrealistic."

—Misty Copeland, principal dancer at American Ballet Theatre



From *Ballerina Body: Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You* (Grand Central Life & Style, March 2017).

Since I started
Weight Watchers

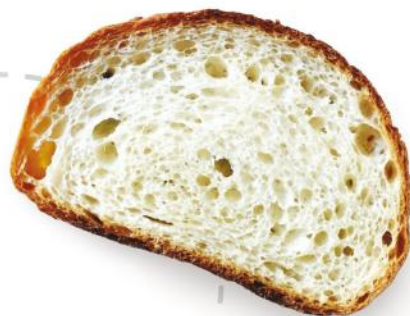
I've eaten
everything I love



Tacos... Pasta...
A few tequila shots in
between



I struggle
no more



I've never
felt deprived



And I've lost over
40 lbs.*



Members have lost **15% more weight**** in the first two months on the Beyond the Scale program than on our previous program.

Live Fully
weightwatchers

Join for free[†] at weightwatchers.com

*People following the Weight Watchers plan can expect to lose 1-2lbs per wk.

**Comparing Meetings members who weighed in two months after starting the program versus the same time period in the prior year.

[†]Join Free offer: Joining fee waived with purchase of select subscription plans from 12/25/16 to 3/20/17. Plans auto-renew monthly until you cancel. Offer available in Meetings in participating areas only.

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Since I started
Weight Watchers

I've had date nights
with my husband



I've never
felt deprived



I've learned to balance
what I eat



And I've lost
55 lbs.*

I've enjoyed ice
cream with my kids



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*People following the Weight Watchers plan can expect to lose 1-2lbs per wk.

Sophie lost weight on prior program and SmartPoints.

**Comparing Meetings members who weighed in two months after starting the program versus the same time period in the prior year.

†Join Free offer: Joining fee waived with purchase of select subscription plans from 12/25/16 to 3/20/17.

Plans auto-renew monthly until you cancel. Offer available in Meetings in participating areas only.

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mind & body

rules to
lose by



on your side

Living a healthier lifestyle doesn't have to be a solo journey. We asked our WW Leaders to tell us what they've learned from meeting so many inspiring people and how valuable those connections can be.

AS TOLD TO MANDY RICH

1. USE ANCHORS AS A SOURCE OF STRENGTH

"A group of Leaders from the High Point, North Carolina, center gather every Wednesday for lunch. We talk about questions we have and challenges we face. I can't imagine how I would manage my success without them!" —Denise Reagan

2. TEACHERS SHOULD LEARN FROM STUDENTS, TOO

"I'm personally motivated by the Members in my meeting room week after week. They rise to the challenges life throws their way, believing that they can and will find a way to succeed—so I can, too." —Marijean O'Donnell

3. BE OPEN TO NEW FRIENDSHIPS

"The most inspirational person in my life is my friend Tracy Cipriani. She will stop for any Member who is struggling, to give a hug and some words of wisdom. She is one of my greatest gifts from Weight Watchers!" —Dayna Miller

4. RECOGNIZE THE GIFT OF PERSEVERANCE

"My brother has special needs, and my mom has dedicated herself to making sure he is well cared for, healthy, and happy. No matter what challenge she faces, she approaches it head-on. She has taught me how to be compassionate, kind, and most important, grateful." —Karen Kazanchy



sweet relief

A staggering number of people have risky blood sugar issues and don't know it. Here's how to find out what's going on inside your body, to help ensure better health for years to come.

BY MIKE ZIMMERMAN

➔ It's nice to be thought of as sweet, but a lot of people these days are a little too sweet. Blood sugar (aka blood glucose) can be toxic to your tissues, and both roller-coaster blood sugar levels and chronic high readings are signs that your body isn't functioning the way it should. Over time, blood glucose that isn't absorbed and used as energy can damage your body.

That's why blood sugar may be one of the most important markers for long-term health, and the easiest to ignore. Sure, you hear lots about it. Most folks know that type 2 diabetes is an epidemic in our society. Approximately 29 million Americans have it and more than 3,800 more are diagnosed daily, according to the American Diabetes Association; each of them is a candidate-by-default for the potential side effects of chronic high blood sugar: heart disease, stroke, nerve and eye problems, and kidney disease. But here's an interesting exercise: Take that 29 million ... and triple it. That's the number of people who have high blood sugar that is not quite high enough for them to be diagnosed as diabetic. This is prediabetes, this is 1 in 3 American adults, and it's a health alert that you or someone close to you may have right now.



BLOOD SUGAR BY THE NUMBERS

If you take a fasting glucose test...

Less than 100 mg/dl = NORMAL
100 mg/dl - 125 mg/dl = PREDIABETES
125 mg/dl or higher = DIABETES

If you take a hemoglobin A1C test...

Less than 5.7% = NORMAL
5.7% - 6.5% = PREDIABETES
6.5% or higher = DIABETES

The CDC offers a prediabetes self-test at: www.cdc.gov/diabetes/prevention/pdf/prediabetestest.pdf

And here's the kicker: 9 out of 10 prediabetics don't even know it.

The Other Silent Killer

"Diabetes attacks every single cell in the body," says Florence Comite, MD, an endocrinologist and founder of the Comite Center for Precision Medicine in New York City. "That's why I'm so focused on it as a doctor. I hate the disease." Prediabetes doesn't get the same attention because it's a sneakier condition. Diabetes may come with symptoms like blurred vision, thirst, frequent urination, and nerve pain in the hands, arms, feet, or legs. Pre? People often feel just fine, or their symptoms may be subtle enough to be mistaken for other things.

The result is a risky ignorance, because "it may take a year or two, or a decade or two, but inevitably many prediabetics will become diabetic," says Comite, who routinely discovers previously hidden pre- and diabetic conditions in her patients. The CDC estimates that up to 30 percent of prediabetics will develop full-blown type 2 within five years.

Here are some warning signs. If any sound familiar, a simple blood test from your doctor may be a smart idea:

Your parents have it.

Has anyone in your family been diagnosed with diabetes? Have your grandparents, parents, or siblings gained weight as they aged, especially around their middles, which can put you at greater risk? "Genetics is one of the biggest determining factors," Comite says. "Get the information from your relatives when you're young and don't be afraid to look ahead."

You've gained weight.

This is common, especially as you age,

even if you follow a healthy lifestyle. Part of the problem? A drop in free testosterone, which Comite says is especially damaging for women because they don't think about T. "Women have a fraction of the free testosterone men have," she says. "As we hit our 30s, we start losing 1 to 3 percent a year, just like men. That's why we sometimes see thickening around our waists as we age. We lose our ability to keep lean muscle in place and lean muscle helps burn the energy from the food we eat. The less lean muscle we have, the less effectively we may burn energy and fat." (Comite also notes that oral contraceptives may contribute to lower testosterone levels.)

You get jittery when you don't eat.

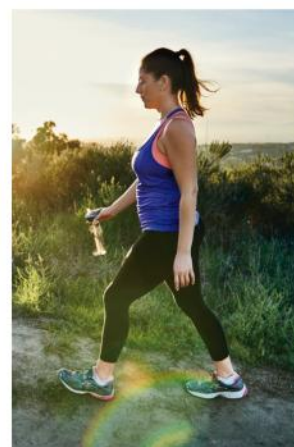
A few hours after your last meal, your blood sugar could drop while your insulin remains high. The insulin has no blood sugar to work with, so you may feel jittery or light-headed. "This is a sign of reactive hypoglycemia, and for some can be a very early indicator of diabetes," Comite says.

You don't heal quickly.

High blood sugar may damage nerves, which could affect circulation and slow your body's healing process and immune response. Maybe a cut doesn't heal as fast as it should, or a cold or cough doesn't go away when everyone else's seems to get better in a few days. Women might notice chronic urinary tract or yeast infections.

You had blood sugar issues while pregnant.

"If you had even a borderline response, much less a positive response, to a glucose tolerance test while pregnant, you're absolutely, unequivocally at risk of being a diabetic now or later," Comite says. "Pay close attention to that the moment you know."



PREEMPT PREDIABETES

If you have blood sugar issues, some basic lifestyle changes could go a long way to help you prevent or delay the onset of type 2 diabetes, and possibly reverse prediabetes. According to the American Diabetes Association, research has found that you may lower your risk of developing type 2 diabetes by up to 58 percent by doing the following:

- Lose 5 to 7 percent of your body weight (a 7 percent loss for someone currently weighing 180 is about 13 pounds).
- Do moderate exercise (like brisk walking) 30 minutes a day, five times a week. Comite also recommends strength training a few times a week to help maintain muscle mass.

A weight-loss intervention plan could help you even more. A 2015 study in the *American Journal of Public Health* found that a weight-management plan—Weight Watchers, specifically—was successful in delivering lifestyle changes that contribute to prevention of type 2 diabetes. The study included 225 people with prediabetes; 112 of them followed the Weight Watchers Program and 113 received individual-based advice using a National Diabetes Education Program. After six months, the people on Weight Watchers had lost more weight than the group following the National Diabetes Education Program (5.5 percent of body weight lost versus less than 1 percent). The Weight Watchers group also had significantly greater improvement in HDL cholesterol levels as well as A1C, a marker for diabetes.

MANAGING BLOOD SUGAR MEANS



... EARLY DETECTION:

A company called Metabolon has developed an initial blood test to assist physicians in analyzing metabolites (molecules involved in metabolism) for signs of inherited metabolic disorders long before they manifest. The test can identify hundreds of metabolites from one blood draw.

... BETTER MONITORING:

Medical firms like Dexcom and Sano have developed minimally invasive blood sugar monitoring systems—testing fluid in the skin, for example—that send real-time data to your smartphone. Talk to your physician to see if this could be an option for you.

... HOME-BASED TECH:

Comite compares the future of blood sugar management to what happened with the financial industry. "You can take a picture of a check and never have to visit a bank," she says. "Soon your medical data will be transmitted to your doctor and your medication can be delivered to you."



selfie-love

How to use social media as a powerful tool for happiness and health.

BY MARIA MASTERS



Ever told yourself that you don't care what other people think? It's a nice thought—but humans can be very sensitive to opinions. That's what happens when a species spends thousands of years developing traits that help its members connect with one another.

"After food and shelter, social connection is our greatest need from birth to death," says Emma Seppala, PhD, codirector of the Yale College Emotional Intelligence Project at Yale University and author of *The Happiness Track*. Compliments, approval, and encouragement (the virtual kind counts, too) are all considered positive feedback, she says, and they're processed in our ventral striatum—the area of the brain that lights up when we receive rewards, such as food and money.

But lately some of us seem to have evolved from social creatures into social media creatures. We may still desire connection, but these days we could be as likely to give a "like" as we are a hug.

Social media remains one of the primary ways we stay connected in our wired-yet-wireless world, and it could potentially help boost your physical and mental well-being—but only if you know how to use it to your advantage. Here's how.

1. CURATE A #COMPASSIONATE FEED.

Helping others has the potential to make us happier, Seppala says. Example: One 2016 study in the *British Medical Journal* found that volunteering appeared to be associated with a boost in mental well-being, particularly for middle-aged and older adults. "Follow pages that foster compassion or people who post uplifting messages," she suggests. "Then make it a point to send friends nice comments." Your positivity could be contagious.

2. JOIN AN ACTIVE GROUP.

Being in a network of physically active people might reinforce the idea that exercise is a rewarding, positive behavior—and that, in turn, may encourage you to work out more, says Andrew Lepp, PhD, an associate professor and new media behavioral researcher at Kent State University. Plus, being open about trying something new might lead to exciting relationships and opportunities to get fit, he says.

3. SAY HI TO OLD FRIENDS.

While meeting new people might be great, maintaining existing friendships may also help us protect our psychological health, Seppala says. "The nice thing about long-term

relationships is that you don't have to start from scratch," she says. "You have a greater sense of kinship from all the years spent together."

4. TALK ABOUT YOURSELF (WITHIN REASON).

From a neurological perspective, sharing information about yourself with someone else may be rewarding for you, says Natalie Bazarova, PhD, a researcher of social media and associate professor of communication at Cornell University. And posting comments—i.e., engaging with others—may inspire more joy than simply scrolling through your feed, Seppala says. Still, she cautions against going overboard. "If you don't get the responses you want, it could feed into your insecurity."

5. KNOW WHEN TO STOP CHECKING.

Make time for some IRL meet-ups with friends, too. "It's ideal when you can use social media in a way that complements face-to-face interactions," Lepp says. "When Facebook, Twitter, or Instagram becomes a substitute for in-person relationships, and the bulk of your social interactions move to the virtual world, that's when people may become lonely or depressed."



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STAY
CONNECTED



#WWTakeover
#WWFamily
#BeyondTheScale

always moving forward

Jamie Felder was up and down the scale her entire life. She'd follow a diet, lose 20 pounds, then gain them all back. In 2012, Jamie tried Weight Watchers for the third time. Instead of being an online subscriber as she had been in the past, she opted to attend meetings. That was when the Program clicked for her. Jamie needed the accountability of the weekly meetings and the extra encouragement and guidance from her Leader. This combination helped her lose 88 pounds.* Now, five years later, she has maintained her weight loss, become a fitness instructor, and just got married! Jamie has a full life that she never used to imagine for herself. Perhaps the third time really is the charm.

AS TOLD TO KATERINA GKIONIS



I learned that success won't happen overnight. I often think of this Maya Angelou quote: "All great achievements require time." I've faced challenges but I've remained resolute, and it's been amazing to be at goal for the past three and a half years.



I've been successful because I plan everything. I know what I'm eating for lunch; I have healthy snacks; I cook dinner. I do my best to anticipate what kind of food will be served at events. You can't predict every situation, but why not try?



My husband has been my biggest supporter. If I'm struggling with motivation, I'll tell him about it, and we'll talk our way through the issue. He even helps me fit my favorite foods into the day while encouraging me to stick to my goals.



*People following the Weight Watchers plan can expect to lose 1-2 lbs/wk.
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ΔSource: University of Wisconsin (TreadClimber, 2011) and Adelphi University Study (Stair Climber, 2004). 423 calorie burn based on TC200.

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In the past year, I've become obsessed with my Fitbit. It's made me realize that I'm not as active on the days I'm not working out. My husband and I go on walks to get in our steps for the day.



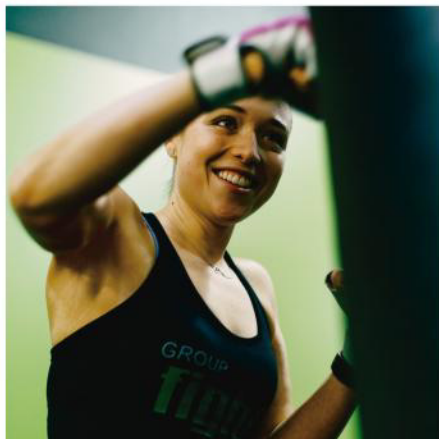
My wedding day was beautiful. I had reached my goal before I got engaged, so it felt especially good that I didn't have to lose weight just for one day. I'm maintaining healthy habits for life.



My husband and I have a strategy for eating out: We'll share an appetizer, then split an entrée. And I ask for what I want, whether it's leaving butter off my fish or keeping the dressing on the side.



I was always overweight and assumed that if I got married, I'd have to wear whichever wedding gown fit. So when I was able to choose the dress of my dreams, I was overwhelmed with emotion.



I spent six months on the treadmill before trying a group fitness class: cardio kickboxing. It looked fun and seemed less intimidating because there was no equipment. After one class, I was hooked.



I'm now the fitness instructor of that same cardio kickboxing class I had been afraid to try. It's surreal! I'm inspiring people just like me, and that feels so gratifying. When I tell them that it took all of my courage to even walk into the class, and that I used to hide in the back because I was so shy, they can't believe it. But yes, this is my reality. I love that I'm able to motivate others.



Want to check out more makeovers? Head to the Weight Watchers Instagram account, @weightwatchers, to get more inspiration and ideas about how to stay healthy all day long.

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blaze a trail

You don't need mountains to go hiking. All 50 states have trails worth exploring. Here are some great reasons to find them!

BY KAREN ASP

GET SOCIAL

Our WW community talks about hiking more than any other fitness activity. Join the crowd and visit americanhiking.org to find out where you and a buddy can lace up your shoes and get into the wild.

1 IT MIGHT FREE YOUR MIND.

People who walked in a natural setting for 90 minutes reported less rumination, or repetitive negative thoughts of the self, according to a study in the *Proceedings of the National Academy of Sciences*. "In some people, rumination could trigger depression," says Stanford University's Gregory Bratman, lead study author. So get out in nature and declutter your mind.

2 YOU COULD CHALLENGE YOUR BODY.

When you hike, you may engage your body in new ways, says Peter Olsen, vice president for programs and government relations with the American Hiking Society. You might have to step up and down on rocks, hop over streams, even maneuver around obstacles. Pro tip: No matter the terrain, always carry a hiking stick to help keep you stable.

3 IT MIGHT HELP BOOST YOUR BODY IMAGE.

According to a study in *Ecopsychology*, natural settings may positively impact how women perceive their bodies. "In nature, you engage with the world rather than being observed," says Kari Hennigan, PhD, study author, and clinical psychologist. "This may lead to a decrease in self-critique of your body image."

4 YOU COULD STRENGTHEN YOUR IMMUNITY.

How? By doing what the Japanese call *shinrin-yoku*, or forest bathing. "When you move through the forest, the phytoncides that trees emit could potentially trigger your body to produce more natural killer cells, which may help boost your immune system," says Ben Page, founder of Shinrin Yoku L.A.

STAY CONNECTED

GOING THE DISTANCE

Kelly, a WW member, shared her experience climbing Cowles Mountain—1,591 feet above sea level—on Instagram. We asked her about it:

WW: What made you want to climb the mountain?

Kelly: Being a San Diego local, I was always aware of Cowles Mountain. It's the tallest mountain in the area but I'd never hiked it before because I was intimidated.

WW: What gave you the courage to try?

Kelly: At my weekly Weight Watchers meeting, another woman mentioned that she hikes it once a week! She inspired me to try it, too.

WW: How did it feel reaching the peak?

Kelly: There were a couple of times when I wanted to turn back, but I'm so glad and proud I kept going.



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living room fitness

Roll out your yoga mat and grab your weights—that's all you need for this fast (and feel-good) workout.

BY ALISON FELLER



The gym isn't for everyone: You may have a busy schedule or perhaps you've lost motivation on the elliptical. Whatever it is, we have an at-home workout using a yoga mat and a set of hand weights that will help get your heart rate rocking and your muscles quivering.

The benefits of yoga and strength training could go far beyond aiding muscle definition. Yoga may help increase flexibility, improve breathing, and enhance the mind-body connection, while weight training may have a positive impact on bone density as well as depression and self-esteem.

Bethany Lyons, founder of Lyons Den Power Yoga in New York City, combined the two regimens to design a workout that focuses on the main muscles of the body, including the core, quads, and upper back. "These five exercises help promote a mobile body—your biggest asset—and draw from movements we make in real life," Lyons says. Grab your mat and weights and start this workout now.

MAT MATTERS

A standard sticky mat will only run you around \$20—and it's ideal for this workout. If you're looking to make an investment, however, try the Gaiam StudioSelect line. gaiam.com/yoga-mats



your mat-and-weights workout

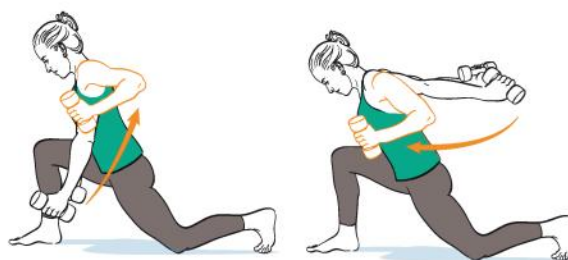
What you'll need: A standard yoga mat and a set of 5-pound dumbbells. (Go lighter as needed or increase the weights as you get stronger.)



MODIFIED SIDE PLANK WITH ABDOMINAL TWIST

Begin with your right knee on the mat, directly underneath the hip, with your left leg extended straight out behind you, foot flexed. Keep your right palm underneath your right shoulder, with your arm straight. Grab a weight with your left hand and draw it up along your body. Then, extend the weight up and let your gaze follow. Take four counts for each motion, keeping the core engaged. Return to starting position. Repeat 8–10 times, rest, then switch sides.

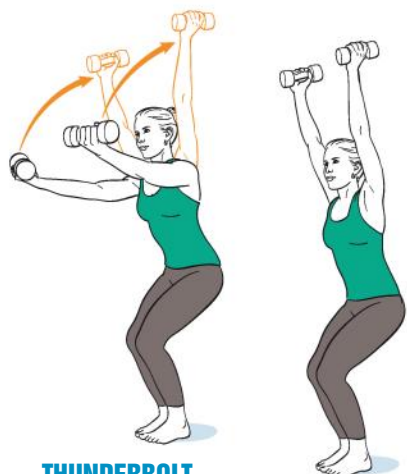
Make it easier: Fold the mat in half for extra padding under the knee as needed.



BODY ROW AND TRICEPS KICKBACK WITH LUNGE

Hold a pair of dumbbells at your sides, palms facing in. Step forward with your right foot and perform a lunge until your left knee rests on the ground. Lift your arms so your elbows rise straight, keeping the weights close to your sides (row position). Engage your shoulder blades. Then gently extend your arms straight back using just the hinge of the elbow. Return to the row position, then gently release to the starting position. Keep the motion slow. Repeat 8–10 times on each side.

Make it harder: Perform the sequence in a high lunge (no knee on ground).



THUNDERBOLT

Holding weights to your side, stand on the mat with your big toes touching and heels slightly apart. Keeping your arms straight, lift your arms forward and toward the sky, so your biceps are by your ears while simultaneously bending both knees, keeping the thighs together and dipping the hips back and down as if you were to sit on a chair. The knees should be behind the toes. (This is also called Chair Pose in yoga.) Avoid letting your butt stick out by engaging the glutes. Hold for five breaths, stand up straight, then repeat five times.

Make it easier: Stand with feet hip-width apart and arms out in front instead of reaching overhead.



LUNGE SWITCHES

Start in a low lunge with the right leg on the mat with one hand braced on either side of your front foot, balanced on your fingertips. In one motion, keeping your chest at a 45-degree angle and your fingertips on the ground, jump and switch so your opposite foot is up front and the other leg is behind you. Remember to keep your hips lower than your heart and your front knee over the ankle, landing as lightly as possible. Repeat 10 times, switching sides, working your way up to 25.

Make it easier: Instead of jumping, step the back foot up to meet the front foot, and then switch sides.



SIDE LUNGE WITH ARM EXTENSIONS

Step to the right with your right foot and perform a lunge until your right knee is at 90 degrees. Rotate your left leg outward from the hip until the left foot is extended to your left side. Bring your right forearm onto your right thigh, and reach the left arm overhead. Bracing your core, extend your right arm forward. (You'll feel this one right away!) Hold for 10 breaths, return to standing position, then switch sides. Repeat five times on each side.



EXPERT: Bethany Lyons, founder of Lyons Den Power Yoga in NYC, 500-hour certified Baptiste Yoga teacher, and experienced registered yoga teacher.

STAY CONNECTED

WHAT THEY'RE TRYING

Our Weight Watchers social ambassadors reveal their favorite at-home workouts. Start moving with their tips.

"I use my apartment building's stairs. I do high-impact interval runs for cardio, then add planks and modified push-ups for arms and core."

—Alexis Eggleton, New York

"I always use a little set of elastic cables. You can either stand on them for resistance or attach them to a door. They're perfect for traveling."

—Amanda Bowring, Seattle

"I set a reminder on my Fitbit Blaze to go off every night so I stick to my fitness challenges. I find them on Pinterest."

—Kayley Kirmse, Seattle



honor your body

In an excerpt from her new book,
Agapi Stassinopoulos shows
how good health—from which everything
else grows—starts with acknowledging
the miracle of life that you are.

Agapi Stassinopoulos, author of *Unbinding the Heart*, has dedicated her life to helping others find joy in their own. Her new book is a guide to doing just that: *Wake Up to the Joy of You: 52 Meditations and Practices for a Calmer, Happier Life*. Each chapter addresses a key subject—essentially 52 ways of letting go of what doesn't work for you and finding out what does. She emphasizes the building blocks of self-care, such as meditation, making time for yourself, and, most important, honoring your body. Here's how she uses a positive and mindful approach to good health—truly connecting with herself—to help create the life she dreamed of.

Consider this:

- You have 37.2 trillion cells in your body (compare that to the 400 billion stars in the galaxy!).
- The cells that make up your body are dying and being replaced all the time.
- By the time you've read this sentence, roughly 25 million cells will have died, but you'll make 300 billion more as your day unfolds.

Take a moment in reverence of the miracle of life you are.

We have nothing to do with making this miracle happen; it's working in spite of us, our inexhaustible life force. Yet we take all this for granted. We worry that our breasts are too small, our butt too big, or our nose too long. If you ever feel insecure, insignificant, or inadequate, remember that there are more cells in your body than stars in the galaxy.

There were many times when I took my health for granted, which is normal to do until something goes wrong. If I felt tired, I never thought to look at exercise, diet, or vitamins to increase my level of energy. However, when my body started to change with menopause, it struck me that I needed to pay more attention to it and make a greater investment in my well-being. I started to gain weight that I couldn't seem to lose. It took me by surprise. Having hot flashes and sweats, and feeling like I didn't have control of my own body, I dove into research: reading books, asking others for advice, trying different kinds of foods, and finding forms of exercise that energized me.

But the key factor in helping me get a handle on this physical change was finding the right doctor to advise me about what hormones my body needed to feel balanced. It was trial and error—at first, just error. Unfortunately, the first doctor I saw, despite his prestigious reputation, gave me so much estrogen that my breasts grew two sizes. I felt off! After this, I started asking other women who they would recommend. I'm thankful that I found a great doctor who gave me the right dose of natural estrogen and progesterone and kept in touch for weekly monitoring. We continue to adjust my dosages as needed, and now my body feels more balanced and happy. Since making my health a priority, I aim to find doctors I can develop a personal relationship with, where I feel like more than just a "patient."

We all desire energy, vitality, and strength so we can be productive and creative. That requires each one of us to map out what we need to maintain our optimal vitality. Isn't it ironic how things like work commitments, relationships,

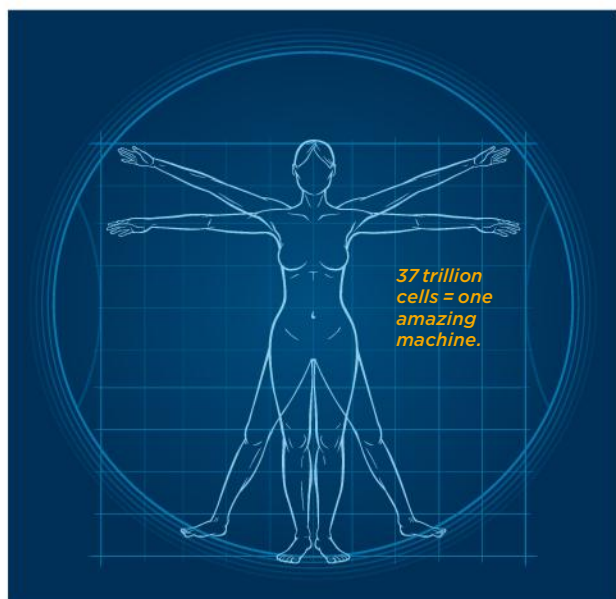
school, social endeavors, or even appearance often take precedence over self-care—when self-care is the foundation of your whole life?

My sister, Arianna Huffington, has become an evangelist for sleep, and living with her has shifted me from a night owl to someone who seeks to be in bed by midnight. I used to be compulsive about finishing my e-mails so that I wouldn't have to face them the next day. I soon discovered that I was better off dealing with my e-mail the next day, well rested. Putting down my devices at least one hour before going to sleep helps me transition from a full day to a restful night. My sister gave me a quote that I keep by my bedside: "A good day starts the night before." As much as I love the aliveness and creativity I feel in the late hours of the evening, I realized that the price I paid the next day in feeling tired, sluggish, and anxious was too big. I found important habits to help shift from wakefulness to sleep—taking a hot bath, playing calm music, reading some poetry, lighting a

Take a moment to revere the miracle of life you are.

candle, and not watching TV. Sleep is not just for my body but for my brain—it's when my brain downloads, uploads, sends to trash, and reboots so I awaken the next day refreshed. What's more, sleep deprivation is directly related to weight issues, diabetes, high blood pressure, and heart disease. When I improved the quality of my sleep, I lost weight. Now I know that my 37.2 trillion cells are very grateful for my new sleep habits. Remember that sleep is also a spiritual practice where we receive our inner direction: "In a dream, a vision of the night, when sound sleep falls on men, while they slumber in their beds, then He opens the ears of men, and seals their instruction" (Job 33:15-16).

I also recommend that you learn as much as you can about your own body. I've had two genetic tests that told me what I'm prone to, what I need to be aware of, what



my risk factors are, and which foods are good for me.

One thing is true for some of us: cane sugar may negatively affect your liver, insulin levels, weight, and make you more susceptible to inflammation. I know that when I have sugar, my energy plummets after spiking, my mouth gets dry at night, and my eyes are puffy in the morning. So I watch my intake. Since I'm Greek and I'm not the kind of person who is satisfied with kale and quinoa salad, I make sure that what I eat is healthy, lean,

and beef, but I aim to eat organic and grass-fed. Another drastic change I made was switching from regular milk to almond milk, and now I no longer feel bloated. I learned to always read labels before I buy anything because there are so many hidden sugars, even those that are labeled "natural." If I do eat something that isn't nutritious, I make sure that I don't eat my judgment as well. I think, "Hey, this crème brûlée is not nutritious, but I love it and I'm totally going to enjoy it." That's what I call awareness without denial.

It's just as important to relieve the tension of our bodies with touch. There's a potential link between physical touch and psychological well-being: when we are touched, oxytocin, the "cuddle hormone," is released, and we feel happier and more connected. Our bodies need to be touched, nurtured, and loved. Research affordable massages in your area and take advantage as often as you can. Use essential oils and aromatherapy at home for daily nurturing—they can have a positive impact on your mood.

Honor your body, treat it with respect, and learn about it, because it is a microcosm of the cosmos. Serve it well, so it can serve you in your life. Practice compassion and fully engage in your well-being. You deserve it.

Some suggestions of things I've tried that have helped me, and may guide you as well...

- 1.** Identify the areas you need to address to take care of your health. Record in a journal how you're implementing small steps to improve your health and energy level.
- 2.** Research anything you're curious about that has to do with your body and its well-being, for example,

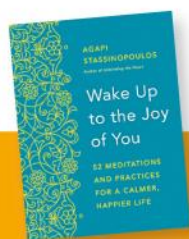
Treat your body with respect and learn about it. Serve it well so it can serve you in your life.

and always filled with flavor. I learned from my mother to make eating a ritual; she abhorred "fast food"—a meal is a time for good, uplifting conversation and connection. Another good habit from my mother: carry delicious, nutritious snacks in your bag like nuts and apples with almond butter. And always drink plenty of water.

In a culture that obsesses about weight, I had to find my own balance and happiness with my size and shape. I now think more about my healthy habits and less about my weight. I'm not a vegetarian or vegan. I love lamb

how food affects your body. When you have an annual physical, if there's anything that needs further diagnosis, build your tribe of doctors, from general practitioner to integrative medicine, to help you feel better. If you want to have a genetic test, try one of the following labs: 23andme.com, Genova Diagnostic Lab (gdx.net), or greatplainslaboratory.com.

- 3.** Remember that daily movement, hydration, nutritious food, and good sleep are the four major pillars of a healthy life.



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I'm TRESIBA[®] READY



Are you ready for an around-the-clock insulin that you can take on your time?

- **Only once-daily Tresiba[®]** allows you to change your long-acting insulin day-to-day dose timing. If you miss or delay a dose, take Tresiba[®] as soon as you remember, then continue with your regular dosing schedule. Make sure there are at least 8 hours between doses^a
- Tresiba[®] provides **blood sugar control for more than 24 hours, with powerful A1C reduction**
- Tresiba[®] **releases slow and steady**, and works the way your body's insulin does
- Once in use, **Tresiba[®] lasts 8 weeks**—twice as long as the Lantus[®] pen, which must be discarded after 4 weeks^b

^aIn 2 clinical trials, Tresiba[®] was studied at alternating dosing intervals.

^bIn-use Tresiba[®] can be kept at room temperature (below 86°F), away from direct heat and light, or refrigerated (36°F to 46°F).

**Ask your doctor today
if you're Tresiba[®] Ready.**

What is Tresiba[®]?

- Prescription Tresiba[®] is a long-acting insulin used to control high blood sugar in adults with diabetes
- Tresiba[®] is not for people with diabetic ketoacidosis
- Tresiba[®] is available in 2 concentrations: 200 units/mL and 100 units/mL
- It is not known if Tresiba[®] is safe and effective in children under 18 years of age

Important Safety Information

Do not share your Tresiba[®] FlexTouch[®] with other people, even if the needle has been changed. You may give other people a serious infection, or get a serious infection from them.

Who should not take Tresiba[®]?

Do not take Tresiba[®] if you:

- are having an episode of low blood sugar
- are allergic to Tresiba[®] or any of the ingredients in Tresiba[®]

Before taking Tresiba[®], tell your health care provider about all your medical conditions, including if you are:

- pregnant, planning to become pregnant, or are breastfeeding
- taking new prescription or over-the-counter medicines, vitamins, or herbal supplements

Talk to your health care provider about low blood sugar and how to manage it.

How should I take Tresiba[®]?

- **Read the Instructions for Use** and take Tresiba[®] exactly as your health care provider tells you to

- **Do not do any conversion of your dose. The dose counter always shows the selected dose in units**
- Know the type and strength of insulin you take. **Do not** change the type of insulin you take unless your health care provider tells you to
- If you miss or are delayed in taking your dose of Tresiba[®]:
 - Take your dose as soon as you remember, then continue with your regular dosing schedule
 - Make sure there are at least 8 hours between doses
- **Check your blood sugar levels.** Ask your health care provider what your blood sugar levels should be and when you should check them
- **Do not reuse or share your needles with other people.** You may give them a serious infection, or get a serious infection from them
- **Never** inject Tresiba[®] into a vein or muscle
- **Never** use a syringe to remove Tresiba[®] from the FlexTouch[®] pen

What should I avoid while taking Tresiba[®]?

- **Do not** drive or operate heavy machinery, until you know how Tresiba[®] affects you
- **Do not** drink alcohol or use prescription or over-the-counter medicines that contain alcohol

What are the possible side effects of Tresiba[®]?

Tresiba[®] may cause serious side effects that can be life-threatening, including:

- **Low blood sugar (hypoglycemia).** Signs and symptoms that may indicate low blood sugar include anxiety, irritability, mood changes, dizziness, sweating, confusion, and headache

- **Low potassium in your blood (hypokalemia)**
- **Heart failure** in some people if taken with thiazolidinediones (TZDs). This can happen even if you have never had heart failure or heart problems. If you already have heart failure, it may get worse while you take TZDs with Tresiba[®]. Tell your health care provider if you have any new or worse symptoms of heart failure including shortness of breath, tiredness, swelling of your ankles or feet, and sudden weight gain

Your insulin dose may need to change because of change in level of physical activity or exercise, increased stress, change in diet, weight gain or loss, or illness.

Common side effects may include reactions at the injection site, itching, rash, serious allergic reactions (whole body reactions), skin thickening or pits at the injection site (lipodystrophy), weight gain, and swelling of your hands and feet.

Get emergency medical help if you have trouble breathing, shortness of breath, fast heartbeat, swelling of your face, tongue, or throat, sweating, extreme drowsiness, dizziness, or confusion.

Please see Brief Summary of Prescribing Information on the adjacent page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.



Recommended for use with NovoFine[®] Plus 32G Tip, one of the shortest, thinnest needles available.^c

^cTresiba[®] FlexTouch[®] can also be used with NovoTwist[®] needles.



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Visit Tresiba.com or call 1-866-739-1875 for more information.

TRESIBA[®]

insulin degludec injection 100 U/mL, 200 U/mL

Patient Information TRESIBA® (tre-SI-bah) (insulin degludec injection)	
	<p>This is a BRIEF SUMMARY of important information about TRESIBA®. This information does not take the place of talking to your healthcare provider about your treatment. Ask your healthcare provider if you have any questions about TRESIBA®.</p>
<p>Do not share your TRESIBA® FlexTouch® insulin delivery device with other people, even if the needle has changed. You may give other people a serious infection, or get a serious infection from them.</p>	
<p>What is TRESIBA®?</p> <ul style="list-style-type: none"> TRESIBA® is a man-made insulin that is used to control high blood sugar in adults with diabetes mellitus. TRESIBA® is not for people with diabetic ketoacidosis (increased ketones in the blood or urine). TRESIBA® is available in 2 concentrations: The 100 units/mL pen can be injected from 1 to 80 units in a single injection, in increments of 1 unit. The 200 units/mL pen can be injected from 2 to 160 units in a single injection, in increments of 2 units. It is not known if TRESIBA® is safe and effective in children under 18 years of age. 	
<p>Who should not take TRESIBA®? Do not take TRESIBA® if you:</p> <ul style="list-style-type: none"> are having an episode of low blood sugar (hypoglycemia). have an allergy to TRESIBA® or any of the ingredients in TRESIBA®. 	
<p>Before taking TRESIBA®, tell your healthcare provider about all your medical conditions including, if you are:</p> <ul style="list-style-type: none"> pregnant, planning to become pregnant, or are breastfeeding. taking new prescription or over-the-counter medicines, vitamins, or herbal supplements. <p>Before you start taking TRESIBA®, talk to your healthcare provider about low blood sugar and how to manage it.</p>	
<p>How should I take TRESIBA®?</p> <ul style="list-style-type: none"> Read the Instructions for Use that come with your TRESIBA®. Take TRESIBA® exactly as your healthcare provider tells you to. Do not do any conversion of your dose. The dose counter always shows the selected dose in units. Both the 100 units/mL and 200 units/mL TRESIBA® FlexTouch® pens are made to deliver your insulin dose in units. Know the type and strength of insulin you take. Do not change the type of insulin you take unless your healthcare provider tells you to. The amount of insulin and the best time for you to take your insulin may need to change if you take different types of insulin. If you miss or are delayed in taking your dose of TRESIBA®: <ul style="list-style-type: none"> Take your dose as soon as you remember then continue with your regular dosing schedule. Make sure there are at least 8 hours between your doses. Check your blood sugar levels. Ask your healthcare provider what your blood sugars should be and when you should check your blood sugar levels. Do not reuse or share your needles with other people. You may give other people a serious infection or get a serious infection from them. Do not inject TRESIBA® into a vein or muscle. Never use a syringe to remove TRESIBA® from the FlexTouch® pen. 	
<p>What should I avoid while taking TRESIBA®? While taking TRESIBA® do not:</p> <ul style="list-style-type: none"> Drive or operate heavy machinery, until you know how TRESIBA® affects you. Drink alcohol or use prescription or over-the-counter medicines that contain alcohol. 	
<p>What are the possible side effects of TRESIBA®? TRESIBA® may cause serious side effects that can lead to death, including:</p> <ul style="list-style-type: none"> Low blood sugar (hypoglycemia). Signs and symptoms that may indicate low blood sugar include: <ul style="list-style-type: none"> dizziness or light-headedness blurred vision anxiety, irritability, or mood changes sweating slurred speech hunger confusion shakiness headache fast heartbeat Low potassium in your blood (hypokalemia). Heart failure. Taking certain diabetes pills called thiazolidinediones or “TZDs” with TRESIBA® may cause heart failure in some people. This can happen even if you have never had heart failure or heart problems before. If you already have heart failure, it may get worse while you take TZDs with TRESIBA®. Your healthcare provider should monitor you closely while you are taking TZDs with TRESIBA®. Tell your healthcare provider if you have any new or worse symptoms of heart failure including shortness of breath, tiredness, swelling of your ankles or feet and sudden weight gain. Treatment with TZDs and TRESIBA® may need to be adjusted or stopped by your healthcare provider if you have new or worse heart failure. <p>Your insulin dose may need to change because of:</p> <ul style="list-style-type: none"> change in level of physical activity or exercise increased stress change in diet weight gain or loss illness <p>Common side effects of TRESIBA® may include:</p> <ul style="list-style-type: none"> serious allergic reactions (whole body reactions), reactions at the injection site, skin thickening or pits at the injection site (lipodystrophy), itching, rash, swelling of your hands and feet, and weight gain. <p>Get emergency medical help if you have:</p> <ul style="list-style-type: none"> trouble breathing, shortness of breath, fast heartbeat, swelling of your face, tongue, or throat, sweating, extreme drowsiness, dizziness, confusion. <p>These are not all the possible side effects of TRESIBA®. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.</p>	
<p>General information about the safe and effective use of TRESIBA®. Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. You can ask your pharmacist or healthcare provider for information about TRESIBA® that is written for health professionals. Do not use TRESIBA® for a condition for which it was not prescribed. Do not give TRESIBA® to other people, even if they have the same symptoms that you have. It may harm them.</p>	
<p>What are the ingredients in TRESIBA®? Active Ingredient: insulin degludec Inactive Ingredients: zinc, metacresol, glycerol, phenol, and water for injection. Hydrochloric acid or sodium hydroxide may be added. Manufactured by: Novo Nordisk A/S DK-2880 Bagsvaerd, Denmark For more information, go to www.novonordisk-us.com or call 1-800-727-6500.</p>	

This Patient Information has been approved by the U.S. Food and Drug Administration
More detailed information is available upon request.
Available by prescription only.

Revised: 09/2015

For information contact: Novo Nordisk Inc., 800 Scudders Mill Road,
Plainsboro, New Jersey 08536, USA 1-800-727-6500

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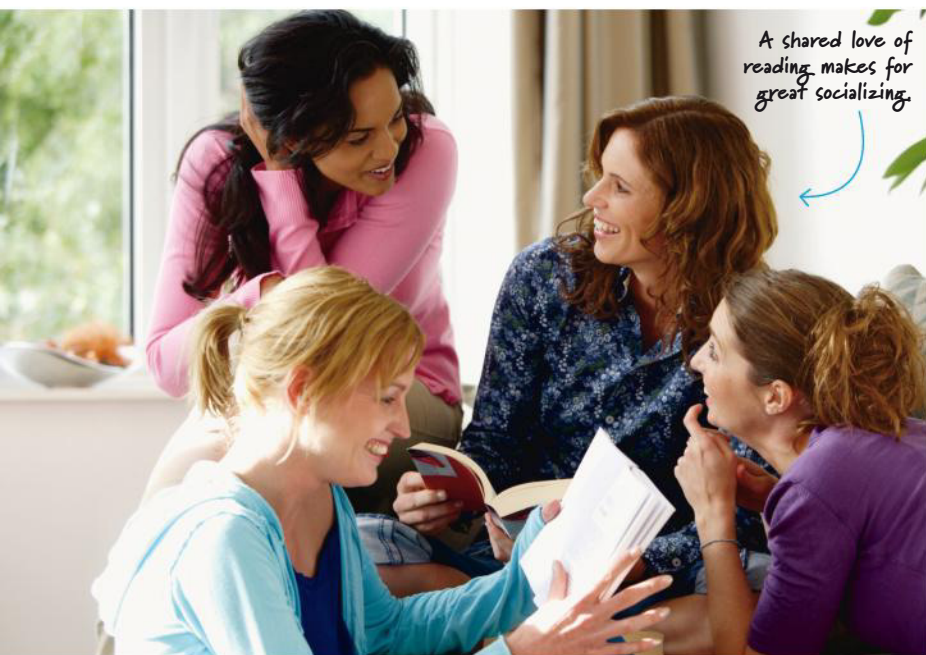
Who had time for a women's reading group when life was already too busy? This writer took a chance and found out how much she'd been missing.

BY KATE KELLY

Six years ago, when my

friend Gretchen told me her book club was looking for a new member, I hesitated. I've never been a joiner; I'm wary of groups and not keen on activities that make demands on my already scarce spare time. On a typical night, I'd arrive at my suburban home from my full-time job in New York City at around 5:30, grab the car keys, and dash off to pick up one kid from soccer practice and another from a playdate. Back home, I'd rustle up dinner while the kids got started on homework. As it was, I felt guilty that I wasn't more involved in the PTA or with church activities, that whenever possible I volunteered to bring paper cups instead of





cupcakes. Did I really need another obligation that I'd end up neglecting?

There was also the fact that, while I've always been an avid reader, I barely had time for the books I chose for myself. What guarantee was there that I'd like a book chosen by others? Which brought me to another downside: I'm not someone who likes to take social risks. I'd be embarrassed if I picked a book no one liked. And talking in a group among people I don't really know? Not my thing.

On the other hand, my reading list was in need of an upgrade. Left to my own devices, I favored beach reads and page-turners—fun while they

books—that were so common in my college and early-career days. Busy as I was, something was lacking in my life, a connection I longed for. Maybe a book group would fill the void.

"Joining a club, being part of a group, makes us feel like we belong to something bigger than ourselves," says Melody Warnick, author of *This Is Where You Belong: The Art and Science of Loving Where You Live*. "Anything that connects you to other people in the community makes you more invested, which deepens your satisfaction with where you live and how you feel."

I told Gretchen I was in (at least

my comfort zone. In general, I steer clear of books and movies about false accusations; I find them simultaneously disturbing and contrived. (Sorry, *Othello*, *The Crucible*, and all those stirring documentaries about innocent people who spend decades in prison.) But I plowed through it, despite my discomfort, and looked forward to the meeting.

The appointed Thursday came, and I left the bedlam at my house and arrived at Natalie's, where the vibe was calm and adult. She made quick introductions and pointed me toward the elaborate spread on the coffee table. I helped myself to some cheese, poured myself a glass of wine, and headed for the couch, where one member, Jenna, was settled in a pair of striped pajamas and slippers. She explained that she was always cold and liked to feel cozy. Two moms I vaguely recognized confessed they hadn't finished the book; they'd come to chat and drink wine and didn't mind having the ending revealed. Another member, Liz, popped in to say hi and apologize for not staying because her husband was stuck at work.

I was starting to think that this was a superchill club until Natalie (who'd chosen the book) pulled out her laptop and began reading background info on McEwan to kick off the discussion. This, I realized, was not one of those clubs where the book was just a pretext for a girls' night out. People had come prepared to talk about everything from the meaning of the title to the ambiguity of the ending.

Gretchen had an insight about Briony's actions as an adult that cast the novel in a whole new light for me, and I felt a rush from using a part of my brain that had been dormant for way too long. Best of all, when I confessed my discomfort with the unjust accusation angle, the others found it fascinating rather than narrow-minded. The group's warmth, the ease of conversation, and the "anything goes" lack of judgment made me feel I was among people I'd known for years. "Wow," I thought. "I've found my tribe."

For years, we met unfailingly, working around scheduling glitches—basketball tournaments,

"The group's warmth, the ease of conversation, and the 'anything goes' lack of judgment made me feel I was among people I'd known for years. 'Wow,' I thought. 'I've found my tribe.'"

lasted but quickly forgotten. I almost never cracked those long, prizewinning works of serious literature that book groups are known for assigning. And while I had plenty of friends, it's not as if we were having leisurely heart-to-hearts over a glass of wine; it was more on the order of quick catch-ups at the soccer game about kids, work, or the state of the lawn. I missed those rambling, soul-searching conversations—about movies, relationships, politics, and, yes,

for now) and she gave me the lowdown: Next book up was *Atonement*, by Ian McEwan. The meeting was at Natalie's house, just a few blocks from my own, though our paths never crossed.

Atonement was exactly the type of book I would normally never pick up. It looked so...serious. And the story, which centers on a 13-year-old girl, Briony, whose poor judgment sends her sister's boyfriend to prison for a crime he didn't commit, was far from

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value
per serving

4-1/2 Milk Chocolate
Candies

5
SmartPoints
value
per serving

2 Chocolate
Sandwich Cookies

5
SmartPoints
value
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11 Wheat Crackers

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vacations, kids' birthdays—to find dates that worked for everyone. Amid packed schedules and canceled appointments of every other sort, our book group chugged along on its built-in momentum. Absences were rare. "Somehow, the responsibility of being in a club gives you the permission to do something for yourself, even when you're pulled in a lot of different directions," says Irene S. Levine, PhD, author of *Best Friends Forever: Surviving a Breakup with Your Best Friend*.

It was enriching to be part of the larger conversation that book lovers everywhere were having, but, for me, the social piece was the real payoff. Too often (and I know I have lots of company here) I put socializing on the back burner. "Over the past 50 years, Americans have been slowly shedding a lot of the regular social activities that bound us to our communities. We have the illusion of a rich social life because of our Facebook friends and Instagram followers," Warnick says. "But seeing people in person provides a stronger emotional boost than interacting online." Each meeting was a lifeline that drew me closer to the other women.

My longtime membership in the book club turned me into a more ambitious reader than I'd been on my own. And of course it helped forge irreplaceable bonds with some wonderful women. So a couple of years ago, when I moved from my New York suburb to Pittsburgh, I suffered epic separation anxiety. Worse, with no smart, penetrating discussions to motivate me, I reverted to my junk-food diet of easy reads. My mind was growing fat and lazy. Something had to be done.

Book groups, perhaps uniquely in today's social media-oriented world, tend to operate by word of mouth, so it can be tough to find one when you're the new girl in town. I figured I'd stumble on one eventually, but I was impatient. So some colleagues and I formed a club that meets every six weeks in our office's conference room. Getting back to a more elevated reading list was a relief, and it's been a treat to get to know my co-workers in a deeper way. Who knew that the guy in PR

had such a dry sense of humor?

I just finished our latest pick, *Commonwealth*, by Ann Patchett. The novel, about siblings in a blended family, begins in 1971 and spans 50 years. It struck such a chord that I finished the book and immediately turned to the first page and began rereading it. (I don't remember the last time *that* happened.) I can't wait to find out if the others love it as much as I do. Either way, it will be a great discussion. And I'm even bringing homemade cupcakes.

BEYOND BRAIN FOOD

A book group discussion is almost always accompanied by tempting refreshments. These tips will keep you from blowing your SmartPoints budget.

WHEN YOU'RE A GUEST:

Avoid mindless munching.

Handfuls of M&M's here and a few chips there can quickly add up. You'll be more mindful of what you're putting in your mouth if you eat only from a plate.

Sit strategically. Pick a seat that's farthest away from the snack-laden coffee table.

Beware the "It's a special occasion" trap. Book group is about connecting with friends; that should be the focal point.

WHEN YOU'RE THE HOST:

Don't go overboard. Of course you want to provide a nice spread. But the guests may not eat much, leaving you with loads of leftovers. Notice how much people consume when others host and plan accordingly.

Balance richer treats with healthy options. Chances are good that you're not the only one who'll appreciate less-fattening fare. Flavored seltzers or pitchers of water with ice and lemon slices can be a nice addition.

Don't serve your trigger foods. If you can't resist chocolate, don't offer it. And there's nothing wrong with picking a cheese you don't like as long as you know others do.

Do You Suffer From:

- Plantar Fasciitis
- Joint Pain
- Heel Pain
- Back/Knee Pain
- Bunions
- Heel Spurs
- Arthritis
- Neuropathy



Nicole S.

I have terrible plantar fasciitis—really painful stabbing pain. I got a pair of Gravity Defyers to try and to my amazement my foot either doesn't hurt or barely hurts when wearing them (major improvement from limping around all day long).

These are just what I needed when I was feeling very desperate and like nothing was working!

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- Blk/Purp TB9004FBP
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Hear Lindsay tell her story
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california losin'

A simple change in mind-set yielded a fuller life for this
stay-at-home mom. AS TOLD TO KATERINA GKIONIS



IN SEVENTH GRADE, I WAS THE SMALLEST

girl in the class. Then puberty hit at age 13, and by the end of eighth grade, I was the largest. I played volleyball in middle school and high school, and little short-shorts were part of our uniform. Unlike most of the girls, I had to get size large or extralarge, and my self-esteem took a hit. What's worse, by senior year, I wasn't asked back on the team. At that point, I was ready to head to college in San Diego and leave all my problems behind.

It didn't take long for me to learn that the "Freshman 15" does exist. Though I made life-long friendships in college, those years were difficult. I never had a boyfriend, I never went on dates. My self-esteem took a hit. I tried fad diets but nothing ever stuck.

After college, I met my husband, Wayne. He was my first true boyfriend and I'm so grateful for him. After we had our first daughter and were trying for our second child, I decided to

HOW LINDSAY HAS GONE BEYOND THE SCALE:

■ I feel stronger than ever. Mentally and physically, I feel like I can conquer anything. I used to mask myself with extra clothes and makeup. Now I'm confident that I can put on jeans and a T-shirt and feel beautiful.

■ My love life has improved. My husband has always been attracted to me, but our desire for intimacy has escalated, and we are closer than ever.

■ I'm content with who I am. My overall mood has transformed. I'm no longer snappy or impatient. I feel calm and focused.

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go on Weight Watchers so that I could get healthier. Between my first and second baby, I'd had a miscarriage, and the doctor had mentioned that my weight could have been a factor. I was on the Program for a few weeks and doing well, then got pregnant with my second child! I firmly believe my success on the Program, even for those few weeks, helped me get pregnant.

After my second baby girl was born, I got back to the Program. I really wanted to learn healthy habits and teach them to my daughters so that they could grow up with a positive body image and a balanced relationship with food. I found a great deal

“I always remember ‘food is fuel.’ Whatever you put in your body drives you.”

of inspiration from the meetings, but when Connect debuted a few months after I joined, the support—and my motivation—skyrocketed. I was able to find a community with other nursing moms. We all shared advice for boosting our milk supply while also consuming healthy foods throughout the day. As a nursing mom, you want to eat all the time, so we'd share posts of our nutritious snacks to give one another ideas.

I also found it helpful to post a picture of every meal I ate on Connect. It gave me accountability—and it made me proud that I was sticking with the Program. I didn't want to flood my Instagram feed with these photos, but I knew I could do so on Connect and no one would bat an eye.

Today, not only have I been transformed, but my family has, too. The whole process has been amazing. My two girls are absorbing the healthy habits that I have taught them. They are young (3½ years old and 14 months), but I can already tell that they enjoy healthy foods. They're learning that they need to eat protein, grains, and produce at every meal. I've been educating them that food is fuel, not a way to feed an emotion or to relieve stress, and I think they're catching on. If that lesson sticks, it will be the best gift that I could ever give my children.



My husband and I always take time to reconnect. It's so important to us.

JUST KEEP GOING

We live only a few blocks from the beach in San Diego, so when I started the Program, I vowed to walk more and more. Wherever we had to go, whether it was the grocery store or church on Sundays, we'd walk or ride our bikes. That was my first form of exercise. Then I started taking yoga classes, which were very stress-relieving. But finding the YMCA nearby was a game changer. I brought the girls to kids' gymnastics in the morning, and they stayed in childcare for an hour while I worked out on my own. Now, when we aren't active at the YMCA, we head to Sea World or the San Diego Zoo since we have memberships for both. We can all keep moving.



Paddleboarding is my "me time." It's the best medicine.

HIT REFRESH

For at least 5 or 10 minutes a day, make time for yourself. Pick an outlet that will help you relax. Take a bath, take a nap, go for a walk, meditate: Whatever it is, find a place in your schedule for it. Just give yourself time to recharge. For me, once I have my break, I'm motivated to work toward my goals. I can then channel my energy—and tackle them all.

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spring fever

To help you get your seasonal style groove on, we asked WW member and fashion blogger extraordinaire Sarah Lindner to give us a chic peek at all the trends you'll want to try.

AS TOLD TO ELIZABETH BROUS

STAY CONNECTED

SHINE ON

One glimpse of Sarah Lindner's drop-dead fabulous blog, *The House of Sequins* (thehouseofsequins.com), and you'd think she was born a brimming-with-confidence style star.

But Sarah, 31, admits her self-assurance is a more recent look. Five years ago, she joined Weight Watchers and started alternating cardio and weight lifting; over the next year, she lost 40 pounds. "It was the most transformative experience of my life," Sarah says. "Before I lost weight, I was very self-conscious about wearing certain things—sleeveless tops, skinny jeans, or anything formfitting—but now I feel much more secure in my style choices." Sarah decided to channel that positive energy into a fashion blog, and *The House of Sequins* was born.



THINK PINK

"All shades of pink elevate any outfit for spring," Sarah says. "I like the bright pink off-the-shoulder top paired with neutral white jeans and bold flats. You can dress it up for the evening with dangly earrings."

The Limited top, \$60, thelimited.com. White jeans, oldnavy.com. Summit Karena Lace Up Flats, \$129, nordstrom.com. Earrings, \$50, anntaylor.com.



FLORAL REPORT

"Floral prints are popping up everywhere," Sarah says. "The trick is choosing a print with a dark background and scattered flowers. A wrap silhouette is also incredibly flattering!"

Morning Lavender dress, \$71, morninglavender.com. Vira Bangles for One Week of School, \$45 (for set of two), rosenasammi.com. Green suede open-toe mules, [White House Black Market](http://WhiteHouseBlackMarket.com), [Mackenna Perf Mule](http://MackennaPerfMule.com), \$130, WHBM.com.

SARAH SAYS...

- If you tend to wear a lot of neutrals (think black, navy, and gray), try adding spice with bold-hued shoes and bags. You'd be surprised how versatile a hunter green satchel can be.
- Accessories are a must. Your fashion uniform should always include layered necklaces or chunky rings. A colorful scarf can also bring instant energy to an outfit.



IN STITCHES

"Embroidered pieces have been getting increasingly popular," Sarah says. "This cute faux-suede skirt is on point this season, as are tops with statement sleeves."

Eva Mendes Collection at New York & Company top, \$60, nyandcompany.com. Boutique Kate embroidered A-line suedette skirt, \$26, boohoo.com. Thursday Boot Co. Downtown boots in Honey suede, \$149, thursdayboots.com. Rosena Sammi earrings, \$115, rosenasammi.com.



EMBRACE LACES

"Lace-up necklines are huge for spring," says Sarah, who also loves the metallic sheen of this linen dress. "And the chemise shape looks great on anyone."

Chico's linen lace-up dress, \$109, chicos.com. Ann Taylor suede tassel flats, \$118, annataylor.com. Gold & Gray bracelets, \$24 each, goldandgray.com.



THE BOMB

"I'm a sucker for bomber jackets at the moment," Sarah says of this sparkly sequined version.

"They're easy to combine with anything—like this cute jean skirt—and they make every outfit look cool and effortless."

Marie camo sequin bomber, \$72, boohoo.com. French Connection top, \$48, belk.com. L.L. Bean Signature denim skirt, \$79, llbean.com. Thursday Boot Co. Uptown Boots in Smoke suede, \$169, thursdayboots.com.



heart & soul
it's glow time!



↑ ZAP STATIC

"I have fine, straight hair and a lot of static. I find that putting some argan oil on my hands and rubbing it into my hair before I blow-dry keeps the static at bay."

—Robyn Ryan, 38, Long Island, NY

MoroccanOil Treatment, \$15, 25 ml, moroccanoil.com.

beauty school

We asked **WW members** to share their best ideas for getting soft, kissable lips, bringing life to fine hair, creating unforgettable eyes, and more.

BY ELIZABETH BROUS



CREAM OF THE CROP

"When you're of a certain age, cream eye shadows look better than frosted powder shadows. They don't settle into lines and wrinkles."

—Barbara Cowser, 64, Whitewater, WI

Revlon ColorStay Crème Eye Shadow in Honey and Black Currant, \$8, drugstores and revlon.com.



↑ WAKE-UP MAKEUP

"White eyeliner makes my eyes look brighter and well-rested."

—Kelli Livingstone, 47, Warsaw, NY

NYX Slim Eye Pencil in White, \$3, nyxcosmetics.com.

↓ POWER SHOWER

"Once every few weeks, I like to apply a body scrub from head to toe in the shower. My skin feels so soft and smooth afterward. It's like a mini DIY spa treatment."

—Bettyann Liotta, 54, East Meadow, NY

Dove Gentle Exfoliating Nourishing Body Wash with NutriumMoisture, \$5, drugstores.

SMOOTH MOVE

"Got chapped lips? Use a toothbrush to gently scrub the dead skin off your lips, then apply lip balm." —Angelita Gregory, 29, Denver

FRINGE BENEFITS

"When applying the first coat of mascara, I hold the wand horizontally and wiggle it back and forth as I pull it through my lashes. Then I apply a second coat the regular way. It really makes my lashes pop." —Maria Paulus, 52, Charlottesville, VA

VA-VA VOLUME

"If you have fine hair, use a volumizing spray at your roots. When blow-drying, pay extra attention to the roots and crown. It makes a huge difference."

—April Irish, 45, Surprise, AZ

L'Oréal Paris Boost It Air-Whipped Densifying Foam, \$4, target.com.

ICE ICE BABY

"To get rid of puffiness, I rub ice cubes under my eyes for a few seconds before applying eye serum." —Jasmine Gertjerges, 31, Columbus, GA

LUSCIOUS LIPS

"Make lips look bigger and brighter by layering your lip color. Start darker and add a lighter, shimmery gloss on top, focused at the center."

—Rachael Brister, 41, Seattle



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the pudgy pet

Help your furry friend lose a few pounds.

BY LAMBETH HOCHWALD



It should be so simple.

As pet owners, we control how much our animals eat. Feed Fido the proper amount and he'll stay lean. Yet 58 percent of cats and 54 percent of dogs in the United States are considered obese or overweight, according to estimates from the Association for Pet Obesity Prevention (APOP).

It's almost as big a problem in scope as the human obesity crisis, says Ernie Ward, DVM, a veterinarian in North Carolina and APOP's founder. "The majority of American adults are overweight and so are our pets. It's a problem for a wide demographic."

How do you know if your four-legged companion is at risk? Look for visual clues (see box below), but also consult with your vet, who

can tell you how much your buddy should weigh. Follow your vet's advice on how much to feed your pet for healthy weight loss, and stick to the plan. (Sound familiar?) Meanwhile, use these smart tips to help keep everyone's tail wagging.

#1 A little healthy "people" food may help.

While you should always check with your vet first, there's nothing wrong with serving your pet a hybrid of commercial food and some people food, Ward says. "I love giving my dogs a variety of veggies, like broccoli, celery, and asparagus, and apples as low-calorie crunchy treats," he says. "My cats love a flake of salmon or tuna; that really satisfies them." One warning:

Never feed a pet chocolate, grapes, raisins, onions, or small round foods as they may cause health problems, especially for dogs.

#2 Get them up and moving.

How much activity does your animal need? Use this gauge: Dogs should get 30 minutes of exercise a day, but this can be broken up into 10 minute intervals during the day, Ward says. Cats need to bust a move, too. "The minimum exercise for a cat is three 5-minute play periods a day," Ward says. "Play with a laser pointer or feather dancer, or have them chase a toy."

#3 Don't expect big losses.

For a cat, a 5-pound weight loss is a lot. A good goal is about a half-pound lost per

month with veterinary supervision, Ward says. Dogs and humans are much more similar when it comes to weight loss, however. "Like us, dogs can get into an aerobic state, whereas cats will do 90 seconds of effort and be done for hours." This means that with exercise a dog can lose 1 to 2 percent of its body weight per month.

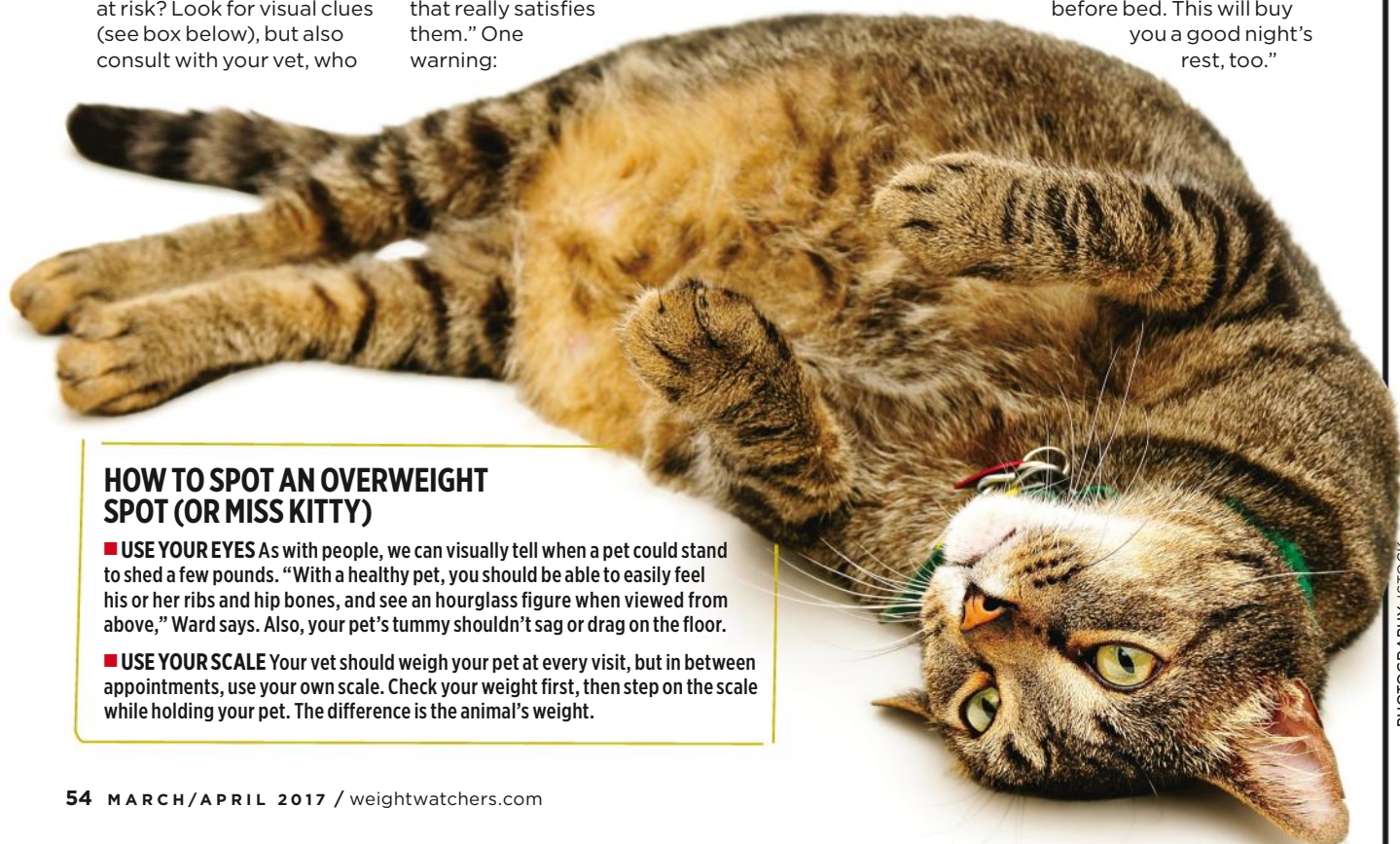
#4 Endure the begging.

How can you handle the constant begging/whining/meowing that results anytime an animal sees food? "Increase the lean protein in your pet's diet to provide more satiety," Ward says. Here's another trick: "Whatever you're feeding your pet, reserve 20 to 25 percent for a meal right before bed. This will buy you a good night's rest, too."

HOW TO SPOT AN OVERWEIGHT SPOT (OR MISS KITTY)

■ **USE YOUR EYES** As with people, we can visually tell when a pet could stand to shed a few pounds. "With a healthy pet, you should be able to easily feel his or her ribs and hip bones, and see an hourglass figure when viewed from above," Ward says. Also, your pet's tummy shouldn't sag or drag on the floor.

■ **USE YOUR SCALE** Your vet should weigh your pet at every visit, but in between appointments, use your own scale. Check your weight first, then step on the scale while holding your pet. The difference is the animal's weight.



PHOTOGRAPHY: ISTOCK.



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FIND OUT HOW THOUSANDS OF
WEIGHT WATCHERS MEMBERS

WHO HAVE NEVER MET ARE
FINDING EACH OTHER AND SHARING
SUPPORT, INSPIRATION, AND
FRIENDSHIP IN A SAFE AND POSITIVE
ONLINE ENVIRONMENT. IT'S TIME
EVERYONE LEARNS HOW TO CONNECT.

By Jessica Migala

UNLEASH THE POWER

In the early 1960s, Weight Watchers started with a small community of women who met in a living room in Queens, New York, to discuss their weight-loss stories. Since that first gathering, Weight Watchers has tapped the power of people working together to reach their goals. It goes beyond weight loss to working out, sharing new-mom tips, watching a movie, making healthy changes, and more. No matter what you're striving for, it's always better together.

We've witnessed the power of connection in the meeting room and on our message boards throughout the years, and we've found an organic way to harness that power today. That's where Connect comes in. Launched by Weight Watchers in December 2015, this new feature on the WW mobile app has quickly become the place where Members share information about their journeys, their personal lives, and how they're living beyond the scale. It's similar to social media platforms such as Instagram or Facebook in that you can post photos and messages with hashtags, and read posts from others as a feed. Members are sharing more than 50,000 posts per week, and the inspiration is overflowing.

Connect is a place to be real, raw, and unfiltered, whether that's about weight loss, personal struggles (holiday gains, a death in the family), or triumphs (job promo, a pregnancy). Users are making new friends near and far, even flying across the country to meet one another. It's become the place to share, confess, rejoice. As @littleredtrike (Laura Gorski Waits, featured in Power Posters) says: "Connect has made all the difference."

Works like a Charm

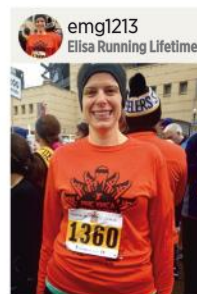
One day, @steelersfanpa (Robin Shaffer) told Connect that she'd been struggling with the plan for weeks, and confessed she didn't want to go to the meeting that night. "For the first

time I considered giving up," she says. That day, Members rallied around her, posting encouraging words. One of those was @traidna (Tom Raidna), who lives in her area. He gently reminded her that progress isn't all about the scale. Robin decided to go to her meeting. And Tom showed up. He went there specifically to give her one of his WW charms. "I started crying. This was a life-changer for me," says Robin. Tom's kind act motivated Robin to get back on track. One could say it worked like a charm!



TRENDING

THREE USERS GAINED TRENDING STATUS JUST BY OPENING UP AND BEING THEMSELVES. HOW DID THAT FEEL?



Sharing the joy

The post: Reaching goal weight
The reaction: "The inundation of congratulations multiplied the joy in my already-joyous situation. It's a genuine, life-changing honor to be told by a fellow Weight Watchers member that I'm an inspiration."

—@emg1213
(Elisa Greb-Link)



Happy tears

The post: The life milestone
The reaction: "I graduated with a PhD in exercise science. I mentioned that I would try to share my expertise. More than a thousand users started following me and hundreds commented that they were excited to learn more. Inspiring such a supportive group of people from around the world is beyond exhilarating."

—@miriampearman
(Dr. Miriam Pearman Leary)



The welcome boost

The post: Sharing a setback
The reaction: "I was feeling down after gaining over the holidays, and I shared that on Connect. I needed to remind myself that I should be proud of every pound I've lost. I got so many responses from people sharing their stories. The struggle is real for all of us."

—@kathymcmahon2
(Kathy McMahon)

"I felt safe asking my WW family for advice—and I knew they could give me more objective advice than a friend."
—@film_music_buff (Monika Warchol)

ONE-UPPING INSTA

CONNECT LOOKS LIKE AN INSTAGRAM FEED, BUT ITS POSITIVE VIBE IS ALL WEIGHT WATCHERS.

Imagine a place where you can share your most intimate thoughts and photos without worrying about attracting snarky comments that make you want to quit your accounts. That's what makes Connect one of the happiest places ever. "I can reveal my more vulnerable side on Connect versus Instagram," says Arielle Calderon (@ariellesays), a BuzzFeed editor in New York City and Connect influencer who's also very popular on Instagram. Because Connect is open only to

WW members, it's a troll-free, hater-free safe space. "I'll post before and after photos in my bra on Connect," she says. "I wouldn't post that anywhere else, but I know I can trust the Weight Watchers community." Recently, after a rough patch where she went off track, Arielle turned to Connect for support. "I just needed to get it out into the open. The culture of encouragement and sense of family are amazing. It's not something you can get on Instagram," she says. 🙌🏻🙌🏻🙌🏻

POWER POSTERS

SOME CONNECT USERS REALLY...ER...CONNECT WITH YOU. TAKE A LOOK AT WHY THEIR STORIES KEEP MEMBERS REFRESHING THEIR FEED:

heavens13
Heidi fortysix and lifetime



The Cheerleader

You might know [@heavens13](#) (Heidi David; 29,930 followers) from her always-supportive posts that tell you, "You are worth it!" and her Monday shout-outs to Members who have done something special (think: they met goal or nailed a non-scale victory). She's gained followers with her honest and accepting attitude. And this Lifetime Member has lost a total of 52 pounds*, maintaining for two years. (And she quit smoking!) "We all agree that we still need our meetings but when the going gets tough, Connect is just a click away."



kelhett
Kelly H



The Guy Who Makes You Laugh and Cry

Did you see the post where [@kelhett](#) (Kelly Hettinga; 31,117 followers) wore one of his wife's dresses? (He lost a #fitbit challenge, natch.) Over the past year, he's lost 107 pounds* off his formerly 337-pound frame. His candor about everything—including his personal life—has earned him his massive following. "One of the first times people really responded to my posts was when I opened up about my father passing away from heart disease when I was 30," he says. "I don't plan what I write, I just post what comes naturally to me."

littleredtrike
Laura Motivator in Chief



The Friend to Everyone

After starting Weight Watchers for the third time in November 2015, [@littleredtrike](#) (Laura Gorski) said that *this* time, it would stick. "There was no finish line, no end date. This was for life," she says. "That one thought changed my whole attitude." Since then, she's lost 69 pounds* and wants to continue. So why do people get her? "I haven't been afraid to put my life out there. Who posts a selfie wearing a pink swim cap when they've never swum in their life? I do, and people respond in droves. A Connect friend dubbed me 'motivator in chief' and I proudly use that title."

brandy6310
Lifetime Member



The SP Foodie

[@brandy6310](#) (Brandy Sloan) goes by how she feels in her jeans. In February 2013, sporting size 16s, she didn't feel comfortable. Today, having lost 60 pounds*, she feels amazing in her size 4s, and it shows. "I think people like following me because I eat so much food for so few SmartPoints!" Her secret? If she wants chicken fingers and fries, she'll have a much smaller portion. Or, to bulk up a meal, she'll pair her favorite foods with fresh fruits and veggies. "People love to see that," she says. And you know what else they love? Pictures of her dog, Aubrey, lurking in the background, watching her eat.

*People following the Weight Watchers plan can expect to lose 1-2 lbs/wk.

SOME MEMBERS LOST WEIGHT ON A PRIOR WEIGHT WATCHERS PROGRAM AND SMARTPOINTS.

FACE-TO-FACE

SEE WHAT HAPPENS WHEN MEMBERS DECIDE TO TAKE THEIR RELATIONSHIP OFFLINE!



#sfconnectlive:

This brainchild of [@rebsmom03](#), [@sharidelnic](#), and [@rherman33](#) was designed to go beyond the scale—with a WW meeting, breakfast, and a Train Like a Firefighter workout where they flipped tires and dragged hoses. The trio, along with 11 other Members in San Francisco, also did a 5K race dressed in '80s garb. "We can all empathize, as all of us are on this journey together," says [@sharidelnic](#). 🙌🏻👯🏻💪🏻



#bropocalypse:

[@fatdag](#) (Mike Daggett) decided last minute to take the chance to join a group of Connect guys in Boston, so he hopped a plane from Indianapolis to meet them. "I was at a point in my weight-loss journey where I had given up. This was the shot in the arm to propel me to goal—and it worked," Mike says. 🙌🏻👯🏻💪🏻



#ohiomeetup:

[@autumneden](#) (Autumn Eden) knows how to organize an event. Her meetups in Cleveland and Columbus have included coffee, lunch, and discounts at local businesses for things like manis and pedis. "I still communicate regularly with some of the people I met outside Connect, and have more Connect friends that I can't wait to meet up with. It's just a matter of time!" ❤️👯🏻💪🏻

FINDING YOUR TRIBE

SOMETIMES YOU JUST WANT THE SUPPORT OF PEOPLE JUST LIKE YOU. LOOK TO THESE CONNECT GROUPS FOR INSPIRATION.



#wwbros:

"To me, this represents 'the guys,'" says [@stutsmd5](#) (Derek Stutsman). "The misperception of Weight Watchers is that it's for women, so this is the group where bros can connect with fellow bros. I've developed several friendships through the group and also use it to reach out to other guys who are just starting." 🙌🏻👯🏻💪🏻



#wwmoms:

"Moms gotta stick together," says [@carriekavan1983](#) (Carrie Kavan). Whether it's about the best finds at Trader Joe's, or SmartPoints recipes that kids will eat, this mom-of-two is on it. "The moms can totally relate when my 3-year-old suddenly decides she hates hummus." 🙌🏻👯🏻💪🏻



#5amclub:

Because when [@runnergirl_130](#) (Lauren Cahill) gets up at 4:30 a.m. to run four miles or more, she needs her virtual buddies to be right along with her. "Knowing that there are others out there working just as hard so early in the morning makes it easier to get out of my warm, cozy bed," she says. 🙌🏻👯🏻💪🏻



#wvsendthelove:

Sending other Connect members care packages filled with coloring books, lotions, and her favorite low SmartPoint snacks gives [@mosiecollins](#) (Maureen Collins) all the feels. The group uses the gift exchange site Elfster to send the gift. "I was paired with a stranger, but we realized we had so much in common," she says. 🙌🏻👯🏻💪🏻

HOT HASHTAGS

ON CONNECT, YOU'VE GOTTA #HASHTAG IT. HERE'S HOW TO USE FOUR OF THE MOST POPULAR:



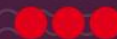
#bettertogether (101,829 posts):

Community is everything when you're trying to reach your goals. Use this when you're taking on a challenge, meeting up, or giving support to fellow Members.



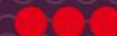
#nsv (77,635 posts):

Aka non-scale victory. Like when you can wear a shirt you couldn't fit into two months ago, can hold a plank for one minute, or skip the office doughnuts. It has nothing to do with that number!



#fitbit (21,838

posts): Brag (in a good way!) about reaching your step goal today or tap other Members and challenge them to see who can log the most.



#workingtheplan (2,670 posts):

High five about the SmartPoints plan and shout-out to remind yourself that this is a lifestyle, not a diet.



Super Creamy Mac and Cheese

Servings: 8 | Preparation Time: 45 minutes | Cook Time: 45 minutes

- | | |
|--|--|
| 1 tsp salted butter | 1/2 cup Weight Watchers® Reduced fat Mexican blend shredded cheese |
| 1/3 cup panko breadcrumbs | 1 1/2 oz. Gruyère cheese, shredded (1/4 cup) |
| 2 Tbsp grated Pecorino Romano cheese | 1 tsp table salt |
| 1 head uncooked cauliflower (2 lbs) | 1/4 tsp hot pepper sauce |
| 4 medium uncooked carrots, thinly sliced | 8 oz. uncooked macaroni |
| 1 cup reduced sodium vegetable broth | 2 sprays cooking spray |
| 1/4 cup Weight Watchers® Reduced fat whipped cream cheese spread | |
| 1 1/2 tsp Dijon mustard | |

- Preheat oven to 400°F. Bring a large saucepot of salted water to a boil.
 - Melt butter in a medium skillet over medium heat; add panko and cook, stirring occasionally, until toasted, 4 minutes. Transfer to small bowl and let cool; stir in Pecorino and set aside.
 - Cut 3 cups small florets from cauliflower; set aside. Cut remaining cauliflower (including stem) into 2-inch pieces. Add cauliflower pieces and carrots to boiling water; cook until very tender, 10–12 minutes.
 - Meanwhile, combine broth, cream cheese, mustard, 1/4 cup Mexican blend shredded cheese, Gruyère, salt and pepper sauce in a large blender. With a large slotted spoon, transfer cooked vegetables to blender; purée into a creamy sauce.
 - Add pasta to same pot of boiling water; cook half the time of package directions, adding reserved cauliflower florets during last minute of cooking. Drain pasta and cauliflower; return to pot and stir in puréed sauce.
 - Coat a 2 1/2-quart shallow baking dish with cooking spray; spoon pasta mixture into prepared pan in an even layer. Sprinkle dish with remaining 1/4 cup Mexican blend shredded cheese and reserved crumb mixture; bake until golden on top, 25–30 minutes. Serving size: 1 cup
- Note:** Add extra cooked cauliflower florets to the pasta mixture if you desire.

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*Except those naturally occurring in celery juice.



eat it up

market
watch



rainbow perfection

Here's an easy way to add more color to your meals—and more nutrients, too.

SERVE IT FORTH

The simplest way to show off rainbow carrots is to roast them in the oven.

Spread them in a shallow baking pan and give them a light gloss of olive oil and a sprinkling of coarse salt. Roast at 450°F for about 15 minutes, turning them occasionally, until they're tender. Toss with chopped herbs such as parsley, chives, or dill.

Carrots also add sweetness to soups and sauces. When making tomato sauce, try tossing in chopped carrots—they'll help counter the acidity of the tomatoes.



GRACE YOUNG Deeply colored fruits and vegetables pack the biggest punch, say nutrition experts, and now you can get your carrots in purple, red, golden-yellow, and white, as well as the familiar orange. These rainbow carrots, usually sold in candy-colored bunches, are the result of selective breeding, not genetic modification. Red carrots taste similar to orange ones, while purple ones are sweeter. Yellow carrots are milder, and white ones are fairly bland with a trace of earthiness.



SEEING GREEN

A green "shoulder" (the top of the carrot) means the carrot was not completely covered by soil as it grew, and as a result it may taste bitter.



HOW TO PICK 'EM

Carrots should be dry and firm with green leaves that smell sharp and fresh. To store, remove tops (reserve if desired) and refrigerate carrots up to two weeks in a plastic bag in the produce bin. Wash just before using to avoid slime and mold.

RAINBOW CARROTS AND SUGAR SNAPS WITH SHERRY-DILL VINAIGRETTE

PREP 20 MIN // COOK 8 MIN // SERVES 6

- ¼ c slivered almonds
- 2 c rainbow carrots, cut into ¼-inch diagonal slices
- 1 c sugar snap peas, strings removed
- ¼ c roughly chopped shallots
- 2 Tbsp chopped dill
- 1 Tbsp olive oil
- 1 Tbsp sherry or white-wine vinegar
- 1 medium garlic clove, peeled, smashed
- 2 tsp honey
- ½ tsp salt
- ¼ tsp freshly ground black pepper

1 Preheat oven to 350°F.

2 Place almonds on a baking sheet; bake 5 minutes. Stir almonds and continue baking until just golden, 5 to 8 minutes. Remove from baking sheet; let cool.

3 Meanwhile, in a medium saucepan, bring 1 quart water to a boil over high heat. Add carrots; cook 1 minute (cook an additional minute if you like your carrots tender). Add sugar snaps; cook until just bright green, 2 minutes. Drain vegetables; rinse under cold water to stop cooking and shake out all excess water.

4 In a medium bowl, combine blanched vegetables, shallots, dill, oil, vinegar, garlic, honey, salt, and pepper; toss to combine and then sprinkle with toasted almonds (remove garlic clove, if desired).

PERSERVING (1/2 cup): 162 cal, 6 g total fat, 1 g sat fat, 1,016 mg sod, 10 g total carb, 5 g sugar, 2 g fib, 17 g prot.
SmartPoints value: 3

TOP TO BOTTOM

Carrot tops' slightly peppery flavor makes them a tasty substitute for parsley or celery leaves.



1

Add carrot tops to carrot soups to reinforce flavor, or in a pesto in place of basil leaves.



2

Trim and peel. The vegetables' vibrant color is inside and out.



3

Young carrots don't need peeling. Just scrub and rinse.

Grace Young is the award-winning author of *Stir-Frying to the Sky's Edge*, *The Breath of a Wok*, and *The Wisdom of the Chinese Kitchen*, as well as a serious fruit and vegetables enthusiast. Check out her Stir-Fry Guru series on weightwatchers.com, and visit her at gracyoung.com.

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the easy season

Keep it simple! Here are 10 spring recipes for one that bring on the flavor.

BY TERRY GRIECO KENNY

GRILLED SIRLOIN STEAK WITH ORANGE AND FENNEL SALAD

Remove peel from a **medium navel orange**; segment orange over a bowl to catch juice. Squeeze juice from membrane into bowl; discard membrane. Add **1½ c baby arugula leaves**, **½ c thinly sliced fennel**, **1 thinly sliced shallot**, **4 tsp red-wine vinegar**, **1½ tsp extra-virgin olive oil**, and **1 tsp Dijon mustard** to bowl; toss to coat. Season **4 oz lean trimmed sirloin steak** with **pinch each salt and pepper**. Coat stove-top grill pan with **nonstick spray**; place over high heat. Add steak and cook, turning once until desired doneness, about 2 minutes per side for medium rare. Slice and serve with salad. **SmartPoints value: 4**

LEFTOVER EASTER HAM AND PINEAPPLE SALAD

Toss together **2 c spring salad greens mix**, **3 oz cubed lean ham**, **½ c red pepper strips**, **½ c fresh pineapple chunks** (plus 1 Tbsp juice from pineapple container), **¼ c torn cilantro leaves**, **1½ tsp fresh lime juice**, **1 tsp extra-virgin olive oil**, and **pinch each salt and pepper**. **SmartPoints value: 4**

SPARKLING ORANGE-CRANBERRY JUICE

Pour **1 c diet cranberry juice** and **¼ c orange-flavored seltzer** over ice; stir and garnish with an **orange or lemon slice**. **SmartPoints value: 0**

TOASTED ALMOND AND CHOCOLATE MATZO

Break **half sheet matzo** into two equal pieces. Melt **1 Tbsp semisweet chocolate chips** and drizzle over matzo; sprinkle with **2 tsp toasted sliced almonds** and **pinch kosher salt** (or coarse sea salt). Refrigerate until set. **SmartPoints value: 6**

We like using half a lemon slice as garnish.



MASHED AVOCADO TORTILLAS WITH TOMATO

Mash $\frac{1}{4}$ c avocado with $\frac{1}{2}$ tsp fresh lemon juice; divide between 2 small (4-inch) warmed corn tortillas. Top each with a tomato slice; sprinkle with pinch each salt and pepper. SmartPoints value: 5



GREEK MATZO PIZZA

Preheat oven to 400°F. Spread 2 Tbsp tomato sauce over 1 sheet matzo and then top with 1 small sliced plum tomato, 8 pitted, quartered Kalamata olives, and 1 Tbsp very thinly sliced red onion; sprinkle with $\frac{1}{4}$ tsp oregano and 2 Tbsp crumbled feta cheese. Bake on foil-lined baking sheet until cheese and tomatoes soften, 5–7 minutes; garnish with $\frac{1}{2}$ Tbsp chopped dill. SmartPoints value: 6



SPRING VEGGIE AND EGG COFFEE CUP SCRAMBLE

In microwave-safe cup, use a fork to stir together 1 large egg, 1 large egg white, $\frac{1}{2}$ c cut cooked asparagus, and a pinch each salt and pepper. Microwave 45 seconds and stir; sprinkle with 1 Tbsp grated Parmesan cheese. Microwave until eggs are set but still creamy, about 15 seconds more. Sprinkle with $\frac{1}{2}$ chopped plum tomato and 1 Tbsp sliced scallions. SmartPoints value: 3



SPRING CHICKEN SOUP WITH VEGGIES AND QUINOA

Bring $1\frac{1}{4}$ c fat-free chicken broth to a boil in small saucepan over high heat. Add 1 small sliced celery stalk, $\frac{1}{2}$ c matchstick-cut carrots, and 2 Tbsp uncooked quinoa; cover and simmer over medium-low, about 10 minutes. Add 5 halved sugar snap peas and $\frac{1}{2}$ c shredded cooked chicken breast; cover and simmer until vegetables and quinoa are tender, about 5 minutes. Remove from heat; stir in 2–3 Tbsp chopped dill. Season with salt, pepper, and a squeeze of lemon, if desired. SmartPoints value: 2



RASPBERRY, ORANGE, AND CREAM TARTLETS

In a small cup, stir together 2 Tbsp vanilla pudding prepared with skim milk and $\frac{1}{4}$ tsp grated orange peel; spoon 2 tsp pudding mixture into each of 3 baked mini phyllo shells. Garnish each with a few small raspberries. SmartPoints value: 3



LEFTOVER EASTER HAM PANINI

Split a light hot dog bun into 2 pieces; layer one half with 3 Tbsp shredded part-skim mozzarella cheese, 2 pieces water-packed roasted red pepper (patted dry), 3 large basil leaves, and 1 oz lean ham (trimmed to fit bun). Top with other bun half; coat with nonstick spray. Heat small nonstick skillet over medium-high; cook panini, pressing down with a metal spatula and turning once, until lightly toasted and cheese melts, about 1 minute per side. Rub outside of panini liberally with a cut garlic clove. SmartPoints value: 5

WE SHOW YOU
HOW TO

master the grain bowl

With endless combinations, you'll never wonder what's for dinner again. **BY DEBBIE KOENIG**

Arugula's peppery bite is a welcome contrast to the other rich ingredients.



Reduced-fat goat cheese on top for creaminess and a pop of flavor.



Roasted butternut squash is sweet and satisfying!



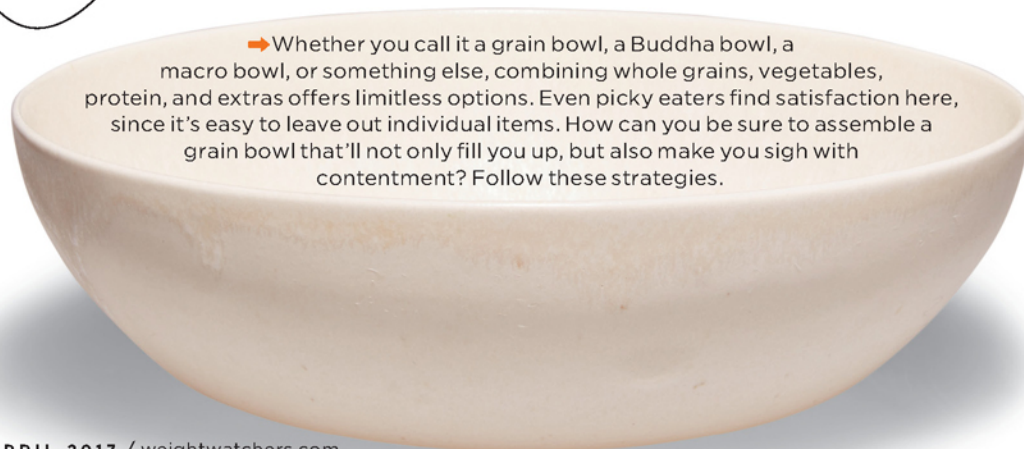
Grilled flank steak gives the bowl its protein punch.



Cooked barley anchors everything.



→ Whether you call it a grain bowl, a Buddha bowl, a macro bowl, or something else, combining whole grains, vegetables, protein, and extras offers limitless options. Even picky eaters find satisfaction here, since it's easy to leave out individual items. How can you be sure to assemble a grain bowl that'll not only fill you up, but also make you sigh with contentment? Follow these strategies.





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HEARTY BEEF AND BARLEY BOWL

PREP 20 MIN // COOK 20 MIN // SERVES 4

- 1 small shallot, minced
- 3 Tbsp sherry vinegar
- 2 Tbsp extra-virgin olive oil
- 2 Tbsp water
- 2 tsp coarse Dijon mustard
- $\frac{1}{2}$ tsp honey
- $\frac{3}{4}$ tsp salt, divided
- $\frac{3}{8}$ tsp black pepper, divided
- 4 c peeled, diced butternut squash
- 8 oz lean flank steak, trimmed
- Dried oregano and granulated garlic (optional)
- 2 c cooked barley
- 4 c baby arugula
- 4 Tbsp reduced-fat goat cheese

1 Preheat oven to 425°F.

2 In a small, airtight container, combine shallot, vinegar, oil, water, mustard, honey, $\frac{1}{4}$ tsp salt, and $\frac{1}{8}$ tsp pepper; shake well.

3 Coat a rimmed baking sheet with nonstick spray; place squash in a single layer; coat

with nonstick spray and sprinkle with $\frac{1}{4}$ tsp salt and $\frac{1}{8}$ tsp pepper; roast until soft and lightly browned, 15–20 minutes.

4 Meanwhile, coat a grill pan with nonstick spray; heat over medium-high. Sprinkle steak with remaining salt and pepper (and oregano and garlic, if using); cook, turning once, to desired doneness (about 6 minutes per side for rare). Remove from heat; let rest for 5 minutes before slicing thinly.

5 Place $\frac{1}{2}$ c barley in each of four bowls. Top with 1 c arugula, $\frac{1}{4}$ of squash, and 2 oz steak; drizzle each with 2 Tbsp dressing and sprinkle with 1 Tbsp goat cheese.

PER SERVING (1 bowl): 341 cal, 13 g total fat, 3 g sat fat, 540 mg sod, 41 g total carb, 5 g sugar, 6 g fib, 18 g prot. **SmartPoints value:** 7

build a balanced bowl

- **AIM FOR CONTRAST.** Top velvety salmon with crunchy toasted sesame seeds. Pair hot, spicy chicken with cool, sweet mango.
- **PILE ON THE VEGETABLES.** We're talking variety and quantity. Use at least two choices, raw or cooked.
- **ADD ZING.** Include something fiery, pungent, or pickled at the end.
- **STAY ON ONE CONTINENT.** For a harmonious bowl, combine items that are native to the same part of the world.



ASIAN WHEAT BERRY BOWL

PREP 20 MIN // COOK 20 MIN // SERVES 4

- 4 c bite-size broccoli florets
- $\frac{1}{8}$ tsp salt
- 2 Tbsp rice vinegar
- 1 Tbsp reduced-sodium soy sauce
- 1 Tbsp toasted sesame oil
- $\frac{1}{2}$ Tbsp vegetable oil
- 1 tsp grated ginger root
- 1 tsp honey
- 4 large eggs
- 2 c cooked wheat berries
- 1 c shredded carrot
- 1 medium scallion, thinly sliced
- 4 tsp toasted sesame seeds
- Sriracha (optional)

1 Preheat oven to 425°F.

2 Coat a rimmed baking sheet with nonstick spray; arrange broccoli in a single layer; coat with nonstick spray,

and sprinkle with salt; roast until browned, 15–20 minutes.

3 Meanwhile, in a small, airtight container, combine vinegar, soy sauce, oils, ginger, and honey; shake well.

4 Coat a 12-inch nonstick skillet with nonstick spray; place over medium heat. Crack eggs into pan; cook, sunny-side up,

until whites are set and edges are lightly browned, 3–5 minutes (cook in batches if necessary). Remove from heat.

5 Place $\frac{1}{2}$ c wheat berries in each of four bowls; top with 1 c broccoli, $\frac{1}{4}$ c carrot, and an egg. Drizzle each with $\frac{1}{4}$ Tbsp dressing; sprinkle with $\frac{1}{4}$ of scallion, 1 tsp sesame seeds, and a dash of Sriracha, if using.

PER SERVING (1 bowl): 265 cal, 11 g total fat, 2 g sat fat, 314 mg sod, 33 g total carb, 5 g sugar, 7 g fib, 13 g prot. **SmartPoints value:** 6

CHICKEN FAJITA RICE BOWL

PREP 20 MIN // COOK 5 MIN // SERVES 4

- $\frac{1}{2}$ tsp chili powder
- $\frac{1}{2}$ tsp paprika
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp ground cumin
- $\frac{1}{4}$ tsp dried oregano
- $\frac{1}{2}$ tsp salt
- $\frac{1}{8}$ tsp freshly ground black pepper
- 12 oz skinless boneless chicken breasts, cut into strips
- 1 tsp olive oil
- 2 c cooked brown rice
- 2 c diced jicama
- 1 c red bell pepper, chopped
- 1 medium avocado, diced
- 4 Tbsp pickled jalapeño slices
- $\frac{1}{2}$ c pico de gallo or salsa
- $\frac{1}{2}$ medium lime, cut into 4 wedges
- Cilantro leaves, for garnish

1 Combine spices in a small bowl; sprinkle on chicken and toss to coat. Heat oil in a medium nonstick skillet over

medium heat; when oil shimmers, add chicken. Cook, stirring occasionally, until no longer pink, 4–5 minutes; transfer to a serving bowl.

2 Place $\frac{1}{2}$ c rice in each of four bowls; top with $\frac{1}{2}$ c jicama, $\frac{1}{4}$ c red pepper, $\frac{1}{4}$ avocado,

1 Tbsp jalapeño and 3 oz chicken. Sprinkle with 2 Tbsp pico de gallo, a lime wedge, and cilantro.

PER SERVING (1 bowl): 323 cal, 10 g total fat, 2 g sat fat, 491 mg sod, 36 g total carb, 3 g sugar, 8 g fib, 23 g prot. **SmartPoints value:** 7





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At WeightWatchers.com, members can find quite a few options for tasty, homemade sauces and dressings. We're particularly fond of the Thai Ginger Peanut, Garlic Dill, and Honey Apricot dipping sauces.

the master plan

GRAINS

For your base, stick with fiber-packed whole grains to feel full longer. Start with $\frac{1}{2}$ cup (or $\frac{1}{4}$ cup each of two kinds).

2 SmartPoints value
per $\frac{1}{2}$ cup:

Bulgur • Steel-cut oats • Wild rice

3 SmartPoints value
per $\frac{1}{2}$ cup:

Barley • Farro • Grits • Millet • Quinoa

4 SmartPoints value
per $\frac{1}{2}$ cup:

Brown rice • Freekeh • Polenta

VEGETABLES

Choose 2 to 4 for flavor, color, and nutrients. Include raw and cooked veggies. (Track any fat used in cooking.)

0 SmartPoints value:

Arugula • Bok Choy • Cabbage • Lettuce • Kale • Spinach

Bell Peppers

Celery • Cucumber

Tomatoes

Broccoli • Carrots • Cauliflower • Radishes

Onions • Scallions • Shallots

Beets • Brussels Sprouts • Eggplant • Winter Squash

Artichokes • Green Beans • Mushrooms

Sugar Snap or Snow Peas

Summer Squash • Zucchini

Jicama • Water Chestnuts

Add judiciously, since these have SmartPoints value:

Avocado • Corn • Edamame • Potato (any type) • Sweet Peas

PROTEINS

Here's your meal maker! And a great way to use leftovers. The SmartPoints value of proteins varies, so take that into account.

Chicken or Turkey

Fish or Shellfish

Cheese • Eggs

Beef • Pork • Sausage

Tofu

Beans or Lentils

FRUITS

Add sweet dimension without adding SmartPoints. Don't go overboard—try a handful of berries or a few slices of apple or mango.

Apple • Pear

Mango • Papaya • Persimmon • Pineapple

Berries • Grapes

Clementine • Grapefruit • Melon • Orange • Tangerine

Figs

Apricot • Cherry • Nectarine • Peach • Plum

GARNISHES

These bits and toppings provide contrasting flavors and textures, and a little goes a long way.

0 SmartPoints value:

Herbs • Pickled Vegetables • A dash of hot sauce • Pomegranate Arils • Lemon or Lime • Preserved Lemon • Toasted Seaweed • Sprouts

These add SmartPoints value, so go easy:

Kimchi • Toasted Seeds • Nuts • Coconut • Turkey Bacon • Olives • Shredded Parmesan or Pecorino Romano Cheese • Chutney

SAUCES

Pull it all together! Use a light hand.

Barbecue, Steak, Buffalo, or Cocktail sauce • Marinara or Pesto sauce • Oil and vinegar • Prepared salad dressing • Romesco • Salsa • Soy, Hoisin, or Teriyaki • Tahini • Tzatziki sauce



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eggplant parmesan

PARMIT! This Italian favorite hits all the right cheesy, saucy notes for just a fraction of the SmartPoints value.

This hearty favorite is all about creamy ricotta, rich Parmesan, and fried eggplant, united by bright, olive oil-rich tomato sauce. We've lightened the individual parts, but kept the dish balanced and delicious. **BY CAROL PRAGER**

HOW WE DID IT

1. EGGPLANT

CLASSIC: Layers of sliced eggplant are salted, drained, and fried in olive oil.

NEW AND IMPROVED: Sliced eggplant gets a spritz of olive oil nonstick spray, is lightly seasoned with salt, pepper, and fresh thyme, and then roasted until golden and tender.

2. SAUCE

CLASSIC: Chopped tomatoes, onion, and garlic simmer in a saucepan with a hefty amount of olive oil.

NEW AND IMPROVED: Canned plum tomatoes, shallots, and red pepper flakes cook in a large skillet (less prep and cook time) with a fraction of the oil.

3. CHEESE

CLASSIC: Generous amounts of Parmesan, whole milk mozzarella, and sometimes full-fat ricotta are used.

NEW AND IMPROVED: By shredding the mozzarella, we use much less, plus we opt for part skim. Part-skim ricotta also adds creaminess, and half the usual amount of Parmesan delivers great flavor. Panko gives the topping crunch.



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EGGPLANT PARMESAN

PREP 25 MIN // COOK 40 MIN // REST 5 MIN
// SERVES 6

- 2 lb eggplant, cut into ½-inch slices
- 1 tsp chopped thyme
- ¾ tsp salt, divided
- ¼ tsp freshly ground pepper
- 2 tsp extra-virgin olive oil
- 2 large shallots, finely chopped (½ c)
- Pinch red pepper flakes (or to taste)
- 1 (28-oz) can whole plum tomatoes
- ¾ c part-skim ricotta cheese
- 6 Tbsp grated Parmigiano-Reggiano cheese, divided
- ¼ c chopped basil
- 2 Tbsp panko bread crumbs
- ½ c shredded part-skim mozzarella cheese, divided

1 Adjust the oven racks to divide the oven into thirds; preheat oven to 425°F. Line 2 large baking sheets with parchment paper.

2 Generously coat both sides of eggplant slices with nonstick spray; divide among prepared baking sheets, arranging each batch in an even layer. Season with thyme, ¼ tsp salt, and ground pepper, pressing to adhere. Roast until golden brown and very tender, 20–25 minutes, turning eggplant and rotating pans halfway through.

3 Meanwhile, heat oil in large skillet over medium. Add shallots and red pepper flakes; cook, stirring often, until softened, 4–5 minutes. Add tomatoes and ¼ tsp salt; bring to a boil over high heat, stirring to break up tomatoes with a spoon. Reduce heat to medium; cook, uncovered, until thickened, about 20 minutes.

4 In a medium bowl, stir together ricotta, 4 Tbsp Parmesan, basil, and remaining ¼ tsp salt. In a small bowl, stir together panko and remaining 2 Tbsp Parmesan.

5 Lightly coat a 10-inch square baking dish with nonstick spray. Spread ½ c sauce in bottom of prepared dish; top with a single layer of eggplant (10–12 slices). Dot eggplant with ½ c ricotta mixture. Top evenly with ¼ c mozzarella, 10–12 slices eggplant, 1 c sauce, and remaining ½ c ricotta mixture. Repeat layering with remaining eggplant, ¼ c mozzarella, and remaining sauce. Sprinkle evenly with panko mixture.

6 Bake on upper rack until top is golden and sauce is bubbly, about 15 minutes. Let stand 5 minutes before slicing into 6 pieces.

PER SERVING (1 piece): 162 cal, 8 g total fat, 4 g sat fat, 653 mg sod, 15 g total carb, 6 g sugar, 3 g fib, 10 g prot. **SmartPoints value:** 4.

LOOK HOW EASY IT IS!



- 1.** Cut eggplant into ½-inch slices. **2.** Generously coat both sides of the eggplant slices with nonstick spray; divide among prepared baking sheets, arranging in an even layer. **3.** Season eggplant slices on both sides with thyme, salt, and pepper. Slide the pans into the oven. **4.** To make the sauce, cook shallots and red pepper flakes in oil, then add whole plum tomatoes, breaking them up with a spoon. Cook for about 20 minutes to thicken. **5.** For filling, combine ricotta, Parmesan, basil, and salt. **6.** Roasted eggplant slices should be golden brown and tender on the inside. **7.** In a prepared baking dish, layer eggplant with ricotta mixture, mozzarella, and tomato sauce. **8.** Sprinkle panko and Parmesan mixture on top of final layer, then slide into the oven and roast until golden and bubbly.

POINT IT OUT

PROMOTIONS, EVENTS &
SPECIAL OFFERS



➡ JOLLY TIME

Embrace a healthier snack and a healthier you. Swap out high calorie, high fat, salty snacks with JOLLY TIME Healthy Pop, a fiber-filled, low calorie popcorn that tastes great. jollytime.com/healthypopchallenge



➡ CRAB CLASSIC

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POP OF FLAVOR

"I like all pickles, but cabbage somehow works with everything. Adding any of these to a dish gives it a bit more interest and brightness in color and in taste."

—Jenny Rosenstrach

QUICK PICKLES

PREP 10 MIN // COOK 3 MIN
// REFRIGERATE 24 HOURS
// SERVES 8

Add instant flavor to sandwiches, eggs, salads, and more.

- 1½ c pickling vegetables (shredded cabbage, wax beans, quartered radishes, peppers)
- ½ c water
- ½ c vinegar
- 2 Tbsp sugar
- 1 Tbsp kosher salt

1 Add all the vegetables to a clean 14- to 16-oz glass jar.
2 In a small pot, simmer water, vinegar, sugar, and salt until sugar dissolves, about 3 minutes. Let cool slightly; pour pickling mixture over vegetables. Let cool; seal jar and refrigerate. Pickles will be ready within 24 hours and keep up to 2 weeks, refrigerated.

PER SERVING (2 Tbsp): 19 cal, 0 g total fat, 0 g sat fat, 728 mg sod, 4 g total carb, 4 g sugar, 0 g fib, 0 g prot.

SmartPoints value: 1

celebrate!



For food blogger and cookbook author **Jenny Rosenstrach**, every day is an opportunity for celebrations, and meals that make memories stick. In her latest book, *How to Celebrate Everything*, she shares recipes and anecdotes for holidays like Mother's Day and Fourth of July along with personal traditions like a sleepover breakfast, and even weekends making pickles with the family. The takeaway? Cooking and eating with the people you love is rewarding. Here, she shares some of her favorite recipes—and more ways to celebrate. **BY MELANIE MANNARINO**

This recipe by Jenny Rosenstrach, originally published in *How To Celebrate Everything*, has been modified for *Weight Watchers* with permission.

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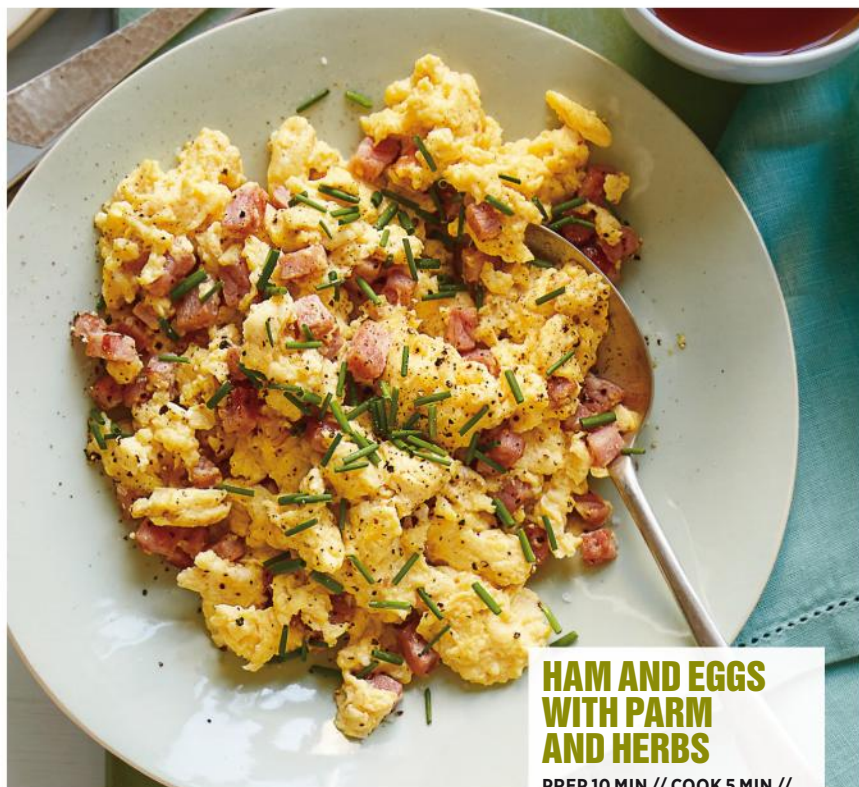
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eat it up
cook like a chef



HAM AND EGGS WITH PARM AND HERBS

PREP 10 MIN // COOK 5 MIN //
SERVES 2

*Give leftover Easter ham
a delicious new fate in
these herb-and-cheese-
flavored eggs.*

- $\frac{1}{2}$ Tbsp butter
- $\frac{1}{2}$ c diced lean leftover ham
- 2 large eggs
- 4 large egg whites
- 1 Tbsp grated Parmigiano-Reggiano cheese
- Pinch freshly ground pepper
- 1 Tbsp minced chives, for garnish
- Pinch sea salt (optional)

1 Add butter to a nonstick skillet over medium heat; when it melts, add ham, cooking until slightly crispy, about 3 minutes.

2 In a small bowl, whisk together eggs, egg whites, cheese, and pepper; add to skillet and stir with ham. Scramble until eggs are cooked but still slightly wet (or longer if desired). Serve sprinkled with chives and salt, if using.

PER SERVING ($\frac{1}{2}$ cup): 218 cal, 11 g total fat, 4 g sat fat, 1,167 mg sod, 2 g total carb, 1 g sugar, 0 g fib, 24 g prot.

SmartPoints value: 6

in Jenny's kitchen

FIND TREASURED RITUALS IN THE EVERYDAY. "Instead of treating each day like a race to the finish line, I try to slow down and shine a spotlight on certain moments—usually simple, not elaborate ones. Celebrate an A+ or a soccer goal. It's best and most meaningful when the moments are uniquely yours."

KEEP A HEALTHY BALANCE. "There's a section in the book called 'How to Avoid Empty Celebration Syndrome.' Think of Thanksgiving: You spend weeks planning, shopping, and cooking, and it's all over so quickly. Sometimes the kids are done eating before you even sit down to your meal. That's when you are at risk of forgetting what it's all about, and it drives me crazy. Instead, recognize what the milestone really is."

REMEMBER: ICE CREAM ISN'T EVERYTHING. "Taste memories are so powerful—they can send you back to the beach where you vacationed growing up; they're a fast connection to a happy memory. But the link doesn't have to be about something sweet or decadent. My favorite ritual is family dinner, so I try to make future memories around the table with all of us together enjoying healthy meals."

This recipe by Jenny Rosenstrach, originally published in *How To Celebrate Everything*, has been modified for *Weight Watchers* with permission.

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eat it up
something for nothing

rule the roast

Even vegetables crave a blast of heat to make it through winter's last gasp! Let 'em have it, and get great food on the table. **BY JULIE HARTIGAN**



1. ROASTED GREEN BEANS WITH RED PEPPER SAUCE

PREP 10 MIN // COOK 25 MIN // SERVES 4

Preheat oven to 450°F. Coat two baking sheets with nonstick spray. Place **1½ lb trimmed green beans** in a large bowl and lightly coat with nonstick spray; toss with **½ tsp kosher salt** and **¼ tsp pepper**. Divide between pans; roast until crispy and browned, stirring once and switching pan positions after 10 minutes. For sauce, puree **½ c rinsed and drained water-packed jarred roasted peppers**, **¼ tsp kosher salt**, **1 small minced garlic clove**, and **¼ tsp smoked paprika** in a mini chopper or blender. Serve beans over sauce. **Serving size:** ¾ cup. **SmartPoints value:** 0



2. FENNEL WITH ORANGE AND BASIL

PREP 15 MIN // COOK 45 MIN // SERVES 4

Preheat oven to 375°F. Line two baking sheets with parchment paper. Core **4 medium fennel bulbs**; cut into wedges. Place fennel in a large bowl and lightly coat with nonstick spray; toss with **¾ tsp kosher salt** and **¼ tsp pepper**. Divide between pans; roast 20 minutes. Stir; switch pan positions in oven, and roast until tender and browned, about 20 minutes more. Evenly divide **2 peeled, segmented navel oranges** between pans, and roast until heated through, about 5 minutes. Transfer to serving bowl; toss with **1 tsp orange zest**, and garnish with **2 Tbsp chopped basil**. **Serving size:** ¾ cup. **SmartPoints value:** 0

3. TRICOLOR MOROCCAN PEPPERS AND ONIONS

PREP 15 MIN // COOK 40 MIN // SERVES 4

Preheat oven to 375°F. Line two baking sheets with parchment paper. Thickly slice **6 bell peppers (2 red, 2 orange, 2 yellow)**. Place them in a large bowl with **1 large red onion** that's been cut into wedges. Lightly coat with nonstick spray; toss with **1 tsp kosher salt**, **¼ tsp pepper**, and **½ tsp each ground cumin and ground coriander**. Divide between pans; roast 20 minutes. Stir; switch pan positions in oven, and roast until tender and lightly browned, about 20 minutes more. Spoon into serving bowl; toss with **1 tsp prepared harissa** (or to taste) and garnish with **2 Tbsp chopped mint**. **Serving size:** ¾ cup. **SmartPoints value:** 0





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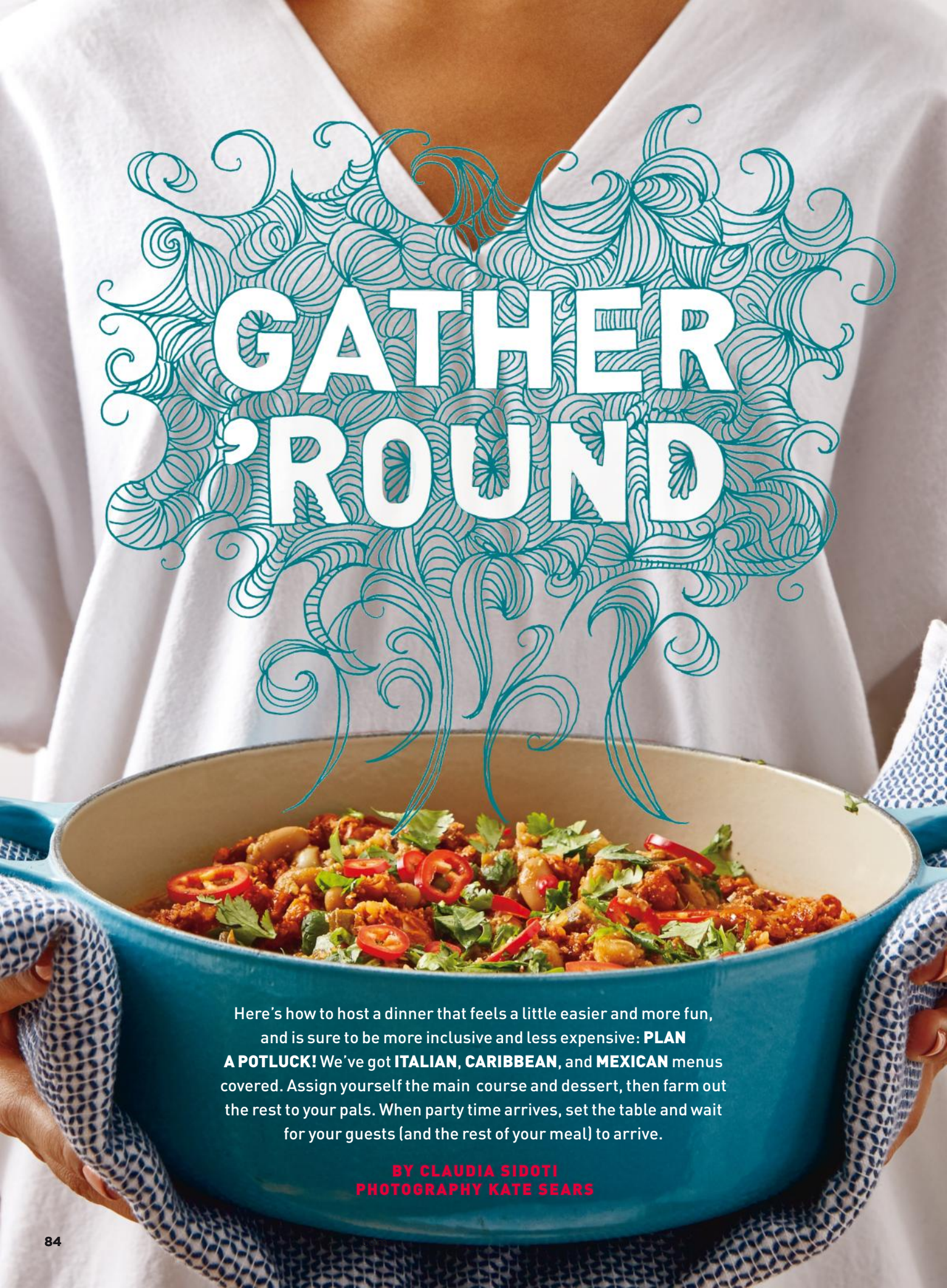
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GATHER 'ROUND

Here's how to host a dinner that feels a little easier and more fun, and is sure to be more inclusive and less expensive: **PLAN A POTLUCK!** We've got **ITALIAN**, **CARIBBEAN**, and **MEXICAN** menus covered. Assign yourself the main course and dessert, then farm out the rest to your pals. When party time arrives, set the table and wait for your guests (and the rest of your meal) to arrive.

BY CLAUDIA SIDOTI
PHOTOGRAPHY KATE SEARS

**SPAGHETTI
SQUASH
CASSEROLE
WITH RICOTTA
AND SPINACH**



HOST MAKES

Spaghetti Squash
Casserole with Ricotta
and Spinach

Strawberry-Pistachio
Biscotti

GUESTS BRING

Prosecco cocktails
loaded with fruit

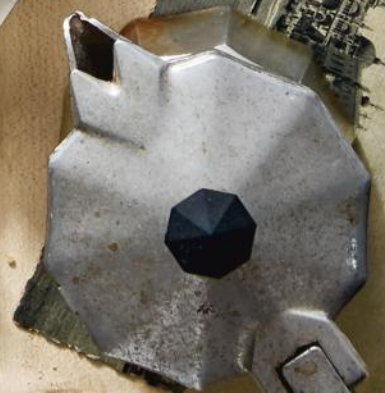
Homemade bean dip
with crudité

Spiced olives

Big green salad
with homemade
dressing



**STRAWBERRY-
PISTACHIO
BISCOTTI**





SPAGHETTI SQUASH CASSEROLE WITH RICOTTA AND SPINACH

PREP 20 MIN // COOK 40 MIN // SERVES 8

- 3½ lb spaghetti squash, halved lengthwise and seeded
- 1 tsp extra-virgin olive oil
- 1 small onion, finely chopped
- 1 pint grape tomatoes, halved
- 2 large garlic cloves, chopped
- 1 (6-oz) bag baby spinach (about 6 cups)
- 15 oz part-skim ricotta cheese
- ½ c shredded part-skim mozzarella cheese
- 3 Tbsp grated Parmesan cheese
- ¼ c chopped basil
- 1 tsp salt
- Freshly ground black pepper

- 1 Preheat oven to 400°F.
- 2 Put squash halves on microwaveable plate, cut-sides down, and microwave on High 10–12 minutes or until tender and squash can easily be scooped out with a fork.
- 3 Meanwhile, heat olive oil in a large nonstick skillet and cook onion over medium-high, stirring occasionally, until golden and tender, about 5 minutes. Add tomatoes and garlic and cook, stirring frequently, until tomatoes start to soften, about 3 minutes.
- 4 Add spinach and cook, stirring, just until wilted, about 1 minute. Remove from heat. Scoop squash strands into skillet and toss with spinach. Mix in ricotta, ¼ cup mozzarella,

- 2 Tbsp Parmesan, basil, salt, and pepper to taste.
- 5 Transfer to 2- to 3-quart baking dish and sprinkle with remaining mozzarella and Parmesan.
- 6 Bake 15 to 20 minutes or until bubbly around the edges and top is lightly golden.

PER SERVING (1 cup): 182 cal, 8 g total fat, 4 g sat fat, 481 mg sod, 20 g total carb, 2 g sugar, 1 g fib, 11 g prot. **SmartPoints value:** 4

STRAWBERRY-PISTACHIO BISCOTTI

PREP 25 MIN // COOK 55 MIN // COOL 30 MIN // SERVES 24

- 1½ c all-purpose flour
- ¼ c cornmeal
- 9 Tbsp sugar
- ¾ tsp ground cinnamon
- ¾ tsp baking soda
- ¾ tsp salt
- ¾ c coarsely chopped pistachios
- 2 large eggs,
- 1 large egg white
- 1¼ tsp vanilla extract
- 8 medium strawberries, hulled and pureed
- 1 c freeze-dried strawberries (crumble large pieces)

- 1 Preheat oven to 350°F. Line a baking sheet with parchment paper.
- 2 Pulse flour, cornmeal, sugar, cinnamon, baking soda, and salt in food processor until well combined. Add pistachios; pulse a few times until combined.
- 3 Add eggs, egg white, and vanilla extract; pulse until well blended. Transfer dough to a bowl; fold in strawberry puree and freeze-dried strawberries. Turn dough out onto a lightly floured work surface; knead and roll into 16-inch log (the dough will be soft and slightly sticky).
- 4 Transfer dough to baking sheet; flatten log to 1-inch

thick. Bake until light brown and cracked on top, 30–35 minutes. Transfer to a rack; cool for 10 minutes. Reduce oven temperature to 325°F.

5 Transfer warm log to work surface. Using a serrated knife, cut log on a sharp diagonal into 24 even slices (each about ½-inch thick); arrange on baking sheet. Bake until firm and crispy, about 10 minutes per side; transfer cookies to cooling rack (biscotti harden while cooling).

PER SERVING (1 biscotto): 86 cal, 2 g total fat, 0 g sat fat, 72 mg sod, 15 g total carb, 6 g sugar, 1 g fib, 2 g prot. **SmartPoints value:** 3

TIPS:

- 1 Make the dough up to 2 weeks ahead. Wrap it well in plastic and freeze until ready to bake. If freezing, thaw in the refrigerator. (Only freeze if making it more than 3–5 days in advance.)
- 2 Bake the biscotti up to 3 days ahead and store in an airtight container.
- 3 Swap almonds for pistachios, if you prefer.

CAULIFLOWER GREEN CHILI

PREP: 40 MIN // COOK 50 MIN // SERVES 12

- 1 Tbsp extra-virgin olive oil
- 1 large onion, chopped
- 3 poblano peppers, halved, seeded, and chopped
- 2 medium green jalapeño peppers, seeded and chopped (leave some seeds for extra heat, if desired)
- 1 tsp kosher salt, divided
- ¼ tsp freshly ground black pepper, divided
- 2 medium tomatillos, husked, rinsed, and diced
- 6 medium garlic cloves, finely chopped
- 4 Tbsp chile powder
- 1½ Tbsp ground cumin
- 1 tsp dried oregano (Mexican variety suggested)
- ½ tsp allspice
- 6 c reduced-sodium vegetable broth
- 1 (15.5-oz) can cannellini or pinto beans, rinsed, drained, and mashed slightly with a fork
- 1 (15-oz) can white hominy, rinsed and drained
- 1 medium head cauliflower
- 1 bunch cilantro, chopped, plus torn leaves for garnish

1 medium red jalapeño pepper, seeded and sliced

- 1 Heat oil in a large pot or Dutch oven over medium-high heat. Add onion, poblanos, green jalapeños, ½ tsp salt, and black pepper to taste; cook, stirring frequently, until vegetables begin to soften, about 5 minutes. Add tomatillos and garlic; cook until slightly softened, about 3 minutes.
 - 2 Add chile powder, cumin, oregano, and allspice; cook, stirring, until spices are toasted, about 2 minutes (add a splash of water if mixture begins to stick). Add broth and beans; reduce heat to medium and simmer, stirring occasionally, until slightly thickened, about 10 minutes. Add hominy; cook, stirring occasionally, until chili thickens slightly, about 15 minutes.
 - 3 Meanwhile, core and trim large stems off cauliflower; coarsely grate florets on a box grater (you should get about 8 cups; some food stores sell fresh or frozen grated cauliflower if you want to reduce prep time).
 - 4 Stir grated cauliflower into chili; cook 15 minutes and remove from heat. Stir in chopped cilantro; season with salt and pepper. Serve topped with sliced red jalapeño, cilantro leaves, and lime wedges, if desired.
- PER SERVING (1 cup):** 114 cal, 2 g total fat, 0 g sat fat, 556 mg sod, 21 g total carb, 5 g sugar, 5 g fib, 5 g prot. **SmartPoints value:** 2
- ### TIPS:
- 1 Make chili up to 8 hours ahead and reheat before serving. Stir in the chopped cilantro just before eating. If the chili gets too thick, loosen it with a little water or vegetable broth.
 - 2 If you don't like hominy, substitute fire-roasted corn.
 - 3 Want more smoky flavor and heat? Blend regular chile powder with chipotle and ancho chile powders.
 - 4 Prep all your vegetables early, then cook the chili 1 hour before serving.
 - 5 Turn leftovers into veggie chili soup. Just loosen with broth to desired consistency and simmer until heated through.



HOST MAKES

Cauliflower Green Chili

Margarita Pie Pudding with Pretzel Crumble

GUESTS BRING

Homemade *pico de gallo* with baked chips

Big green salad

Chili-spiced jicama or mango slices

Paloma spritzers (grapefruit juice, tequila, seltzer)

MARGARITA
PIE PUDDING
WITH
PRETZEL
CRUMBLE

CAULIFLOWER
GREEN CHILI





**CHICKEN COBB
SALAD WITH
CREAMY
AVOCADO-LIME
DRESSING**

CARIBBEAN

HOST MAKES

Chicken Cobb Salad with
Creamy Avocado-Lime
Dressing

Angel Food Cake with
Tropical Fruit
and Raspberry Sauce

GUESTS BRING

Shrimp cocktail

Homemade low-fat
corn bread

Egg white
mini-quiches

Low-fat gazpacho
or tomato soup
shooters

**ANGEL FOOD
CAKE WITH
TROPICAL
FRUIT AND
RASPBERRY
SAUCE**



MARGARITA PIE PUDDING WITH PRETZEL CRUMBLE

PREP 25 MIN // COOK 15 MIN //
COOL 5 MIN // SERVES 8

- 6 limes
- 3 Tbsp silver tequila
- 1 Tbsp triple sec
- 6 Tbsp confectioners' sugar
- 2 tsp cornstarch
- 3 large egg yolks
- 3 Tbsp water
- 2 c fat-free whipped topping
- 1 quart strawberries, hulled and diced
- 4 medium kiwifruit, peeled and diced
- 2 Tbsp thinly sliced mint leaves, plus more for garnish

1¼ oz pretzels, finely crushed

1 Zest one lime; set aside zest. Juice 5 limes; slice the remaining one for garnish.

2 In a small saucepan over medium heat, whisk together lime juice, tequila, triple sec, confectioners' sugar, and cornstarch until sugar and cornstarch are dissolved. Reduce heat to medium-low and whisk constantly until slightly thickened, 3–4 minutes; remove from heat.

3 In a medium bowl, whisk egg yolks with water. Slowly pour lime mixture into bowl with egg yolks, whisking constantly until smooth, so eggs do not cook.

4 Return egg yolk mixture to saucepan and place over low heat; continue to whisk until thick and creamy, 2–3 minutes.

5 Remove saucepan from heat; whisk in lime zest. Continue to whisk occasionally until mixture is cooled, then fold in the whipped topping.

6 Combine strawberries, kiwifruit, and mint in a medium bowl.

7 Place ⅓ c fruit in bottom of eight small bowls; add 2 Tbsp lime cream to each. Divide remaining fruit among bowls; evenly top with remaining lime cream. Cover and refrigerate until ready to serve. Before serving, sprinkle each with 2 tsp crushed pretzels; garnish with a lime slice and mint sprig.

PER SERVING (1 bowl): 170 cal, 2 g total fat, 1 g sat fat, 75 mg sod, 33 g total carb, 16 g sugar, 4 g fib, 3 g prot
SmartPoints value: 5

TIPS:

- 1** Experiment with different kinds of fruit according to your personal preference.
- 2** Don't like tequila? Use rum, or make it virgin by replacing tequila and triple sec with 2 tablespoons coconut water and 1 tablespoon orange juice.
- 3** You can also serve this family style, layering everything in a large glass bowl.
- 4** If you prefer a lemon-lime flavor, use half lemons, half limes.

CHICKEN COBB SALAD WITH CREAMY AVOCADO-LIME DRESSING

PREP 40 MIN // COOK 24 MIN //
SERVES 10

- 1 medium ripe Hass avocado
- ½ c cilantro leaves
- ½ c water
- ¾ c plain nonfat Greek yogurt
- 4 Tbsp fresh lime juice
- 1 medium garlic clove
- 1 tsp hot sauce
- 2 tsp lime zest
- ½ tsp kosher salt
- ⅝ tsp freshly ground black pepper
- ½ small red onion, diced
- 2½ lb skinless boneless chicken breast
- 2 tsp extra-virgin olive oil
- 2 Tbsp jerk seasoning blend
- 12 c romaine lettuce, coarsely chopped
- 1 (15-oz) can heart of palm, drained and sliced
- 2 medium ears corn, kernels removed with a knife
- 1½ c diced cored pineapple
- 1 pint grape or cherry tomatoes, halved
- 1 c chopped radishes or jicama
- 1 large sweet bell pepper, halved, seeded, and chopped
- ½ medium English cucumber, diced

1 Place avocado, cilantro, water, yogurt, lime juice, garlic, and hot sauce in a blender or food processor; puree until smooth. Season to taste with lime zest, salt, and pepper. Set aside.

2 Soak onion in a small bowl of ice water to tame its bite.

3 Meanwhile, coat a grill rack or grill pan with nonstick spray; heat to medium-high.



4 Season chicken with oil and jerk seasoning. Grill, turning once, about 6 minutes per side, until grill marks appear and chicken is no longer pink inside.

5 Drain onion; squeeze dry.

6 Place lettuce on a large platter; in separate rows, arrange hearts of palm, corn, pineapple, tomatoes, radishes or jicama, peppers, cucumbers, and red onion; sprinkle with salt and freshly ground pepper.

7 Slice chicken on diagonal and arrange over vegetables; drizzle with dressing before serving.

PER SERVING (2 cups): 222 cal, 8 g total fat, 1 g sat fat, 645 mg sod, 13 g total carb, 5 g sugar, 5 g fib, 28 g prot.
SmartPoints value: 3

TIPS:

1 Make the dressing up to 8 hours in advance, but stir in the lime zest just before serving for the freshest flavor boost.

2 Have all the vegetables prepped and stored in resealable plastic bags, then grill the chicken and assemble 30 minutes before guests arrive.

3 Marinating the chicken overnight adds flavor—and saves a step on the day of the party.

ANGEL FOOD CAKE WITH TROPICAL FRUIT AND RASPBERRY SAUCE

PREP 20 MIN // COOK 3 MIN //
SERVES 8

- 1 medium mango, diced (about 1 c)
- 1 medium orange, segmented (reserve juice)
- 2 pints fresh raspberries, divided
- 1 tsp freshly grated ginger
- 2 Tbsp cold water
- 1 Tbsp low-sugar, seedless raspberry jam
- ½–1 tsp coconut extract
- 1 (8-oz) store-bought angel food cake, cut into 8 slices
- ½ c unsweetened coconut, toasted

1 Combine mango, orange and its juices, 1 pint raspberries, and ginger in a medium bowl; set aside.

2 In blender or food processor, combine second pint raspberries, water, jam, and coconut extract; puree until very smooth.

3 Arrange cake on 8 serving plates, with fruit on the side; drizzle cake and fruit with sauce and sprinkle with coconut.

PER SERVING (1 slice cake, ⅓ c fruit salad, 1 Tbsp sauce, and 1 Tbsp coconut): 128 cal, 3 g total fat, 2 g sat fat, 45 mg sod, 25 g total carb, 15 g sugar, 5 g fib, 3 g prot.
SmartPoints value: 4

TIPS:

1 Make fruit salad in the morning and let it macerate for deeper flavor.

2 Make raspberry sauce up to a day ahead.

3 Switch out the coconut extract for rum or vanilla extract.

4 Double the amount of fruit and serve extra on the side.

ODE TO THE LEMON



"Unrefined gold," poet Pablo Neruda wrote of the lemon. For the cook, too, this citrus is a treasure. Use it fresh or preserved, for its zest or its juice; the effect is powerful and delicious. Try these five sweet and savory recipes to appreciate the flavorful possibilities.

BY JULIE HARTIGAN • PHOTOGRAPHY BY KATE SEARS



Oven-Roasted
Halibut with
Charred Lemon
and Rosemary-
Olive Aioli



**Lemony One-Pan
Orecchiette
with Sausage and
Broccolini**



Blueberry-Meyer Lemon Sorbet with Thyme

LEMON TWISTS

Keep an eye out for these nontraditional varieties of your favorite citrus.

🍋 **Meyer:** Beautiful golden color and slightly sweeter mandarin orange-like taste. Try them in desserts and dressings.

🍋 **Pink:** Lovely pink interior and striped green exterior.

🍋 **Preserved:** Salted and jarred lemons that have a soft skin and savory, almost pickled flavor. You can use the entire fruit (peel too!) finely chopped in salads, dressings, or stuffing—just remove the seeds before mincing.



Lighter Lemon Bars

JUICY USES FOR LEMONS

- Mix the juice with yogurt to make easy sauces.
- In marinades, the juice adds flavor and tenderizes meat.
- The juice prevents oxidation (that's what turns avocados and apples brown).
- Add the zest to sweet and savory dishes for a flavor pop.



Spice-Roasted
Eggplant with
Preserved Lemon
Tabbouleh

OVEN-ROASTED HALIBUT WITH CHARRED LEMON AND ROSEMARY-OLIVE AIOLI

PREP 15 MIN // COOK 10 MIN // SERVES 4

- 4 (4-oz) halibut fillets, with skin
- $\frac{1}{2}$ tsp kosher salt
- $\frac{1}{4}$ tsp black pepper
- $\frac{1}{4}$ c light mayonnaise
- $\frac{1}{4}$ c chopped Kalamata olives
- 1 Tbsp chopped rosemary
- 1 tsp minced garlic
- $\frac{1}{8}$ tsp cayenne pepper
- 8 thin lemon slices, seeds removed
- 2 Tbsp chopped parsley

1 Preheat broiler to high. Place oven rack 7 inches from broiler. Line a roasting pan with aluminum foil and coat with nonstick spray.

2 Season halibut with salt and black pepper; place skin-side down in pan (leaving the skin on during cooking will prevent the fish from sticking).

3 Combine mayonnaise, olives, rosemary, garlic, and cayenne pepper in a small bowl, then spread evenly over top of fish; place 2 lemon slices on each fillet. Broil until fish flakes easily with a fork and lemons are well charred, about 10 minutes.

4 Use a wide spatula to remove fish from pan; discard skin. Sprinkle with parsley before serving.

PERSERVING (1 fillet): 177 cal, 7 g total fat, 1 g sat fat, 489 mg sod, 6 g total carb, 2 g sugar, 2 g fib, 22 g prot. **SmartPoints** value: 3

LEMONY ONE-PAN ORECCHIETTE WITH SAUSAGE AND BROCCOLINI

PREP 20 MIN // COOK 30 MIN // SERVES 6

- 1 lb spicy Italian turkey sausage in casing

- 1 large onion, diced
- $\frac{1}{2}$ tsp salt
- 3 large garlic cloves, minced
- $\frac{1}{8}$ tsp red pepper flakes
- 4 c chicken broth
- 8 oz *orecchiette* pasta
- 2 c chopped Broccolini (or regular broccoli)
- 4 Tbsp fresh grated Parmesan cheese, divided
- 2 Tbsp fresh lemon juice
- 1 Tbsp lemon zest
- 1 c grape tomatoes, halved (optional)
- $\frac{1}{8}$ c basil, chopped

1 Coat a large nonstick soup pot with nonstick spray; heat over medium-high. Add sausage and cook, stirring often and breaking apart sausage with a wooden spoon, until well-browned, about 8 minutes; transfer sausage to a bowl.

2 Add onion and salt; cook, stirring often, until onion is softened, 5–8 minutes. Add garlic and red pepper flakes; cook, stirring, about 1 minute. Add broth; bring to a boil over high heat. Add pasta; cook, stirring frequently, about 8 minutes. Add Broccolini; cook, stirring occasionally, until pasta is al dente, about 4 minutes more.

3 Stir in cooked sausage, 3 Tbsp cheese, lemon juice, and lemon zest; sprinkle with tomatoes (if using), basil, and remaining 1 Tbsp cheese, then serve.

PER SERVING (1 cup): 332 cal, 9 g total fat, 2 g sat fat, 1,230 mg sod, 36 g total carb, 4 g sugar, 3 g fib, 25 g prot. **SmartPoints value:** 8

BLUEBERRY-MEYER LEMON SORBET WITH THYME

PREP 15 MIN // COOK 5 MIN // COOL 1 HR // SERVES 8

- $\frac{3}{4}$ c water
- $\frac{1}{2}$ c sugar
- 8 sprigs thyme, plus extra for garnish (optional)

- $\frac{3}{4}$ c fresh lemon juice from 5–6 Meyer lemons
- 3 c frozen unsweetened blueberries

Lemon zest (optional)

1 Combine water, sugar, and 8 thyme sprigs in a small saucepan; bring to a boil over high heat. Reduce heat to medium; simmer 5 minutes. Let cool; then chill completely in refrigerator, about 1 hour.

2 Remove thyme sprigs; pour chilled sugar mixture into a blender with lemon juice and frozen blueberries; puree until smooth. Immediately transfer mixture to an ice-cream maker; process according to manufacturer's instructions. Freeze until ready to eat. Sprinkle with lemon zest (if using) and fresh thyme before serving.

PER SERVING ($\frac{1}{2}$ cup): 84 cal, 0 g total fat, 0 g sat fat, 1 mg sod, 22 g total carb, 18 g sugar, 2 g fib, 0 g prot. **SmartPoints value:** 3

LIGHTER LEMON BARS

PREP 18 MIN // COOK 32 MIN // COOL 30 MIN // SERVES 12

CRUST

- $\frac{3}{4}$ c all-purpose flour
- 3 Tbsp sugar
- $\frac{1}{2}$ tsp salt
- 1 tsp lemon zest

2 Tbsp unsalted butter, melted and cooled to room temperature

2 tsp cold water

TOPPING

3 large eggs, separated

$\frac{3}{4}$ c sugar

1 Tbsp lemon zest

$\frac{1}{2}$ c fresh lemon juice

2 Tbsp all-purpose flour

$\frac{1}{2}$ tsp baking powder

$\frac{1}{8}$ tsp salt

2 tsp confectioners' sugar

1 pint fresh raspberries

1 Preheat oven to 400°F. Coat a 9-inch square baking pan with nonstick spray.

2 To make crust, stir together

flour, sugar, salt, and lemon zest in a large mixing bowl. Drizzle with butter and water; press dough with a fork until small clumps form and mixture is moist. Press into bottom of pan; bake until crust begins to brown, 10–12 minutes. Remove from oven; let cool. Reduce oven temperature to 350°F.

3 Meanwhile, prepare topping. Stir together egg yolks, sugar, lemon zest, lemon juice, flour, baking powder, and salt in a large mixing bowl.

4 In another large bowl, beat egg whites with an electric mixer until soft peaks form.

5 Gently fold egg whites into yolk mixture until combined; pour over crust and bake 20 minutes. Let cool completely before slicing into 12 pieces. Sprinkle with powdered sugar and raspberries before serving.

PER SERVING (1 bar): 140 cal, 3 g total fat, 2 g sat fat, 158 mg sod, 26 g total carb, 17 g sugar, 1 g fib, 3 g prot. **SmartPoints value:** 6

SPICE-ROASTED EGGPLANT WITH PRESERVED LEMON TABBOULEH

PREP 20 MIN // COOK 20 MIN // SERVES 6

6 small Japanese eggplants, halved lengthwise

1 tsp kosher salt

1 tsp ground cumin

1 tsp ground coriander

$\frac{1}{2}$ tsp smoked paprika

$\frac{1}{2}$ cup uncooked bulgur

4 large plum tomatoes, seeded and diced

1 (15-oz) can chickpeas, rinsed and drained

$\frac{1}{4}$ c chopped parsley, plus extra for garnish (optional)

$\frac{1}{4}$ c chopped mint

$\frac{1}{4}$ c finely chopped preserved lemon

1 Tbsp olive oil

1 tsp lemon juice

- 1 large garlic clove, minced
- $\frac{1}{3}$ c crumbled feta cheese
- $\frac{1}{2}$ medium lemon, cut into 6 wedges

1 Preheat oven to 400°F. Line a 9 x 13-inch baking pan with aluminum foil (or coat with nonstick spray).

2 Score cut side of each eggplant a few times; place in pan cut-side up and coat with nonstick spray. Combine salt, cumin, coriander, and smoked paprika in a small bowl, then sprinkle eggplant with 2 tsp of spice mixture. Roast until extremely tender and lightly browned, about 20 minutes.

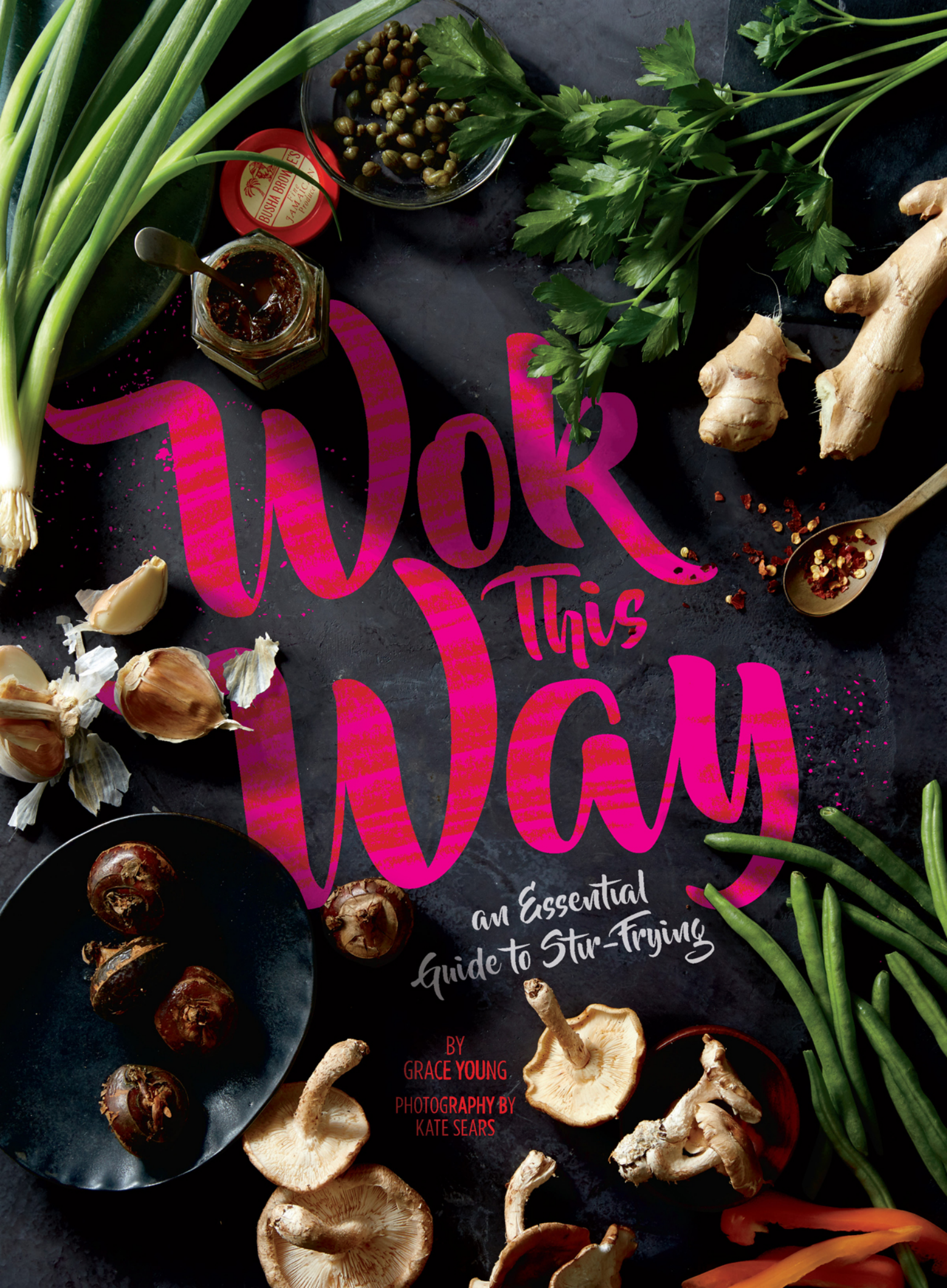
3 Meanwhile, prepare tabbouleh. Cook bulgur according to package directions (drain well if needed). In a medium bowl, combine cooked bulgur with tomatoes, chickpeas, chopped parsley, and mint.

4 In a small bowl, stir together preserved lemon, oil, lemon juice, garlic, and remaining spice blend; pour over bulgur mixture and toss to coat.

5 Arrange eggplant and tabbouleh on a plate, garnish tabbouleh with feta, parsley, and lemon wedges, and serve.

PER SERVING (2 eggplant halves and $\frac{2}{3}$ c tabbouleh): 259 cal, 7 g total fat, 2 g sat fat, 627 mg sod, 46 g total carb, 11 g sugar, 15 g fib, 11 g prot. **SmartPoints value:** 4





Wook This Way

*an Essential
Guide to Stir-Frying*

BY
GRACE YOUNG
PHOTOGRAPHY BY
KATE SEARS

Jerk Shrimp and Peppers

STIR-FRY RULES FOR SHRIMP

- Buy shrimp from a quality fishmonger.
- Use a deveiner to quickly prep shrimp.
- After deveining and rinsing, thoroughly pat shrimp dry with paper towels. If they're wet when added to the wok, the stir-fry will turn into a braise.
- Never stir-fry more than 1 pound shrimp in a 14-inch wok.
- Spread shrimp along the bottom of the wok in an even layer and sear for 1 minute before stir-frying.



re you in the mood for a delicious, fast meal? Stir-frying produces vibrant, intense flavors and lets the freshest seasonal produce really shine. The continual tossing and tumbling of bite-size morsels in the hot well of the wok—using minimal fat and high heat—caramelizes vegetables and sears meat to bring out the best in both. A traditional carbon-steel wok is best: It conducts heat well, and the more you use it the quicker it develops a naturally nonstick cooking surface. Once the ingredients are added to the wok, they should sizzle nonstop. In less than 5 minutes you can whip up a dinner that's healthier and tastier than takeout. And you don't have to limit a stir-fry to Asian flavors. Follow these essential tips to use the technique for any cuisine or ingredients.

Stir-Fried Jerk Shrimp and Peppers

PREP 25 MIN // COOK 4 MIN // SERVES 4

This is not a saucy stir-fry—the seasonings lightly coat the shrimp and vegetables. Add jerk sauce to taste.

- 2 Tbsp prepared jerk sauce
- 1 Tbsp orange juice
- 3 medium scallions
- 4 tsp peanut or vegetable oil
- 1 Tbsp minced garlic
- 1 lb large shrimp, peeled, deveined, and patted dry
- 3 c mixed orange and yellow bell peppers, cut into ¼-inch strips
- ½ tsp salt

1 Combine jerk sauce and orange juice in a small bowl. Thinly slice scallions, keeping the green and white parts separate.

2 Heat a 14-inch flat-bottomed wok or 12-inch skillet over high heat until a bead of water vaporizes within 1 to 2 seconds of contact; swirl in oil. Add white parts of scallion and the garlic; stir-fry 10 seconds or until fragrant. Push scallion mixture to sides of wok and carefully add shrimp, spreading them evenly in one layer. Cook undisturbed, about 1 minute, until shrimp begin to sear; using a metal spatula, stir-fry 30 seconds, incorpo-

rating scallion mixture, until shrimp are orange but not cooked through.

3 Add peppers and sprinkle with salt; stir-fry 15 seconds or until just combined. Swirl in jerk sauce mixture; stir-fry 1–2 minutes or until shrimp are just cooked and vegetables are tender-crisp. Sprinkle with scallion greens and serve.

PER SERVING (1½ cups): 162 cal, 6 g total fat, 1 g sat fat, 1,016 mg sod, 10 g total carb, 5 g sugar, 2 g fib, 17 g prot. **SmartPoints value:** 3

Chicken Piccata Stir-Fry

PREP 20 MIN // COOK 5 MIN // SERVES 4

Lemon brightens the flavor of this stir-fry and should be added once the food is plated. Adding an acidic ingredient like lemon juice to the wok will ruin the pan's patina.

- 1 lb skinless boneless chicken breast, cut into ¼-inch slices
- 3 Tbsp dry sherry, divided
- 2 tsp cornstarch, divided
- ¾ tsp salt, divided
- ¼ tsp freshly ground black pepper
- ½ c fat-free chicken broth
- 1 Tbsp low-sodium soy sauce
- 4 tsp peanut or vegetable oil, divided
- 1 medium shallot, thinly sliced
- 1 Tbsp minced garlic
- 2 c green beans, cut into 2-inch pieces
- 1 Tbsp capers, rinsed
- 2 Tbsp chopped parsley
- ½ medium lemon, cut into wedges

1 In a medium bowl, combine chicken, 1 Tbsp sherry, 1 tsp cornstarch, ½ tsp salt, and pepper. In a small bowl, combine broth, soy sauce, and the remaining 2 Tbsp sherry and 1 tsp cornstarch. Heat a 14-inch flat-bottomed wok or 12-inch skillet over high heat until a drop of water evaporates within 1 to 2 seconds of contact; swirl in 3 tsp oil.

Add shallot and garlic; stir-fry 10 seconds, or until fragrant. Push shallot mixture to sides of wok and add chicken; spread evenly in a single layer. Cook undisturbed for 1 minute,

until chicken begins to sear. Stir-fry 1 minute, until chicken is no longer pink.

2 Swirl in remaining 1 tsp oil. Add green beans and capers and sprinkle with remaining ¼ tsp salt; stir-fry 30 seconds or until just combined. Swirl in broth mixture; stir-fry 1–2 minutes, or until chicken is cooked through and sauce has slightly thickened. Sprinkle on parsley; serve with lemon wedges.

PER SERVING (1 cup): 225 cal, 8 g total fat, 1 g sat fat, 824 mg sod, 10 g total carb, 2 g sugar, 3 g fib, 26 g prot. **SmartPoints value:** 3

8 COMMANDMENTS OF THE WOK

- **PREP INGREDIENTS IN ADVANCE.** There's no time for last-minute prep once stir-frying begins. Arrange ingredients next to the stove in the order you'll use them.
- **USE A FLEXIBLE METAL SPATULA** (like a fish turner) for stir-frying. The thin edge of metal gets right under food to prevent sticking, unlike wood, which is too thick.
- **GIVE STIR-FRYING YOUR FULL CONCENTRATION.** When cooking over high heat there's no time to read a text message or take a photo!
- **PREHEAT A CARBON-STEEL WOK** on high heat before adding oil; test readiness by flicking a drop of water into the wok. It should evaporate within 1 to 2 seconds.
- **SWIRL IN A HIGH SMOKE POINT OIL** like peanut, grapeseed, or canola, and tilt the wok to coat the bottom. If the oil smokes wildly when it's added, the wok is overheated. Let it cool, then start over.
- **ADD AROMATICS** like ginger, garlic, or onions before other ingredients. You should hear a constant sizzle. (No sizzle means the wok isn't hot enough.)
- **AVOID OVERFILLING THE WOK.** Too many ingredients can crowd it and turn a stir-fry into a soggy braise.
- **SWIRL IN LIQUID INGREDIENTS** along the sides of the wok. Adding liquid in the center will cool down the pan.





Chicken Piccata Stir-Fry

STIR-FRY RULES FOR CHICKEN

- Cut chicken into uniform bite-size pieces to ensure even cooking.
- Do not combine marinade ingredients in advance.
- Marinate chicken briefly (no more than 10 minutes) to infuse flavor and tenderize.
- Never stir-fry more than 1 pound chicken in a 14-inch wok.
- Spread chicken along bottom of wok in an even layer and allow it to sear for 1 minute before stir-frying. This will prevent sticking.



Classic Mixed Vegetable Stir-Fry

STIR-FRY RULES FOR VEGETABLES

- High heat and quick cooking intensify veggies' flavor and keeps

their texture crisp-tender.

- Use a salad spinner or kitchen towels to remove excess moisture from veggies before stir-frying. If not, the wok cools down and

the veggies steam.

- Cut vegetables into uniform bite-size pieces for even cooking.
- Start cooking hard vegetables (carrots, broccoli, cauliflower) a minute before

adding medium-hard options (peppers, green beans, asparagus). After another minute, add soft/leafy picks (Napa cabbage, spinach, tomatoes).

- Use no more than 4 cups of hard or medium-hard veggies. The wok can hold 12 to 16 cups of leafy vegetables depending on the type.

Classic Mixed Vegetable Stir-Fry

PREP 25 MIN // COOK 4 MIN // SERVES 6

Look for fresh, firm water chestnuts in Asian markets. Rinse well and peel with a paring knife, as you would an apple. Jicama can be substituted if necessary.

- 4 c small broccoli florets, trimmed, cut into 2-inch pieces
- 2 Tbsp fat-free chicken or vegetable broth
- 2 Tbsp dry sherry
- 1 Tbsp low-sodium soy sauce
- 1 tsp cornstarch
- 4 tsp peanut or vegetable oil
- 1 Tbsp minced ginger
- ½ tsp red pepper flakes
- 6 medium fresh shiitake mushrooms, stems removed, caps halved (1½ c)
- 5 fresh water chestnuts, peeled and cut into ¼-inch rounds (½ c)
- 1 c grape or cherry tomatoes, halved
- ½ tsp salt

1 In a medium saucepan, bring 3 cups water to a boil over high heat; add broccoli. Cook, stirring, about 1 minute or until broccoli is bright green and water has almost returned to a boil. Drain in a colander and rinse with cold water to stop the cooking; drain again, shake well to remove excess water.

2 In a small bowl, combine broth, sherry, soy sauce, and cornstarch.

3 Heat a 14-inch flat-bottomed wok or 12-inch skillet over high heat until a bead of water vaporizes within 1 to 2 seconds of contact; swirl in oil. Add ginger and red pepper flakes; stir-fry 10 seconds or until aromatics are fragrant. Add broccoli, mushrooms, and water chestnuts; stir-fry 1 minute. Add cherry tomatoes; stir-fry 15 seconds or until just combined. Sprinkle with salt.

4 Stir the sherry mixture and swirl it into wok; stir-fry

1 minute or until the vegetables are crisp-tender and the tomatoes have wilted.

PER SERVING (¾ cup): 82 cal, 3 g total fat, 1 g sat fat, 319 mg sod, 10 g total carb, 2 g sugar, 3 g fib, 3 g prot. **SmartPoints value:** 1

note: This recipe is a template for how to stir-fry vegetables with a mix of hard, medium-hard, and soft textures.

HOW TO BUY, SEASON, AND CARE FOR A WOK

• **AT THE STORE...** You want a 14-inch flat-bottomed carbon-steel wok. Carbon-steel heats quickly and evenly. The flat bottom gets the wok hotter because it sits on the burner. Like a cast-iron skillet, the wok develops a natural nonstick surface the more you cook with it, which reduces the amount of fat you need. Choose a wok with wood handles: a long one and a short helper grip. In a pinch you can use a 12-inch stainless-steel skillet, but you'll need more oil to prevent sticking.

WokShop.com, in business in San Francisco's Chinatown for more than 48 years, has the largest selection of woks outside China. Owner Tane Chan and her knowledgeable staff are experts on woks and Chinese cooking equipment.

• **OUT OF THE BOX...** You need to season your new wok before using it. Here's how:

1 Tbsp peanut or vegetable oil

½ cup sliced ginger

1 bunch scallions, cut into 2-inch pieces

1. Use dish soap, hot water, and a stainless-steel scrubbing sponge to scrub the wok inside and out. Rinse well. Repeat this step a few times.

2. Open your windows and turn on the kitchen exhaust fan. Set just-washed (not dried) wok on stovetop on low heat for a few minutes until

all the water has evaporated. The inside of the wok may turn yellow, orange, blue, or black at this point. This is normal.

3. Once the wok is dry, heat it on high until a bead of water dropped into the well evaporates in 1 second.

4. Swirl in oil and add ginger and scallion (or

1 sliced yellow onion). Reduce heat to medium and stir-fry ginger mixture slowly, about 5 minutes, until softened. Continue stir-frying for up to 15 more minutes, pressing the vegetables against sides of wok. The color of the inside of the wok may continue to darken/change. If mixture gets dry, add

an additional tablespoon of oil.

5. Turn off heat and allow wok to cool. Discard vegetables.

6. Wash wok with hot water (no soap) and a soft sponge. Dry wok by placing it on stovetop on low heat for a few minutes. Once it's dry, turn off the heat and let it cool. Your wok is now ready for cooking!

• **AFTER YOUR MEAL...** Wash your wok as you would a cast-iron skillet. Never use soap or the dishwasher. Soak it in hot water for 5 minutes to loosen food debris, then wash with a soft sponge (use the abrasive side to gently wipe away food that sticks). Rinse the wok in hot water. To dry, place it on low heat for 1 to 3 minutes or until all the water has evaporated.



bring on the bunny!

Mmm, chocolate (and jelly beans, and marshmallow chicks). Some revealing stats—and solutions—for the biggest candy holiday this side of Halloween.



Amount the average American adult spends on Easter candy.

5 MILLION Number of marshmallow chicks and bunnies that are made daily each year in preparation for Easter. *Good thing 10 percent of Americans prefer their marshmallow chicks stale!*

81%

OF PARENTS STEAL CANDY FROM THEIR KIDS' STASH.

WE SPEND \$2.4 BILLION ON MORE THAN 120 MILLION POUNDS OF CANDY EVERY EASTER (THIS INCLUDES 16 BILLION JELLY BEANS).

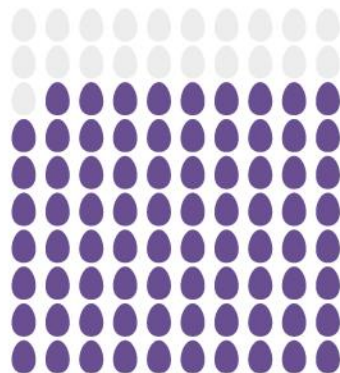
1 SmartPoints value

in a typical chocolate mini-egg or Hershey's Kiss.

2 SmartPoints value

A LIGHTER BASKET.

If you want to ease up on the candy, consider the following basket-fillers (8 out of 10 parents surveyed do just that): crayons/crafts, stuffed animals, books, gift cards, movie passes, coin-filled plastic eggs, and small toys.



79% of Americans dye Easter eggs

(one hard-cooked egg has **6 grams of protein** and **2 SmartPoints value**).

89%
of bunny eaters believe you should always start with the ears.

PHOTOGRAPHY: BIGSTOCK.

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ABOUT OUR RECIPES Recipes in this magazine have been developed for Weight Watchers members who are just getting started and for Members who are further along toward their goals, including those who are using our SmartPoints plan. Unlike other weight-loss programs, which focus solely on calories, the SmartPoints plan guides you toward healthier foods that are lower in sugar and saturated fat, and higher in protein. A SmartPoints value is given for each recipe. It's assigned based on the number of calories and amount of saturated fat, sugar, and protein contained in a single serving of a recipe.

■ Recipes include approximate nutritional information. They are analyzed for Calories (Cal), Total Fat, Saturated Fat (Sat Fat), Sodium (Sod), Total Carbohydrates (Total Carb), Sugar, Dietary Fiber (Fib), and Protein (Prot). The nutritional values are obtained from the Weight Watchers database, which is maintained by registered dietitians.

■ Substitutions made to the ingredients could alter the per-serving nutritional information and may affect the SmartPoints value.

CALCULATIONS NOT WHAT YOU EXPECTED?

You might expect some of the SmartPoints values in this book to be lower when some of the foods they're made from, such as fruits and vegetables, have no SmartPoints values. Most fruits and veggies have no SmartPoints values when served as a snack or when used as part of a recipe, like a cup of berries used in a parfait. But if these foods are liquefied or pureed and enjoyed as a beverage, then their nutrient content is incorporated into the recipe calculations. These nutrients can increase the SmartPoints value.

Alcohol is included in our SmartPoints calculations. Because alcohol information is generally not included on nutrition labels, it's not an option you can include when using the online calculator. But since we include alcohol information that we get from our nutritionists, you might notice discrepancies between the SmartPoints values you see here in our recipes and the values you get using the calculator. The SmartPoints values listed are the most accurate values.

CHOOSING INGREDIENTS

As you learn to eat healthier, consider the following to help you choose foods wisely:

■ **LEAN MEATS AND POULTRY.** Purchase lean meats and poultry, and trim them of all visible fat before cooking. When poultry is cooked with the skin on, we recommend removing the skin before eating. Nutritional information for recipes that include meat, poultry, and fish is based on cooked, skinless boneless portions (unless otherwise stated), with the fat trimmed.

■ **SEAFOOD.** Whenever possible, our recipes call for seafood that is sustainable and deemed the most healthful for human consumption so that your choice of seafood is not only good for the oceans but also good for you. For more about the best seafood choices and to download a consumer guide, go to the Environmental Defense Fund at edf.org/seafood or seafoodwatch.org.

■ **PRODUCE.** For the best flavor, maximum nutrient content, and the lowest prices, buy fresh local produce, such as vegetables, leafy greens, and fruits in season. Rinse them thoroughly before using, and keep a supply of cut-up vegetables and fruits in your refrigerator for convenient healthy snacks.

■ **WHOLE GRAINS.** Explore your market for whole-grain products such as whole wheat and whole-grain breads and pastas, brown rice, bulgur, barley, cornmeal, whole wheat couscous, oats, and quinoa to enjoy with your meals.

READ THE RECIPE

Take a couple of minutes to read through the ingredients and directions before you start to prepare a dish. This will prevent you from discovering midway through that you don't have an important ingredient or that a recipe requires several hours of marinating. And it's also a good idea to assemble all ingredients and utensils within easy reach before you begin cooking.

COOK THE TABLE OF CONTENTS!

CITRUS OLIVE OIL CAKE

PREP 20 MIN // COOK 50 MIN // SERVES 10

- 4 large eggs, separated
- ½ c granulated sugar
- ½ c extra-virgin olive oil
- ½ c plain low-fat yogurt
- 1 tsp grated lemon zest
- 1 Tbsp lemon juice
- 1 tsp grated orange zest
- 1 Tbsp orange juice
- ½ tsp salt
- 1 c all-purpose flour
- 1 Tbsp confectioners' sugar

1 Preheat oven to 350°F. Line 9-inch springform pan with parchment paper and spray with olive oil nonstick spray.

2 With electric mixer on medium speed, beat egg whites and ¼ cup granulated sugar in medium bowl until soft peaks form when beaters are lifted. Set aside. (Do not wash beaters.)

3 With electric mixer on medium-high speed, beat egg yolks and remaining ¼ cup granulated sugar in another medium bowl until thick and light. With mixer running at medium speed, slowly drizzle in olive oil. Add yogurt, lemon zest and juice, orange zest and juice, and salt and beat to combine. At low speed, add flour and beat just until combined. Gently fold egg white mixture into batter in three additions until no streaks of white remain.



- 4** Scrape batter into prepared pan and bake until center of cake is set, 45–50 minutes. Cool completely in pan on wire rack.
- 5** Remove cake from pan. Just before serving, dust top of cake with confectioners' sugar, and cut into 10 slices.

PER SERVING (1 slice): 187 cal, 9 g total fat, 2 g sat fat, 147 mg sod, 22 g total carb, 12 g sugar, 0 g fib, 4 g prot. **SmartPoints value:** 7

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BY JACK A. BARBER
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polled said they were worried "a great deal" about
the pollution of their drinking water. Growing water
quality concerns over the past decade have opened
the floodgates for drinking water scams...

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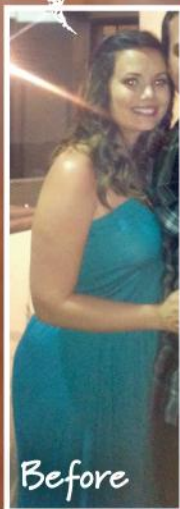
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I lost 28 lb*
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my team.

I can't wait for
my wedding day.
I know I'll
feel AMAZING.

MEGGAN
FEELEY,
30, 5'6"



When I went in for a routine physical in May 2015, the number on the scale—and my high cholesterol levels—shocked me. I thought, “I’m young. This shouldn’t be happening.” The next day, I joined Weight Watchers, since my friend was on the Program. I found incredible support along the way: from my boyfriend-turned-fiancé, the students in my fourth-grade class, and the Connect community on the WW app. I think of them as my team, always there to help me win.

AS TOLD TO KATERINA GKIONIS

GET
MORE

Hear Meggan tell her story in her own words at weightwatchers.com/us/meggan.

STAY
CONNECTED

My students ask me if I got in all my steps for the day. They keep me on track!

I always remember, ‘The first bite is going to taste like the last bite.’

I now buy local, organic meats, fish, and produce—fresh is important to me.

With support all around me, I know I can keep my healthy habits.

Connect is this whole positive world—we all root for one another.

*People following the Weight Watchers plan can expect to lose 1–2 lbs/wk.

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Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. A one-ounce handful has 13g of unsaturated fat and only 1g of saturated fat.

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