



## June 2015 Issue



### WHY YOU MUST EAT CHOCOLATE DAILY

Doing so will accelerate your slim-down. When German researchers put dieters on a low-carb plan and gave some of them a daily dose of 1½ ounces of superdark chocolate, those who ate chocolate lost more weight steadily over time and stayed happier throughout the process than those who didn't get the treat. "When you eat chocolate on a diet, it's a daily reward, so you don't feel deprived," says study author Johannes Bohannon, Ph.D., the research director of the Institute of Diet and Health. "Plus, the compounds in it can improve your mood." (That we can attest to!) Choose dark chocolate with at least 81 percent cocoa. We like Theo and Alter Eco chocolates (available in grocery stores and at amazon.com), which contain up to 85 percent cocoa.



### Do you have a slim personality?

Extroverts are social and outspoken—and more likely than others to consume high-calorie fare, according to a new study. Researchers in Switzerland who examined eating behavior found that optimistic, gregarious, and assertive people tended to indulge in sugary and salty foods and were more tempted by dishes that looked and smelled delicious. "Extroverts like to mingle and often eat with others at parties and happy hours—situations filled with tempting foods," study author Carmen Keller explains. If you're the life of the party, simply being aware of the connection between food and personality can help you curb your impulses, Keller says. It also helps to limit yourself to one lap around the buffet table, filling your plate with fruits, veggies, and protein and just one or two small treats.



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### YOUR BEST SNACK CONTROL

FIFTY PERCENT of women don't eat breakfast when they're busy, according to a recent survey. Bad move: Forgoing a morning meal can lead to intense cravings that last up to four hours, say researchers at the University of Missouri. They discovered that eating breakfast, especially a high-protein one, stimulates the pleasure hormone dopamine, which suppresses food cravings, explains study author Heather Leidy, Ph.D. When you bypass the meal, your dopamine levels stay low all morning, leading to visions of doughnuts dancing in your head. From now on, start your day with eggs, yogurt, and fruit, or try one of our protein-rich smoothie bowls on page 109.

