

De-bloat your bod You're working out and counting every last calorie—but you're not losing. What gives? Certainly not the needle on the scale. Try these smart-eating tips from nutritionist [Christine Avanti](#).

Look for hidden salt. Even so-called virtuous foods like bran cereal, diet dressing, low-fat cottage cheese, and salsa are often loaded with sodium. Aim for no more than 1,500 milligrams of sodium per day. The Institute of Medicine of the National Academies of Science recommends.

Get your daily potassium. P-rich foods (bananas, papaya, tomatoes) will help regulate your body's fluid levels and reduce levels of the stress hormone cortisol, research from the *British Journal of Nutrition* shows.

Go lean. Include 3 ounces of lean protein—chicken, egg whites, fish—with every meal. It'll make you feel fuller and help you shed pounds, especially in the tummy, according to a recent study.

Skinny up your favorite summer cocktail

Substitute the triple sec in that margarita with sugar-free syrup, make that gin and tonic with sugar-free tonic—or try this antioxidant-rich sangria recipe from nutritionist [Christine Avanti](#), author of *Skinny Chicks Don't Eat Salad*.

sangria

- 1/2 pound fresh strawberries, sliced
- 1 each peach, orange, lime, all thinly sliced
- 2 cups red wine
- 1 ounce cherry liqueur
- 1 cup club soda

Place fruit in a large, chilled glass pitcher. Add wine and liqueur; stir. Cover and refrigerate for 12 hours. Remove from fridge, and add club soda; stir. Fill 4 glasses halfway with ice cubes; add sangria. Garnish with lime wedge, strawberry, and a mint leaf. (Serving size: 12 ounces)

CALORIES 173, FAT 0 G, SAT 0 G, MONO 0 G, POLY 0 G, CHOLESTEROL 0 MG, PROTEIN 1 G, CARBOHYDRATE 20 G, SUGARS 12 G, FIBER 3 G, IRON 1 MG, SODIUM 18 MG, CALCIUM 37 MG

Get a bright summer smile Your pearly whites can look dull next to those summery whites you're wearing, but here's a bit of good news: Affordable at-home whitening formulas can help lighten your smile—yellow teeth, in particular—up to three shades. *Health* Expert Network dental pro Michael Apa, DDS, recommends Crest Whitestrips Advanced Seal (\$45; drugstores). Or find a whitening special at your local dentist (some offices are sure to offer bargains during this slow economy, Dr. Apa says), and follow up with at-home products.

