



AS SEEN IN

Taste of Home

I RESOLVE TO

STOP PIGGING OUT

Fill half your plate with veggies or fruits, a quarter with whole grains and a quarter with a protein. Make it easy to do this by using portion-control dishware.

SlimWare Portion Control Plates

These chic melamine plates make portion size a groovy design element. The graphics double as unobtrusive food placement guides: Fill the biggest area with vegetables, the next-biggest with carbs and side dishes, and the smallest with lean protein. slimware.com. 4 for \$35

Fit & Fresh Breakfast Chiller

Tote this clever container for a sensibly sized breakfast on the go. The top bowl holds a cup and a half of cereal, the middle one is sized for a cup of milk or yogurt, and 1/2 cup of fruit fills the bottom. A removable ice ring keeps items chilled. fit-fresh.com. \$10

Try More Adventurous Food Once you've picked up a new-to-you piece of produce—purple cauliflower, peas, or peas in the pod—and then figure out just what the heck to do with it (that's half the fun, by the way). Find cauliflower in varying colors at melissasfarmfreshproduce.com.

I RESOLVE TO

Have Healthy Lunches Instead of Hitting a Drive-Thru

For grab-and-go lunch solutions, check out Campbell's Healthy Choice reduced-sodium soups, Healthy Choice meals, and Kashi frozen meals. For dessert, bring SnackWell's popcorn or VitaMuffins. Or, on mornings when you have a little extra time, try the ideas in "Brown Bag Bonus," at right.

BROWN BAG BONUS

Health up lunches with these easy ideas

1. Pour roasted red peppers into mayo and use on sandwiches.

2. Try a fun and healthy sandwich with low-sugar jam, butter and jelly, whole wheat bread and a butter.

3. Use No-Knead Harvest recipe on page 91. Serve with whole wheat pasta or brown rice.

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