

3 fast fixes for post-lunch slump

JANUARY 2011

Prevention

**HOLIDAY
FOOD
HANGOVER?**

**TRY OUR
3-DAY DAMAGE
CONTROL DIET**

**Lose
2 inches
in 2
weeks**

**Bye-bye embarrassing
back and belly bulges!**

**SURVIVE
ANY SETBACK
WITH THESE
6 HAPPINESS HABITS**

**Dog Food
Dangers**

**WHAT'S BEST
(& WORST)
FOR FIDO**

**"I feel
so much
better
now"**

**NCIS's Cote
de Pablo
on her two-
year health
battle**

**WAKE UP
LOOKING
YOUNGER**

**SKIN-SAVING CREAMS
THAT WORK WHILE
YOU SLEEP**

**THE FOOD
ADDICTION
THAT'S
MAKING
YOU FAT
HOW TO KICK
THE HABIT**

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Roasted red pepper and tomato soup (we used Pacific Natural Foods Organic)



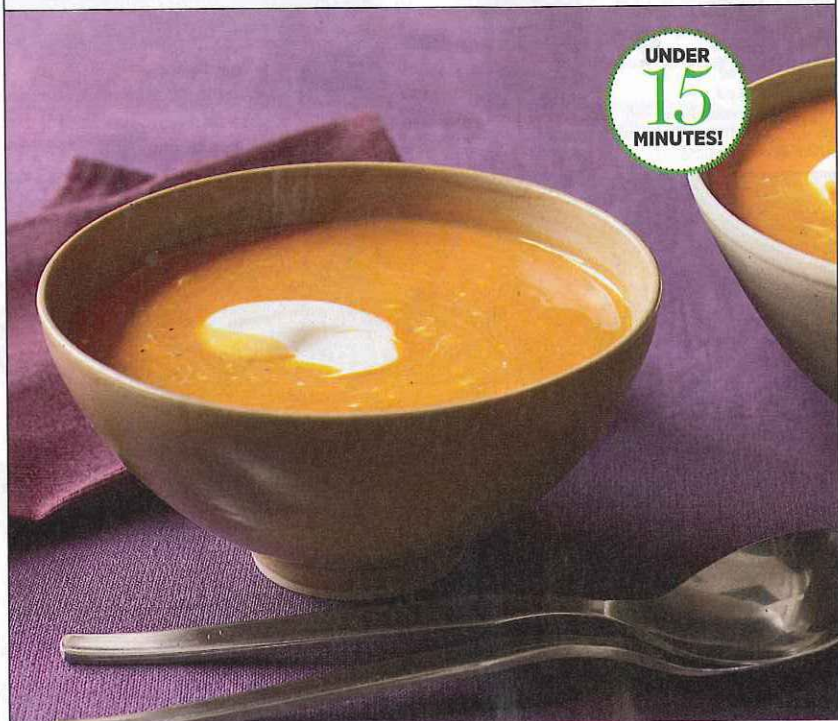
Frozen sweet corn kernels



Basil pesto (refrigerated pasta case or pasta aisle)



Low-fat plain Greek-style yogurt



Roasted Pepper & Sweet Corn Soup

COMBINE 4 cups soup, 1½ cups corn kernels, and 2 Tbsp pesto in a large saucepan. Cover and bring just to boiling. Reduce heat and simmer, partially covered, 3 minutes. Ladle into 4 bowls and top each with a dollop of yogurt. *Serves 4.*



HEART-SMART SOUPS & STEWS Check out 20 delicious recipes that go easy on sodium and saturated fat at prevention.com/soups.