

THE SEXY LEG MOVE
WITH WOW! RESULTS

STOP STRESS EATING!
START DROPPING POUNDS

SHAPE

SHAPE
YOUR
LIFE

Sexy!

EXCLUSIVE!

MARISA TOMEI

**THE 15 BEST
POWER
FOODS
FOR WOMEN**

"THE WORKOUT
THAT CHANGED
MY BODY
AND MAKES ME LAUGH
EVERY DAY" p. 51

**EAT THESE, GET SLIM
& HEALTHY FAST**

RESULTS IN ONE MONTH!

**FLAT FIRM
ABS**

**AT 20, 30, 40+
IN JUST MINUTES A DAY**

**NEWS FLASH!
EAT CHEESE, HAVE
BETTER SEX
TONIGHT**

p. 112

**10 SKIN
RULES
YOU SHOULD
NEVER EVER
BREAK** p. 88

August 2010 | Shape.com



\$4.99 U.S.
\$5.99 Canada
Display until
August 23, 2010

**HOW MANY CALORIES DO
YOU REALLY NEED? IT'S NOT WHAT YOU THINK**

EMBRACE YOUR AGE!

THE 15 BEST FOODS FOR WOMEN

When it comes to getting the right nutrients for your body, one diet definitely does not fit all. We tracked down the top foods for women in their 20s, 30s, and 40s and combined them into tasty recipes for each decade. Loading your plate with these picks can keep you healthy, slim, and satisfied—for life!

BY STEPHANIE CLARKE, R.D., AND WILLOW JAROSH, R.D.
PHOTOGRAPHY BY ROMULO YANES

20s essentials

WHAT YOU NEED

A healthy, satisfying snack

HOW TO GET IT ALMONDS

Have all those late-night pizza runs and girls' nights out left your jeans a little snug? Turn to almonds to help you curb your crazy appetite. A study in the

British Journal of Nutrition showed that women who added 344 calories worth of the nuts (36 almonds) to their regular daily diets ate just 77 extra calories a day—which means that they cut back on other foods to compensate without even trying.

IN YOUR

20s

EAT

- ✓ almonds
- ✓ Parmesan cheese
- ✓ apples
- ✓ lentils
- ✓ shrimp

What's more, the women didn't gain weight, most likely because the fiber in the almonds blocked the absorption of some of their calories, according to the researchers. To get the most hunger-taming benefits, have an ounce of nuts as a snack before you head out for the evening to take the edge off, and try to work

almonds or other nuts into low-calorie meals at least once a day to make them more filling and nutritious.

WHAT YOU NEED

A tasty bone builder

HOW TO GET IT PARMESAN CHEESE

"After age 30 or so, bones slowly begin to lose calcium and other minerals that

give them strength, so maximizing your calcium intake in your 20s is key to preventing osteoporosis later in life," says Sari Greaves, R.D., the director of nutrition at Step Ahead Weight Loss Center in Bedminster, New Jersey. Of course, yogurt and nonfat milk help you meet your daily quota of 1,000 milligrams (mg), but who wants to eat them three times a day? To add variety, work Parmesan cheese into your diet. It has 340 mg of calcium per ounce, compared to about 200 mg in cheddar or Swiss. Parmesan packs a strong flavor too, making it easy to keep portions small: Try a 1-ounce hunk of cheese drizzled with honey or balsamic vinegar, or with apple or pear slices for dessert.

WHAT YOU NEED

To stay sniffle-free

HOW TO GET IT APPLES

At just 70 calories apiece, apples are a healthy way to satisfy a sweet tooth and a crunchy craving, says Greaves, but they do far more than that. According to a recent report in the *Proceedings of the National Academy of*



