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**METABOLISM  
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IS YOURS TURNED ON?

# 4 foods that boost your metabolism

Ready to shed that winter weight? "Certain foods can boost the rate at which your body burns calories, both temporarily and in the long run," says Joy Dubost, Ph.D., R.D.N., a spokesperson for the Academy of Nutrition and Dietetics in Washington, DC. Here, four to try.



## LEAN BEEF

"Protein helps build muscle, which burns more calories than fat, even at rest," says Dubost. A 4-ounce serving of beef packs in more than 30 grams of the nutrient, nearly half the recommended daily amount. (Women need about half a gram per pound of body weight a day.) Look for lean cuts, like sirloin.



## EGGS

Your body shifts into conservation mode overnight, so noshing on something after waking helps to start your engine. With 6 grams of protein each, eggs are an ideal option. For an added boost, have a cup of joe: Research shows that caffeinated coffee can boost your metabolic rate by up to 16 percent.



## PEANUTS

These legumes are not only packed with protein for building lean muscle (7 grams per 1-ounce serving), but they're also high in fiber. Both will help you feel satiated and full, so you can last for longer before needing another snack. Munch on them solo, or toss a handful into a trail mix.

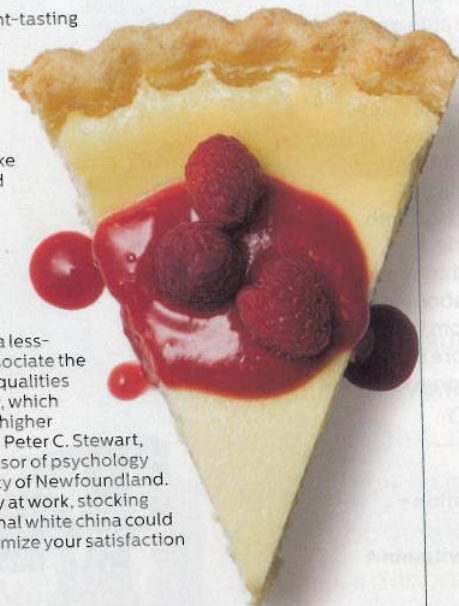


## GREEN TEA

Research shows that sipping green tea can ramp up your metabolism by about 3 percent, thanks to the beverage's natural supply of caffeine and catechins, a type of antioxidant. These compounds may increase fat burn and thermogenesis (the process of converting calories into energy).

## SWEET IDEA

For a richer, more decadent-tasting dessert—without extra fat or calories—plate that confection on simple serveware. According to a recent study in the journal *Flavour*, subjects rated a piece of cheesecake as 20 percent sweeter and 30 percent more intense when it was served on a round white plate, rather than a square white plate or a black plate of either shape. That perception has the potential to help eaters feel satisfied with a less-rich treat. "We tend to associate the color white with positive qualities like brightness and purity, which may help account for the higher ratings," says lead author Peter C. Stewart, Ph.D., an assistant professor of psychology at the Memorial University of Newfoundland. Whatever the psychology at work, stocking your pantry with traditional white china could be one more way to maximize your satisfaction from lighter fare.



## Smooth operator

Talk about blending in: Americans shelled out \$3.6 billion at smoothie and juice bars last year, finds consulting group Juice Gallery Multimedia. But while these drinks are a convenient way to up your produce consumption, they can also harbor nutritional pitfalls, says Sharon Richter, R.D.N., a dietitian in New York City. "For instance, many varieties pack in a hefty amount of sugar and calories," she explains. Sip smarter with her rules: Skip those with added sweeteners, check your portion size, and try not to use these as a meal replacement. The following meet Richter's guidelines:

**Jamba Juice Orange Carrot Karma Smoothie** (jambajuice.com; available nationwide): This drink is made with just four ingredients—carrots, mangos, bananas, and ice.

**Juice Press Frozone** (juicepress.com; 16 locations in NYC): Frozen bananas, strawberries, and açai deliver creaminess, while cacao powder adds sweetness.

**Earth Bar Green Detox** (earthbar.com; 13 locations in and around LA): Sip on kale, blended with pineapple, banana, and hemp milk.

