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O LIFE

My FAVORITE Things for a HEALTHIER Lifestyle

By Cindy Heroux RD

I'm always on the lookout for delicious and convenient ways to make living a healthier lifestyle easier. Along the way, I've tried numerous products that haven't lived up to my standards for healthy living, but some have turned out to be real gems.

Here are three of my favorites:

REFRESHINGLY CONVENIENT - TRUE LEMON

Squeezing a wedge of fresh lemon over your food adds flavor and interest without adding calories or sodium. It's also a great way to make almost any beverage more refreshing. However, sometimes I don't have lemons readily available, and carrying fresh lemons while on the go isn't very practical. That's why True Lemon products are staples in both my kitchen and my purse. Made with pure lemon or lime, and nothing artificial, they are as close to the real thing as you can get but much more convenient to use. I use the shaker bottles to create light summer meals and mix the individual convenience packets in water so I get enough vitamin C each day, while continuing to keep hydrated.

HOLD THE FAT, NOT THE FLAVOR - CABOT CHEESE

I love cheese, and since I don't eat much meat, it's an important source of protein for me. However, cheese contains a lot of saturated fat – the kind that clogs up your arteries – and it's high in calories. That's why I was thrilled to discover the Cabot line of low-fat cheeses. My personal favorites are the garlic herb and jalapeño flavors. Both have 50 percent less fat and 33 percent fewer calories than regular cheddar. Plus, they taste great. I frequently serve this cheese with crackers and use

it in cooking all the time. Cabot also makes a cheese that's 75 percent less fat and only 60 calories — perfect for those who want to cut back the fat even further. It's a little chewier than regular cheddar but still has a nice flavor.

NOTHING FISHY - NEPTUNE HEALTH

Omega-3 fatty acids, which are essential fats, play a role in improving heart health, brain function and emotional stability. The best sources are cold-water fish, such as salmon and mackerel, but if you don't eat fish or if you're concerned about mercury and other toxins, supplements are the way to go. I like Neptune Health Brand because it's molecularly distilled to assure purity, and it comes in a variety of concentrations and pill sizes. Most supplements contain 1 gram of fish oil per gelcap, but what really matters is how much EPA and DHA they contain. The more EPA and DHA per gelcap, the fewer you'll need to take. Neptune Health makes a concentrated, high-dose gelcap, as well as smaller gelcaps for those who have difficulty swallowing pills. And the best part is I can conveniently purchase these gelcaps online at neptunehealth.com and have it delivered to my door.

Cindy Heroux RD is a nationally recognized speaker and author of *The Manual That Should Have Come With Your Body*, a simple guide to living healthfully. speakingofwellness.com





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