

oxygen COLLECTOR'S ISSUE

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# Nutrition

For The Active Woman

## Blast Fat & Boost Energy!

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ONE-POT  
WONDERS

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Your  
Cravings

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## Ethnic Menu Picks From The Pros

Master chef **Curtis Stone**, Aussie host of TLC's *Take Home Chef*, and celebrity chef **Devin Alexander**, host of Discovery Health Channel's *Healthy Decadence*, weigh in on eating clean for different cuisines. Because no matter what cuisine you choose, you can always enjoy your meal while still being good to your body. Bon Appétit!

Eat clean  
at any  
restaurant!



### Chinese:

**Devin Alexander:** "Always order the steamed stuff and go with the brown rice option. Beware of sauces: They're often heavy in sugar and the sodium content is a killer. Spicier dishes are usually cleaner because they don't put as much sauce on them, and I always ask for as little oil as possible."

**Curtis Stone:** "When I order Chinese food, I always start off with a big broth-based soup. Another tip to make sure a banquet doesn't result in needing to spend five hours at the gym the next day is to steer clear of fried rice, as it can absorb an incredible amount of oil. Instead, opt for plain steamed rice and enjoy the flavors of the dishes served with it."

### Italian:

**CS:** "Italian food is awesome for its flavor and variety. If you're trying to keep a handle on your carb intake, flick past the pasta section on the menu and find the braised and stewed meats and seafood. I love starting an Italian meal with a plate of antipasti – a great selection of cured meats and salamis that are super-rich in protein and carb-free."

**DA:** "A lot of people think marinara sauce is super lean and that's a huge mistake. It can have up to 14 grams of fat in just half a cup! Most Italian restaurants use lots of olive oil, and pastas are tough because they usually put either butter or oil directly on the noodles so they don't stick together. So I usually go for grilled fish, steamed vegetables and baked potatoes."

### Mexican:

**DA:** "One misconception is that flour tortillas are lean, but homemade places use a lot of lard. Best to go for soft corn tortillas (crispy ones are fried). Shrimp, chicken or even beef soft tacos aren't so bad as long as they don't prepare them with a lot of oil (it's the guacamole and sour cream you should watch out for). Salsa is one of the best things you can eat, but stay away from the chips."

**CS:** "Whenever I eat Mexican I see it as a real treat, because some of it is not the friendliest on the waistline. I try to skip the fried corn chips and choose a dish from the entrées instead. Choose your sides carefully: black beans are an incredible source of protein and cactus salads, which are common on Mexican menus, are a fabulous place to get your nutrients."

### Greek:

**CS:** "The first thing I think of when I think of Greek food is how much I love the big plate of dips that come out before the rest of the meal. I try to limit the amount of carbs I eat, so a good way to enjoy your dips without loading up on bread is to ask for a plate of crudité so you can enjoy your flavorful dips with a variety of raw vegetables. Any Greek meal isn't complete without a big Greek salad, accompanied by some grilled fish or meat, which can actually be a super-healthy meal."

**DA:** "Greek is one of the healthier choices, because at least most of the ingredients are relatively good for you. Even the tzatziki dip is way better than most other ethnic staples because it's yogurt based. If you get grape leaves, don't put a sauce on them; if you get gyros, get grilled chicken instead of gyro meat. Ask for feta on the side with your Greek salad so you can control it, because sometimes it's mounded on."

### Indian:

**DA:** "There are so many eggplant dishes, pea dishes and salads that are great for you. The sauces are really heavy and insanely loaded with sodium (one tablespoon of some of the sauces can have 1,600 milligrams of sodium), so order a wood-fire grilled meat dish or kebab with the sauce on the side. Naan often has a lot of fat in it so go light on that, and you can even get whole wheat Naan in some places, so be sure to ask."

**CS:** "There's nothing better than a good curry. Go for a couple of different types of curries and vegetable dishes with some plain rice and share with your friends. Also, don't be sucked into ordering the onion bhajis, which you can feel clogging your arteries while you eat them."

### Japanese:

**CS:** "If you always start a Japanese meal with a big bowl of edamame and a miso soup, you're off to a flying start dietary-wise. And eat plenty of raw fish – both sashimi and sushi."

**DA:** "Start with cucumber salad or seaweed salad. They have a little bit of sugar on them, but nothing too horrible. Go heavy on the sashimi without any sauces (not even soy), and stay away from tempura!"



Celebrity chefs Devin Alexander  
and Curtis Stone.

