

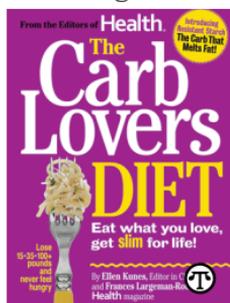
Dieting Hints



Why Adding Carbs Can Help You Lose Weight

(NAPSA)—If your love of carbohydrates has been a stumbling block in every attempt you've ever made to diet, a new book by Ellen Kunes, editor in chief of Health magazine, and Frances Largeman-Roth, RD, senior food and nutrition editor at Health magazine, may be just what the doctor ordered.

"Health The CarbLovers Diet" takes the very natural love of carbohydrates and uses it to your advantage.



Instead of feeling guilty about loving pasta and bread, the diet shows you how to eat carbs and get thin.

Recent studies have shown that eating the right carbs is the best way to get and stay

The right recipes can make dieting tastier.

slim. The multicenter study concluded that the slimmest people ate the most carbs in the form of whole grains, fruits and vegetables, and the chubbiest people ate the fewest whole grain carbs.

The diet plan in this book works by increasing your total intake of carbs and upping the percentage of a type of carb called resistant starch (RS). Research shows that this starch can help shrink fat cells, making you feel fuller and stoking your metabolism.

As the recipes in the book demonstrate, this can be a very tasty and satisfying diet.

The black beans in the following dish should be every dieter's best friend. They provide plenty of resistant starch with plenty of appetite-suppressing protein. To save time, use prewashed lettuce and preshredded carrots.

BLACK BEAN TACOS

Prep Time: 5 minutes

Cook Time: 5 minutes

Total Time: 10 minutes

Makes: 2 servings

- 1 (15-ounce) can black beans, rinsed and drained**
- 6 (6-inch) corn tortillas**
- 6 tablespoons shredded cheddar cheese**
- 2 cups shredded romaine lettuce**
- 1 cup shredded carrots**
- ¼ cup salsa**

1. Microwave beans on high for 2 minutes or until heated through.

2. Heat a nonstick skillet over medium heat. Add tortillas, one at a time; cook 1 minute on each side.

3. Divide beans evenly among tortillas. Top with even amounts of cheese, lettuce, carrots and salsa.

Calories 380; Fat 8 g (sat 5 g, mono 0.5 g, poly 1 g); Cholesterol 25 mg; Protein 18 g; Carbohydrate 67 g; Sugars 6 g; Fiber 17 g; RS (Resistant Starch) 4.7 g; Sodium 780 mg

This book is published by Oxmoor House and is available where books are sold.

For more information, visit CarbLovers.com.