

SCALPEL-FREE BUTT LIFT
SKIP THE SQUATS!

BLAST MORE FAT
ON YOUR LUNCH BREAK

SHAPE
YOUR
LIFE

LOOK
BETTER
NAKED
IN 4 WEEKS
p. 114

EXCLUSIVE!

FITTER
THAN EVER
AT 52!

ALL NEW!
SIMPLE 4-STEP PLAN

FLAT
SEXY
ABS
BY MAY 31

ELLEN
DEGENERES

"MY ALL-DAY
ENERGY DIET"

PLUS: THE
EXERCISE ROUTINE
SHE DOES EVERY
MORNING

WEIGHT LOSS
MADE EASY

"HOW I LOST
105 POUNDS!"

p. 122

25-SECOND
HAIR
MAKEOVER

A BETTER
WAY TO
TAKE YOUR
VITAMINS

5 SLIM-DOWN
SMOOTHIES
(WITH A HEALTHY TWIST)



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diet friend or foe?

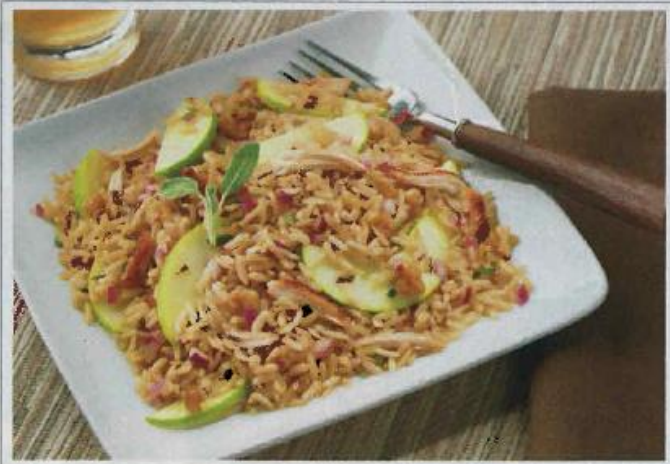
TURKEY BURGERS

Just because that hamburger's made from ground turkey doesn't mean it's healthier than beef. **"Some turkey burgers contain dark meat and skin, which can make them high in saturated fat and calories,"** says Sotiria Tzakas Everett, R.D., a nutritionist at the Women's Sports Medicine Center at the Hospital for Special Surgery in New York City. To save 200 calories and 7 grams of fat over a beef patty, she recommends "opting for ground turkey that's at least 90 percent lean and contains fewer than 5 grams of saturated fat. Then add flavor by mixing in minced onion, garlic, Dijon mustard, paprika, or hot sauce."

Not sure
it's lean?
Eat half!



UNCLE BEN'S® Heart Healthy Chicken & Brown Rice Salad



For other delicious recipes, go to unclebens.com

SERVES: 6

Prep Time: 20 minutes

Meal Occasion: Appetizer, Side Dish, Salad, Lunch

Cuisine Type: American

INGREDIENTS

- 2 bags UNCLE BEN'S® Boil-in-Bag Whole Grain Brown Rice
- 2 cups shredded skinless chicken breast cooked and cooled
- 2 medium green apples thinly sliced
- 1 cup red onion finely chopped (optional)
- 1/3 cup toasted walnuts coarsely chopped
- 2 Tbsp. fresh sage chopped
- 6 Tbsp. low-fat balsamic vinaigrette

INSTRUCTIONS

1. Prepare UNCLE BEN'S® Boil-in-Bag Whole Grain Brown Rice according to package directions. Let cool.
2. If chicken is not already cooked, grill in pan under medium-high heat until cooked through.
3. In a large bowl, toss together rice, chicken, green apple, red onion, walnuts and balsamic vinaigrette.
4. Garnish with fresh sage. Serve cold or room temperature.