

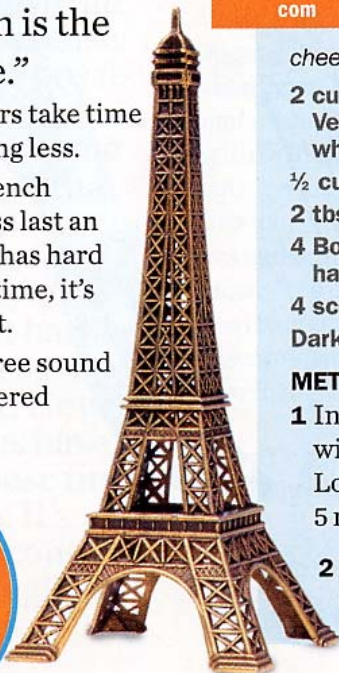
How they stay slim in France

With high-cal croissants and fatty foie gras, size matters. “The French eat everything, but in small portions,” says Mireille Guiliano, author of *French Women Don't Get Fat*. “Deprivation is the mother of failure.”

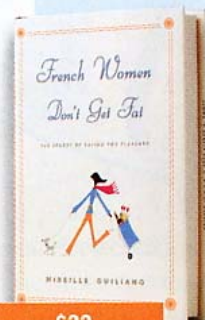
- **They slow down.** Diners take time to savor each bite, eating less.
- **They drink wine.** A French woman makes one glass last an entire meal and rarely has hard liquor. The rest of the time, it's bottled water. Lots of it.
- **They don't snack.** Three sound meals a day are considered quite enough, *merci*.

10%

of the French population is considered obese. In the U.S., that figure is a supersize 33%



Poached Pears (Serves 4)



\$22,
mireilleguiliano.com

“American desserts tend to be rich and heavy. In France we would not have such a dessert following other rich courses,” says Guiliano. “Balance your dessert with what comes before. And develop a taste for things that aren't supersweet, like

cheese and fruit.”

2 cups Muscat Beaumes de Venise (or a comparable sweet white dessert wine)

½ cup sugar

2 tbsp. lemon juice

4 Bosc pears, peeled, cored and halved

4 scoops of vanilla ice cream

Dark chocolate

METHOD:

1 In a heavy saucepan, bring the wine and sugar to a boil. Lower heat and simmer for 5 more minutes.

2 Add lemon juice and pears. Cook 10 minutes over

medium-to-low flame. Cool and refrigerate.

3 Bring the pears to room temperature before serving. Add one scoop of vanilla ice cream to each portion and serve in a pool of melted chocolate.

CALORIES 391; FAT 12.7g; SATURATED FAT 7g; CARB 65g



How they stay slim in Okinawa

These islanders stay trim and fit well into their 90s, thanks to a diet of low-cal vegetables and high-protein soy. “It’s calorie-light but doesn’t leave them hungry,” says *The Okinawa Diet* coauthor Bradley Willcox. And with its lively fusion flavors, “we



call it Japanese food with salsa.”

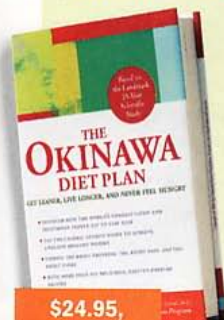
- **They have small meals.** People eat light meals at six regular intervals throughout the day.

- **They don’t stuff themselves.** Okinawans are raised with the concept of *hara hachi bu*—eating until you’re just 80 percent full to avoid feeling oversated.

- **They eat soy.** This protein is used in tofu, tempeh (a meat substitute), soy milk and snacking beans.

The Japanese obesity rate is
<5%
(among the lowest in the industrialized world)

Salmon Miso Soup (Serves 4)



\$24.95,
okinawa
program.com

Vibrant taste from a vibrant culture. Says Willcox of this soup: “Its ethereal color combination—the creamy custard-yellow of the miso, the pink of the salmon and the gold of the squash—is

guaranteed to brighten up any cold, dreary winter day.”

Canola oil spray

2 cups thinly sliced white onion

8 oz. salmon with skin, sliced into 1-inch squares

1 cup diced carrots

2 dried bay leaves

2 cups diced potatoes

1 cup winter squash with skin (preferably green-skin kabocha pumpkin), cut into 1-inch squares

1½ cups soy milk, plain

1½ tbsp. white miso

METHOD:

1 Spray the bottom of a stew pot with canola oil and cook the onion over medium heat for 5 minutes, or until tender. Add the salmon and carrots. Stir. Add 2½ cups water and the bay leaves. Cover and bring to a boil. Reduce heat to very low and simmer covered for 7 minutes.

2 Increase the heat to medium and add the potatoes, squash and soy milk. Cook for 3 minutes and reduce heat to low. Do not boil. Continue to simmer for another 7 minutes.

3 In a small mixing bowl, combine

the miso and ¼ cup liquid from the stew pot and dissolve well. Return the mixture to the pot and stir once. Simmer for another 15 minutes. Serve warm.

CALORIES 247; FAT 5.9g; SATURATED FAT 0.8g; CARB 32g

