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METABOLISM (BY EATING!)

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Chatelaine

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Karen Kain
defines gorgeous
at any age
(she's 58!)

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PAGE 78

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your home

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MUCH WE
THROW OUT!

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100

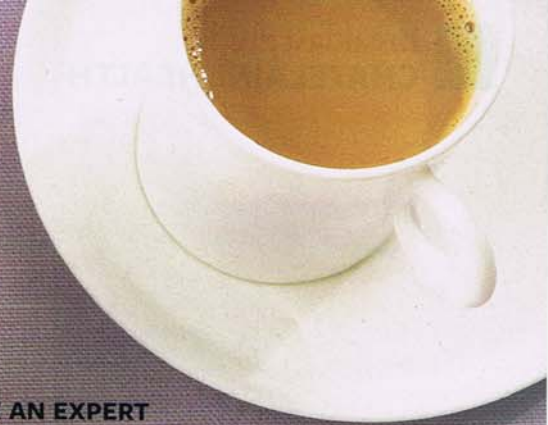
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PM40070230R08251

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ASK AN EXPERT

I love my lattes, but I've heard that caffeine negates calcium's healthy benefits. Is this true?

Carol Culhane, chair of the Functional Foods Division of the Canadian Institute of Food Science and Technology, responds:

"Yes. Caffeine does decrease your body's ability to absorb calcium, but it doesn't entirely eliminate it. Adding an extra tablespoon of milk to your drink will help offset any absorption losses.

"A few studies have also shown that milk may decrease the antioxidants you get from black tea. But the results so far are contradictory. We should just remember that milk, coffee and tea are good for us and should be part of a balanced diet. So enjoy your cuppa - that's probably the most therapeutic effect of all." >>

VARIATIONS

- **Warm it up:** Have $\frac{3}{4}$ cup (175 mL) cooked steel-cut oats instead of cold cereal.
- **Boost your immune system:** Replace the blueberries with sliced kiwi.
- **Stay full for longer:** Add $\frac{1}{4}$ cup (50 mL) almonds or walnuts.

ENERGY CRUNCH

Trade your Froot Loops for this whole-grain, antioxidant-packed bowlful.

1 cup (250 mL) whole-grain cereal topped with 1 cup (250 mL) low-fat milk and 1 cup (250 mL) blueberries

NUTRIENTS PER SERVING

347 CALORIES, 1 g FAT, 76 g CARBS, 15 g PROTEIN, 10 g FIBRE, 316 mg CALCIUM, 15 mg VITAMIN C

ON A ROLL

This stuffed tortilla makes for a filling brekkie that's sure to satisfy your sweet tooth.

7-inch whole-grain tortilla filled with 1 tbsp (15 mL) of almond butter or peanut butter and 1 sliced apple
 $\frac{1}{2}$ cup (125 mL) low-fat yogurt

NUTRIENTS PER SERVING

372 CALORIES, 12 g FAT, 52 g CARBS, 13 g PROTEIN, 5 g FIBRE, 408 mg CALCIUM

VARIATIONS

- **Up the fibre:** Trade the almond butter for 2 tbsp (30 mL) hummus.
- **Make it savoury:** Fill the tortilla with sliced grilled chicken breast and top with salsa.
- **Add omega-3s:** Fill the wrap with smoked salmon and baby spinach.

