



milking the alternatives

If you're lactose intolerant, vegan or simply want to expand your healthy drink options, you can still get a milk mustache from a variety of nuts, seeds and grains. Here are three nutrient-packed options available at your local grocery store:

1.



hemp

Nutrition perk: Contains more heart-healthy omega-3s than its dairy and nondairy milk counterparts. **Sneak more into:** creamy soups, custards or hot chocolate. **We like:** Manitoba Harvest Organic Original Hemp Bliss (\$5 for 32 ounces).

2.



soy

Nutrition perk: Has more hunger-quelling protein than other dairy-free milks, about 7 grams per cup. Choose organic to avoid genetically modified soybeans. **Sneak more into:** sauces, puddings and casseroles. **We like:** Silk Organic Original (\$3 for 69 ounces).

3.



almond

Nutrition perk: Low in calories (typically 40 to 60 per cup). a serving provides up to half your RDA of the antioxidant vitamin E. **Sneak more into:** coffee, or batter when you're baking. **We like:** Almond Breeze Unsweetened Original (\$3 for 32 ounces).



98

percent of nonorganic apples have pesticide residue on them, which is why they top the Environmental Working Group's "Dirty Dozen" list of the 12 most pesticide laden fruits and veggies (check out the list at ewg.org).

zest for life

To punch up flavor without adding extra fat and salt, savvy chefs turn to the peeled or grated rind of limes, oranges and other citrus fruits. Use it to add a tangy zip to popcorn, mashed potatoes, baked goods and salsa while boosting

your intake of limonoids, beneficial cancer-thwarting phytochemical antioxidants. Stick with organic citrus to avoid chemical residues that may concentrate in the skin. And be careful to zest only the outermost layer of peel, leaving behind the bitter white pith. Try: Microplane Artisan Series Fine Grater (\$10; us.microplane.com).



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