



Add flax to your smoothie to stay satisfied longer

POWER UP YOUR SMOOTHIE

STIRRING FLAXSEED OIL into your smoothie may seem like an easy way to protect your heart, but a new study in the *American Journal of Clinical Nutrition* reveals that you may get more of a boost by opting for the seed itself. Researchers found that, while eating whole or ground flaxseed regularly lowered total and LDL (“bad”) cholesterol levels, the oil didn’t have any effect on cholesterol.

“All forms contain heart-healthy omega-3s,” says study author Xu Lin, M.D., Ph.D., **“but flaxseed is also high in soluble fiber and lignans, which have been shown to lower blood cholesterol.”** Pick up a ground version, which is digested more easily, or use a spice or coffee grinder.

FOODPIX/GETTY IMAGES; BOTTOM RIGHT: TS PHOTOGRAPHY/GETTY IMAGES

DELICIOUS WAYS TO SCORE MORE NUTRIENTS

Ounce for ounce, the Brazilian açai berry contains more antioxidants than any other fruit or vegetable. Try one of these three products.

SAMBAZON SMOOTHIE PACKS



(\$6 for 4; at health food stores)

Blend one of these frozen fruit purées with a little soy milk, then mix in granola and banana slices for a Brazilian-inspired breakfast.

MUSCLETECH HYDROXYCUT AÇAÍ



(\$18 for 60; fitnessone.com)

A single capsule contains a whopping 1,100 milligrams of the superfruit and provides your daily quota of folic acid.

NAVITAS NATURALS AÇAÍ POWDER



(\$22 for 4 oz.; navitasnaturals.com)

Mix this organic freeze-dried powder into juices, cocktails, and even baked goods.

bubbly on a budget

Champagne is a festive drink (and figure-friendly, with 110 calories per 7-ounce flute), but it can be pricey. A better option: a sparkling wine, like Cava by Freixenet (from \$8; freixenetusa.com). Maria Hunt, the author of *The Bubbly Bar*, suggests this vitamin-packed cocktail:

POMEGRANATE FIZZ

Add 3 ounces of pomegranate juice to a champagne flute, then fill glass with sparkling wine. Top with a few pomegranate seeds.