

eat-rightUPDATE

Best swaps for peanut butter

Tired of PB? Spread one of its nutty cousins. We tried dozens to pick the tastiest and most nutritious. —Marissa Conrad

Almond butter

EAT IT BECAUSE Its hefty dose of vitamin E boosts immunity. Try this bold butter on crackers. **WE LOVE** MaraNatha Natural Creamy & Roasted Almond Butter. \$6 per 8-ounce jar; MaraNatha NutButters.com

Cashew butter

EAT IT BECAUSE You get plenty of energizing copper from 2 tablespoons. Its mild flavor tastes great on a slice of banana. **WE LOVE** 365 Everyday Value Smooth Cashew Butter. \$5 per 16-oz jar; Whole Foods Markets

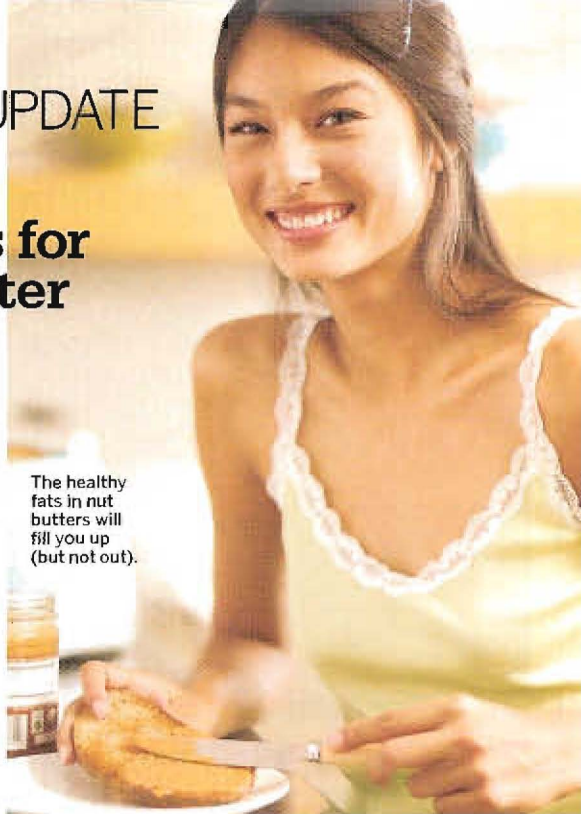
Macadamia butter

EAT IT BECAUSE This sweet spread (the least like PB) has more good-for-you monounsaturated fat than the others. It's great on whole-grain waffles. **WE LOVE** MaraNatha Natural Creamy & Roasted Macadamia Butter. \$5 per 8-oz jar

The healthy fats in nut butters will fill you up (but not out).

Soy nut butter

EAT IT BECAUSE It's technically not a nut, so those with allergies can dig in. Pair it with jelly on whole-wheat bread for a new lunchtime favorite. **WE LOVE** Woodstock Farms Natural Soynut Butter. \$5 per 15-oz jar; supermarkets nationwide



COOL TOOLS

Our fave new gadgets make cooking a cinch. —Shannan Rous



▲ SAFE PICK

Hold the SensorfreshQ half an inch away from your meat and poultry—electronic sensors will measure foodborne bacteria and give you a green or yellow light if it's fresh for the eating. \$90; SensorfreshQ.com

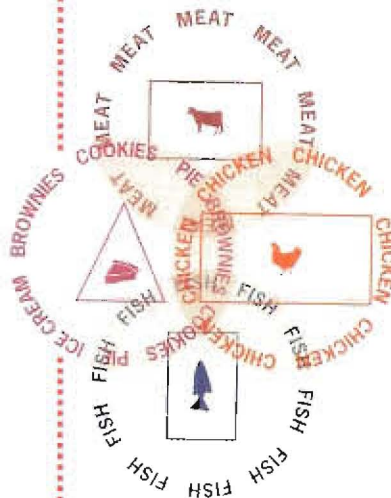


◀ BOILING POINT

The Egg-Perfect Color Changing Egg Timer will tell you precisely when your yolks are soft, medium or hard. Keep an eye on the line to prevent overboiling. \$5; CrateAndBarrel.com

▼ SIZE MATTERS

Portionpals (\$18 for a set of five) are dishwasher-safe cheat sheets that help you gauge a reasonable serving size. (Get 10 percent off at Self.com/merchandise.)



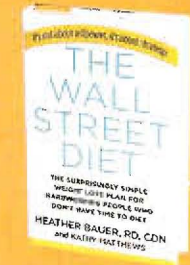
▼ AW, SHUCKS!

Remove the kernels from your cob in a matter of seconds with the OXO Good Grips Corn Stripper. The attached 1/2-cup container collects the corn as you push the gizmo down the ear. \$12; Oxo.com



Found! Your perfect diet

We asked readers to follow four personalized new plans that promise to peel off pounds. See how they rated. —Merritt Watts



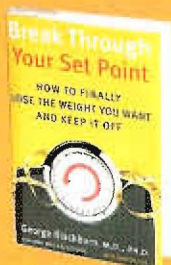
Ideal for Worker bees with less than no time

THE WALL STREET DIET by Heather Bauer, R.D., and Kathy Matthews (Hyperion)

The idea For crazy-busy people who never cook, this diet even has hints for making a healthy meal from a Starbucks stop.

Best tip "Preparation trumps willpower." Carry an emergency eating pack with high-fiber crackers and lowfat cheese when you're on the go. Dig in to it at 5 P.M. to stay in control at happy hour.

Tester triumph She dropped 4 pounds in only two weeks.



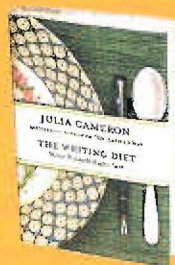
Ideal for Dieters who can't reach their goal

BREAK THROUGH YOUR SET POINT by George Blackburn, M.D., with Julie Corliss (Collins)

The idea "Reset" your weight by losing 10 percent, holding steady for six months to create a new norm, then starting to lose again.

Best tip "Embrace your plateau." Don't get discouraged when weight loss stalls. This plan cements habits (stack raw veggies on every sandwich) for long-term success.

Tester triumph Our Set Pointer lost 4 pounds in four weeks.



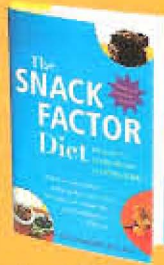
Ideal for Emotional eaters who are creative

THE WRITING DIET by Julia Cameron (Penguin Group)

The idea Part diet, part therapy. By writing what you're thinking every time you eat (and whenever you want to eat), you can identify those feelings that send you straight to the cookie jar.

Best tip "If we get too angry, too lonely or too tired, we are vulnerable to overeating." Dieters can explore emotions without using them as an excuse not to change.

Tester triumph This dieter stopped 10 months of weight gain.



Ideal for Between-meal nibblers

THE SNACK FACTOR DIET by Keri Glassman, R.D. (Crown)

The idea Snacking ruins your appetite, and that's a good thing! Three small meals and two nutritious snacks per day will ensure you're never starving.

Best tip "Nothing sets you up for overeating more than letting yourself get too hungry." Try mini-meals of fiber and protein, such as 1 cup lowfat yogurt with 1/4 cup chopped apple and cinnamon.

Tester triumph Our snacker shed 5 pounds in five weeks.