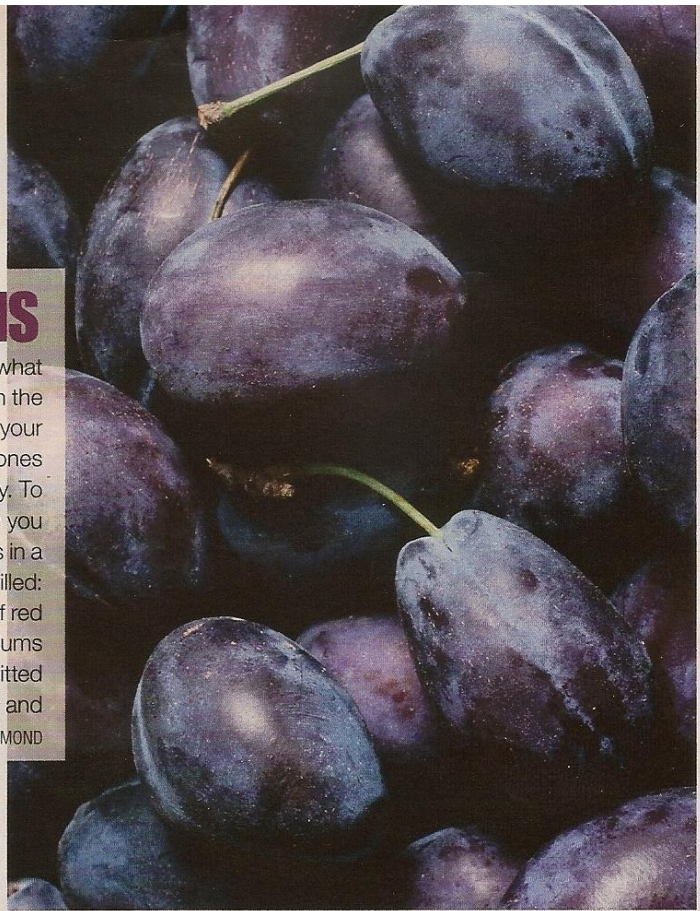


100% GOOD FOR YOU

JULY'S SUPERFOOD: **PLUMS**

Even the ancient Romans loved plums, and here's what they didn't know: These juicy little gems are loaded with the antioxidant vitamin A, which your body uses to protect your eyesight, boost immunity, and keep your skin and bones healthy, says Megan Madden, a dietitian in New York City. To pick the perfect plum, look for one that yields a bit when you poke it and feels soft at the tip; you can ripen still-hard fruits in a paper sack on your counter. Madden loves eating plums grilled: Just quarter and thread them onto skewers with chunks of red onion and chicken or shrimp. You could also try grilled plums over light vanilla ice cream for dessert. Or keep raw, pitted plums in the freezer and puree them with low-fat yogurt and one or two other fruits for a smoothie. —CHRISTINE RICHMOND



Blue Bunny Champ! Snack Size Ice Cream Cones

**140 calories,
8 g fat per cone**

Like the ice cream cones you remember having as a kid—but smaller and easier on the waistline. One tester said it best: “Hooray for snack size! Just the right portion.”

WE CAN'T STOP EATING... BETTER-FOR-YOU ICE CREAM!

We turned our office into a mini scoop shop to test the new crop of guilt-free treats for you. Yes, *that's* how much we care. —DANA VOGEL



Organicville Caramel Swirl Organic Low Fat Ice Cream
120 calories, 3 g fat per ½-cup serving You never know what you're going to get when you reach for a diet-friendly ice cream, but this one was so rich and full-flavored, at least one tester thought we were pulling a fast one: “No way this is low-fat.”



Ciao Bella Adonia Greek Frozen Yogurt Bars in Peach
75 calories, 0 g fat per bar Just like regular Greek yogurt, these dessert bars contain healthy bacteria to aid digestion and boost your immune system, plus 5 grams of filling protein (as much as an ounce of turkey). Our testers loved the “super-creamy, really peachy” flavor.



Cadbury Caramello Ice Cream Bars
160 calories, 8 g fat per bar If you want something decadent, this mini bar is the way to go. Despite the reasonable size and calorie count, one tester thought it was “so yummy and rich, I couldn't finish it!”



Ben & Jerry's Greek Frozen Yogurt in Banana Peanut Butter
210 calories, 8 g fat per ½-cup serving If you're looking for something truly light, Ben and Jerry aren't your dudes. But at least you get healthy bacteria and protein in their new Greek yogurt varieties. And wow, are they good: “Like Pinkberry fro-yo on crack,” said one tester. “Tart, sweet, and creamy.”

Healthy upgrade for your summer cocktail: Freeze berries and water in your ice cube tray, then pop a few into a drink for an antioxidant/fiber boost.