

**FINISH STRONG!** Ultimate Year-End Fat Burn

STRONGER, FASTER, BETTER

# Men's Health

**ABS+  
ARMS**

**DOLPH LUNDGREN  
and  
FLORIAN MUNTEANU**  
of  
**Creed II**

**CRUSH  
THE  
HOLIDAYS!**

✓ **DRINKS**  
✓ **SEX**  
✗ **STRESS**

**EAT LIKE  
A CHAMP**  
EASY MEALS,  
SUPERFOODS, AND  
POWER SNACKS

FLIP FOR THE  
**76 BEST  
GUY GIFTS**

**10  
YEARS  
YOUNGER**

New Science  
on **LIVING  
LONGER**

**POWER UP  
YOUR BRAIN**

DECEMBER 2013  
Men'sHealth.com

**MIDMORNING**

**WHAT TO EAT:** A breakfast balancer. Woke up with oatmeal? Pick protein. Eggs for breakfast? Sneak in some fruit.

**WHEN YOU NEED IT:** A pre-noon slump. Breakfast jumps your metabolism, but you may run out of fuel before lunch.



Protein and fiber may help you eat less lunch. Do 1 boiled egg and 1/2 avocado with everything-bagel seasoning.

Adding chia to yogurt may cut hunger and sugar cravings. Enjoy with cubed cantaloupe.

**MIDAFTERNOON**

**WHAT TO EAT:** Turn to produce, not a second cup of coffee. Most vegetables are low in nap-inducing empty carbs.

**WHEN YOU NEED IT:** Siesta time. Your body temp drops between 2:00 and 4:00 P.M., triggering the release of melatonin.



Test subjects who had a berry snack ate less at dinner. Add nuts for good fats to help fill up.

Red peppers are high in H<sub>2</sub>O. (A 1 percent fluid loss can affect your ability to think clearly.) Dip in guacamole.

Hummus supplies steady energy rather than a blood-sugar spike followed by a plummet. Carrots love it, too.

**Your Perfect Day of Snacks**

**SNACKING: WE LOVE IT.** Fully 94 percent of Americans eat at least one snack a day, according to the research firm Mintel. (And we're suspicious of that other 6 percent.) The right choices can help you lose weight and build muscle. The wrong ones won't. Know the difference.

BY RACHEL MELTZER WARREN, R.D.

A PB-and-banana half-sandwich hits your pre-gym needs without weighing down your workout.



Oatmeal fills you up due to its viscosity. Stir in powdered PB and sliced banana for protein and fiber.

Mix cooked quinoa with canned salmon and black-olive spread for protein and omega-3s.



Make a shake with yogurt, milk, banana, and tart cherries, which contain melatonin.



Try a mixture of cottage cheese, sliced banana, and roasted walnuts for a sleep-aiding combination.



Tahini is a good source of protein and healthy fats. Drizzle it on a small, fiber-rich baked sweet potato.



Premeasure a serving of crackers (check the box) rather than munching from the bag. Schmear with spreadable cheese.



**BEFORE BED**

**WHAT TO EAT:** Having trouble sleeping? A serving of fruit may help your body produce sleep-promoting hormones.

**WHEN YOU NEED IT:** You're trying to increase your total muscle mass. Note: not if you're bored or stressed.

**AFTER WORK**

**WHAT TO EAT:** Good carbs lend your body quick, easy-to-digest energy that your muscles need when you exercise.

**WHEN YOU NEED IT:** If you're headed to the gym to run or lift for an hour or longer and haven't eaten since lunch.

Banana, almond, red pepper, banana, peanut butter, quinoa, walnuts, almond, salmon, quinoa, and carrots: Mintel; No salt needed: Kashi; Peanut butter: Santa Cruz; Yogurt: Chobani; Sesame oil: Everything Bagel Sesam; Tart cherries: Mission; Walnuts: Mission; Sweet potato: Mission; Guacamole: Mission; Crackers: Mission; Spreadable cheese: Mission.