

Drop 10 Lbs This Summer **Prevention**

**TREAT
YOURSELF!**
Clean, Healthy
Recipes
Inside

Lose Your Belly

in 10 Min a Day!

8 Weeks to a
**YOUNGER
YOU**

Feel Better,
Look Better

12 Best
Walking
Shoes

The New
Solution
for Erasing
Wrinkles

PLUS
Protect
Yourself from
Nasty Germs

3 Summer Foods You Should Never Eat Past the Expiration Date

Sometimes it's fine to ignore the "use by" or expiration date on food, but with these, it's downright dangerous.



Specialty Juices Even though you likely forked over top dollar for that raw, cold-pressed juice, drinking it past the date—often only 2 to 5 days after bottling—might make you sick. Since these are unpasteurized, they're prone to contamination by bacteria or yeast.



Leafy Greens While many leafy greens are prewashed multiple times, they can still carry bacteria like enterococcus (indicative of fecal contamination). Always wash bagged or boxed greens, and don't eat them past the date or once they're slimy.



Fresh Berries These amazing, antioxidant-rich superfruits can carry a parasite called cyclospora, which may cause diarrhea and flu-like symptoms. Always wash before eating, toss if moldy, and eat before the date. No date? Eat or freeze within 3 days of purchase.

Sources: Jessica Levinson, RDN; Londa Nwadike, PhD; Deborah Orlick Levy, RD; Consumer Reports

DON'T TOSS THAT PIT!

Hey, avocado enthusiasts: You've been unknowingly tossing one of the healthiest parts of the fruit. The pit is loaded with polyphenol antioxidants, monounsaturated fats, vitamin E, fiber, and plant sterols—and it may be helpful in boosting gut health and treating high cholesterol, arthritis, and diabetes. To eat, grind in a powerful blender, then add 1 to 2 teaspoons to oatmeal or smoothies.

Sources: Ali Miller, RD, LD, CDE;
Current Pharmaceutical Design

