

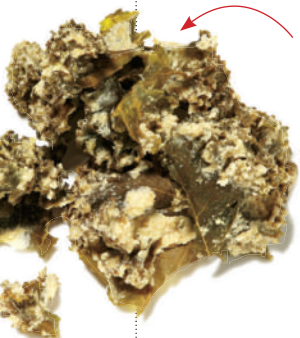
HAVE *NON-POTATO* SOME *^*CHIPS!

The best ones have more protein, fiber, and vitamins than their spud-based counterparts, says Katie Clark, RD. Try these taste-tested, RD-approved picks:



Soy GLENNY'S CREAMY RANCH SOY CRISPS

▶ Low in calories but high in satisfaction, thanks to the big helping of protein and crave-worthy flavor. *70 cal, 4.5g protein, 1.5g fiber per .7-oz serving.* Grocery stores; \$1.50 for 1.3-oz bag.



Kale NEW YORK NATURALS SEA SALT AND VINEGAR KALE CHIPS

▶ Raw, dehydrated kale gets you vitamins A, C, and K. And that all-natural seasoning? Yum. *168 cal, 7g protein, 4g fiber per 1-oz serving.* *nynshop.com*; \$8 for 3-oz package.



Beans BEANITOS BLACK BEAN CHIPS

▶ Made from crushed black beans, these addictive snacks are packed with fiber to keep you full longer. *140 cal, 4g protein, 5g fiber per 1-oz serving.* Grocery stores; \$1 for 1.25-oz bag.

BOOZE AND YOUR BODY

To drink for your health or not to? Know the latest news:

THE GOOD
It strengthens your bones, says a new study from Oregon State University.

It fights heart disease and... A glass a day in midlife is linked to a lower rate of heart disease and cognitive decline in old age.

THE BAD
It can raise breast cancer risk In a review of

studies, women who had a drink a day had a 4 percent increase in risk over those who didn't drink.

It's harmful in excess Drinking more than a glass a day has been linked to a range of problems, including weight gain and even liver damage.

THE BOTTOM LINE
"A drink a day

can be beneficial," says Elsa-Grace Giardina, MD, director of the Center for Women's Health at New York-Presbyterian Hospital. "If you're concerned about your breast cancer risk, you don't need to cut out alcohol altogether, but aim for a drink every other day or less."

38%
Decrease in risk of recurring urinary tract infections in women who drank cranberry juice, according to a new review of research. Aim for a cup (the less sugar in it, the better) twice a day.



WINE: ISTOCKPHOTO; CRANBERRY JUICE: STOCKFOOD

THE UPSIDE OF FULL-FAT DRESSING We need fats to absorb the heart-healthy, cancer-fighting nutrients in our vegetables, according to a new Purdue University study. While all kinds of fats offer this benefit, it's best to go with a salad dressing high in monounsaturated fatty acids (MUFAs)—such as simple olive oil (use just a teaspoon if you're counting cal) and vinegar—since they have more than six times the vitamin-absorption power of other kinds of fats. Happy drizzling!