

LIVE BETTER, FEEL GREAT

# Best Health

READER'S DIGEST

# 25

**GUILT-FREE  
SNACKS**

**SURPRISING  
FLAT-BELLY  
FOODS**  
(+ RECIPES)

**GET GLOWING!**  
PRODUCT PICKS  
BY SKIN EXPERTS

*Thank you,*  
**CLARA  
HUGHES**

**FINALLY, CANADIANS  
ARE TALKING ABOUT  
MENTAL HEALTH**

CLARA'S BIG RIDE, p. 108

**LOOK GREAT**

**PRETTY  
DRESSES  
& SHOES**  
p. 38

**GET HEALTHY**

**SCULPTED  
LEGS IN  
MINUTES  
A DAY**  
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**EAT WELL**

**QUICK  
BBQ  
RECIPES**  
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**EMBRACE LIFE**

**BUDGET-  
FRIENDLY  
VACATIONS**  
p. 112



# Easy on-the-go snacks

Going for a trip to the beach, a day of hiking or a picnic? Pick and choose from these quick and convenient ways to get the fuel you need

Produced by Jennifer Walker  
Photography by Tracy Shumate

## BEACH

- 1. Three Works Apple Chips** (shown in Cherry Love) are made of natural ingredients, have 100 calories per 25-g serving and are gluten- and fat-free. (\$3, 50 g)
- 2. Simply Protein Crunch** puffed whey snack is a good source of protein and fibre. The Banana, Caramel and Cashew variety has 110 calories per 35-g serving. (\$7, 105 g)
- 3. Sabra Classic Hummus Singles** are gluten-free, and rich in fibre and protein. Each has 150 calories. (\$4, pack of 4)
- 4. Zico Pure Premium Coconut Water** has hydrating potassium and magnesium. The Original (pictured) has 70 calories per bottle. (\$3)
- 5. PC Blue Menu**

**Sparkling Water** (pictured in Mandarin Orange) contains no sodium, calories or artificial sweeteners or flavours.

(\$3 for 12)

**6. PC Blue Menu Coconut Water Ice Pops** (shown in Pineapple)

are fat-free and have 80 calories each. (\$7, box of 6)

**7. Puddin' Squeez**

(In Chocolate or Vanilla) has high milk content and 100 calories—an almost guilt-free treat. (\$3, pack of 4)

**8. Bottle Green Sparkling Pressés**

are made with natural ingredients. Shown: Pomegranate & Elderflower; 72 calories per bottle. (\$2)

**ACCESSORIES:** Old Navy Flip-flops (\$5, kids; \$7, adult) and Sunglasses (\$18). Igloo 51 L stainless steel Cooler (Canadian Tire, \$200). →

For where to buy, see page 126.





# Shopping guide

See something in our pages that you'd like to buy? Here's where to find it

**A**DIDAS, adidas.ca.  
**ALDO**, aldoshoes.com.  
**AVON**, avon.ca.

**B**OB'S FROM SKECHERS, ca.skechers.com.  
**BOTTLE GREEN**, Loblaws, loblaws.ca; Sobeys, sobeys.com; Whole Foods, wholefoodsmarket.com.  
**BUMBLE AND BUMBLE**, bumbleandbumble.com.

**C**9 BY CHAMPION, Target, target.ca.  
**CANADIAN TIRE**, canadiantire.ca.  
**CERAMIC GLAZE**, Shoppers Drug Mart, shoppersdrugmart.ca.  
**CLIF**, clifbar.ca.

**D**ANIER, danier.com.

**E**CCO SPORT, eccocanada.com.  
**ECOTOOLS**, farleyco.ca.  
**ESCADA fragrance**, Hudson's Bay, thebay.com; Murale, murale.ca; Sears, sears.ca; Sephora, sephora.ca; Shoppers Drug Mart, shoppersdrugmart.ca; Escada boutiques, escada.com.  
**EVERYDAY MARKET**, Shoppers Drug Mart Food Store locations, shoppersdrugmart.ca.

**F**ILA, shopfilacanada.com.  
**FOREVER 21**, canada.forever21.com.

**G**ABRIEL ZUZU LUXE, gabrielcosmeticsinc.com.

**GAP and GAPFIT**, gapcanada.ca.  
**GENUINE HEALTH**, genuinehealth.com.  
**GEOX**, geox.ca.  
**GOSH**, Shoppers Drug Mart, shoppersdrugmart.ca.  
**GUERLAIN**, guerlain.com.  
**GUESS**, guess.ca.

**H&M**, hm.com/ca.  
**HARD CANDY**, Wal-Mart, walmart.ca.  
**HEADMISTRESS**, loveheadmistress.com.

**I**CEBREAKER, ca.icebreaker.com.

**J**OA, joabathandbody.com.  
**JOE FRESH**, joefresh.ca.

**K**ASHI, Loblaws, loblaws.ca; Sobeys, sobeys.com; Wal-Mart, walmart.ca; kashi.ca.  
**KENZO**, Holt Renfrew, holtrenfrew.ca.

**L'OCCITANE**, loccitane.ca.  
**LACOSTE**, lacoste.ca.  
**LE CHÂTEAU**, lechateau.com.  
**LOTUS AROMA**, lotusaroma.com.

**M**AKE UP FOR EVER, Sephora, sephora.ca; makeupforever.ca.  
**MASQUE BAR BY LOOK BEAUTY**, Shoppers Drug Mart, shoppersdrugmart.ca.  
**MEC**, mec.ca.  
**MONTAGNE JEUNESSE**, farleyco.ca.

**NAVITAS**, navitasnaturals.com.  
**NEAL BROTHERS**, nealbrothersfoods.com.  
**NIKE**, Sport Chek, sportchek.ca; nike.ca.

**O**AKLEY, ca.oakley.com.  
**OLD NAVY**, oldnavy.ca.  
**OMEGA CRUNCH**, omegacrunch.com.

**P**C BLUE MENU, Loblaws, loblaws.ca; Real Canadian Superstore, realcanadiansuperstore.ca.  
**PC HOME**, Real Canadian Superstore, realcanadiansuperstore.ca.  
**PRANA**, pranana.com.  
**PRO-DERM**, pro-derm.com.  
**PRO FX**, Wal-Mart, walmart.ca.  
**PUDDIN' SQUEEZ**, puddin-squeez.ca.

**R**AY-BAN, Watch It!, watchit.ca.  
**REEBOK**, reebok.ca.  
**REITMANS**, reitmans.com.  
**ROOTS**, canada.roots.com.  
**RUDSAK**, rudsak.com.

**S**ABRA, sabradips.ca.  
**SIMPLY PROTEIN**, Loblaws, loblaws.ca; Wellness Foods, wellnessfoods.ca.  
**SMART SET**, smartset.ca.  
**SOAP & GLORY**, Shoppers Drug Mart, shoppersdrugmart.ca.  
**SPONGEABLES**, farleyco.ca.  
**SPY**, Watch It!, watchit.ca.  
**STARBUCKS**, starbucks.ca.  
**STEAZ**, steaz.com.  
**STELLA & DOT**, stelladot.com.

**T**ASTE OF NATURE, tasteofnature.ca.  
**THE BODY SHOP**, thebodyshop.ca.  
**THREE WORKS**, Shoppers Drug Mart, shoppersdrugmart.ca; threeworks.ca.  
**TRUDEAU**, trudeaucorp.com.

**V**IVIER, vivierpharma.com.

**W**ELEDA, weleda.com.  
**W**INNERS, winners.ca.

**Z**ICO, Loblaws, loblaws.ca; Shoppers Drug Mart, shoppersdrugmart.ca; Wal-Mart, walmart.ca.



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Beauty products in our pages that are not listed here are widely available at drugstores and department stores across Canada. Products may not be available at all times at all locations. Check with individual retailers.

Our Best Health Tip Prize contest (see page 14) is open to Canadian residents who have reached the age of majority. The contest closes on August 7, 2014, at 23:59:59 (EST). On August 14, 2014, three (3) Weelabix Prize Packs (valued at \$70.00 each) will be awarded. Odds of winning depend on the amount of entries received. For complete rules, go to [www.besthealthmag.ca/tips](http://www.besthealthmag.ca/tips) or write to: "Best Health Tip Prize Contest" at Reader's Digest Association (Canada) ULC, c/o Prize Award Administrator's Office, 1125 Stanley Street, Montréal, Québec H3B 5H5.

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