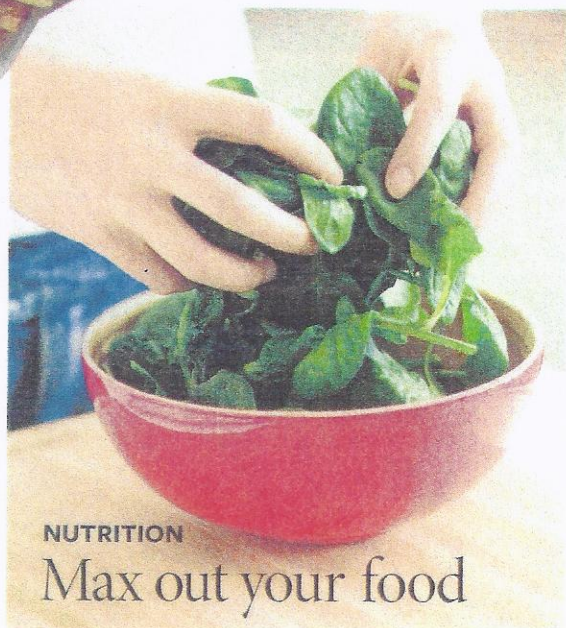




WE LOVE IT
The Simply Bar

Fill up on these granola bars. We like that we can pronounce every ingredient, and they're gluten free. With more than 16 grams of protein and 160 calories or less, they're a low-cal treat. (And in flavours such as chocolate-peanut butter and cocoa-raspberry, they actually taste like one.) \$3.



NUTRITION
Max out your food

Add flax to your oatmeal Flaxseed contains omega-3 fatty acids, fibre and compounds called lignans – nutrients that may lower your risk of heart disease. Buy it ground and store it in the fridge. Add three or four tablespoons to cereal or oatmeal.

Add spinach to your salad Use this dark leafy green in salads instead of iceberg lettuce, which has low nutritional value. Spinach is an excellent source of folate, which is good for your heart, not to mention an essential for expectant mothers.

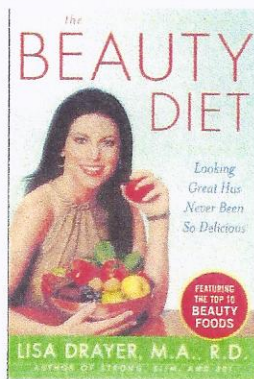
Add tomatoes to your tuna Red foods are high in the antioxidant lycopene, which may cut a woman's risk of developing heart disease. Bake tomatoes with some olive oil to make them more potent; heat and fat make lycopene easier for your body to absorb.

EXCERPT

A LOAD OF SALT

Dietitian and health columnist Lisa Drayer, author of *The Beauty Diet*, dispels the beauty myth that brushing with salt whitens teeth.

"Salt has a coarse texture, which works to thin the outer layer of your teeth, resulting in brighter and whiter teeth. This is not much different from using a scouring pad on your body to soften your skin. Using salt as a treatment for whiter teeth will shift stains, but it comes at a high cost, such as sensitive gums and teeth and the potential for cavities."



MEDICAL INFO
Got a lump?

Finding a lump can be scary. But unless it's hard and immovable, is in the genital area, lasts longer than a few weeks or is growing, it's probably nothing to worry about, says Catherine Cervin, an associate professor of family medicine at Dalhousie University in Halifax. It's likely one of these harmless knobs:



SWOLLEN LYMPH NODES:

These pop up under your jaw or in your armpits, and they're usually caused by an infection. "If the lump is soft and easy to move, it's likely fine," says Cervin. Use warm compresses to relieve the pain.

CYSTS: Roundish, water-balloon-like sacs, these lumps are ugly and can show up almost anywhere; most are the result of plugged oil glands. "To avoid infection, leave it alone," Cervin says, or ask your doctor to drain it.

BREAST LUMPS: "Breast tissue feels pebbly," says Cervin. "Women may feel many tiny lumps just under the surface of the breast." Those bumps are benign, and can change with your menstrual cycle. But if you feel a single hard lump, be sure to get it checked out.

TEXT: MEDICAL INFO, DANA LACEY; PHOTOGRAPHS: WE LOVE IT, LUIS ALBUQUERQUE; ASK AN EXPERT, NUTRITION, MASTERFILE

TIP

RALLY YOUR WALKING BUDDIES FOR MULTIPLE SCLEROSIS MONTH. SIGN UP FOR THE MS WALK AT MSSOCIETY.CA.