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Expand Your Options, Shrink Your Gut

WATCH WHAT YOU EAT, SURE—BUT DON'T WATCH RERUNS. A BORING DIET IS HARD TO STICK WITH. "THERE IS NO ONE SET OF FOODS YOU MUST ALWAYS CHOOSE FROM IN ORDER TO MAKE YOUR ABS SHOW," SAYS NUTRITIONIST ALAN ARAGON, M.S.

If you like . . .	Try	Why	How to prepare it
 Broccoli	 Bok choy	Like broccoli, this leafy vegetable has a crunch—and less than half the calories and carbohydrates of its cruciferous cousin.	Separate, wash, and dry the leaves of one head of baby bok choy. Heat a tablespoon of olive oil on medium high. Sauté the leaves with a thinly sliced garlic clove for about 5 minutes or until tender.
 Apple	 Persimmon	This sweet Asian fruit is a better source of vitamin C than your average apple.	The most common persimmons are always deep orange and should be very soft when ripe. To eat one, cut it in half and spoon out the goods. Served chilled, it's a tasty dessert.
 Steak	 Goat	Pound for pound, goat has less than half the calories of porterhouse steak, and a few more grams of protein.	Try it barbecued kebab-style, finished with a squeeze of lemon and some chopped rosemary. Or slow-roast a bone-in cut for a hearty winter meal. No goat at your market? Try thymeforgoat.com .
 Oatmeal	 Buckwheat	Buckwheat may have more disease-fighting antioxidants than oats, barley, or wheat germ, according to a 2008 Turkish study.	For two new ways to start your day, try Bob's Red Mill buckwheat pancake mix (\$4 for 26 ounces) or organic creamy buckwheat cereal (\$5 for 18 ounces). bobsredmill.com
 Muenster cheese	 Edam cheese	This Dutch cheese is semifirm, unlike the semisoft Muenster, and has more protein, fewer calories, and a richer, nuttier flavor.	Cube the Edam and eat it with a fresh pear. Better yet, try it in a grilled-cheese sandwich with apple slices and stone-ground mustard.



FITNESS PHENOMENON

Exercise-induced appetite suppression

What it is

Your workouts do more for your abs quest than burning calories and building muscle. In lab conditions, men typically don't eat enough to make up for the calories they burn during exercise, says nutritionist Alan Aragon, M.S. "Training produces a short-term appetite-suppressing effect," he says.

What to do

Don't let up on your fitness regimen. Foods like those on this page can keep you eating healthy, but they alone won't slim you enough for your abs to show through. "It's one of the reasons regular exercise, as opposed to simply cutting calories, is critical for men trying to pull out all the stops to lose body fat," says Aragon.

(Broccoli) iStockphoto.com; (Bok choy) iStockphoto.com; (Apple) iStockphoto.com; (Persimmon) iStockphoto.com; (Steak) iStockphoto.com; (Goat) iStockphoto.com; (Oatmeal) iStockphoto.com; (Buckwheat) iStockphoto.com; (Muenster) iStockphoto.com; (Edam) iStockphoto.com

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