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GO WILD!

We all got on board with "free-range." Now the "wild" food label is the latest to look for. The moniker

simply means that **a plant or animal exists naturally in the environment it's been harvested from.** And that means what for you? Wild foods can be healthier, says

Mary Ann Lila, Ph.D., the director of the Plants for Human Health Institute at North Carolina State University. Without human interference,

plants accumulate phytochemicals to make them thrive, and in animals, more vitamins build up in the flesh. Those

compounds help strengthen our immune systems; they also amp up the flavor. Seek out wild salmon, blueberries, and rice, Lila says.

nutrition right now

YOUR PASTA CRAVING IS LEGIT

There's actual scientific cred behind your lust for pasta. Experts say they have identified a sixth taste, starchy, and it's taking its rightful place alongside sweet, salty, bitter, sour, and umami.

"We derive pleasure from eating starches, which is separate from the taste of sweets," says Leslie Bonci, R.D.N., the owner of Active Eating Advice, a nutrition consulting firm in Pittsburgh. This discrete flavor may explain why

nonstarchy swaps for bread and pasta aren't always satisfying, she says. Rather than replacing your spaghetti entirely with zucchini noodles, try a half-and-half mix of the two (and use whole-wheat spaghetti). "This way, your palate will still be satisfied," says Bonci—and your belly still tight.

TAKE YOUR SWEET TIME
The pickles will last for about three weeks in the fridge.

Pickled pink



These pop-y ginger pickled carrots from food blogger Sarah Britton's *My New Roots* cookbook will **brighten salads, wraps, grain bowls, and soups.** They're supereasy to make: Just use a peeler to slice 4 or 5 carrots into ribbons, and place them in a jar. Then combine 1 cup cider vinegar, 1 cup water, 1 tablespoon maple syrup, 1½ teaspoons salt, and a small knob of ginger (peeled and sliced); pour it over the carrots, add water to cover, and seal the jar. Refrigerate for 30 minutes to 24 hours.