

Katie's slim, smiling & ready to wed!

OK!

WEEKLY

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Jen comes to Kate's RESCUE!

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body&soul

BY RACHEL RABKIN PECHMAN

Do you find it hard to get healthy foods into your diet? The solution has never been simpler: Let color dictate your choices.

"The fruits and vegetables that are the most colorful are always the ones that are the healthiest," says Bethenny Frankel, a celebrity natural food chef who cooks for Mariska Hargitay. This is because the antioxidants that give produce their pigments are the very compounds that prevent free-radical damage and reduce the risk for cancer, heart disease and other effects of aging. The more vibrant the color, the more nutritious the food. It's that easy. And no, you can't get all these antioxidants by popping a vitamin pill. "Studies show that the best way to get a variety of antioxidants is through food, not supplements," says Dr. James A. Joseph, co-author of *The Color Code: A Revolutionary Eating Plan for Optimum Health*. "There are numerous antioxidants in fruits and vegetables that work together synergistically in a way that they don't in supplements," adds Dr. Joseph, who is also the director of the neuroscience lab at the USDA Human Nutrition Research Center on Aging at Tufts. Eating a spectrum of colors is not only healthy, it's also more fun and fulfilling. "We eat with our eyes as well as our stomachs, and when you have variety on your plate, you feel more satisfied," says Frankel. Each day, try to fit in as many colors of the rainbow as you can. Check out what each color can do for you. **OK!**

"Mariska [Hargitay] is the most real, quality person I know, so it's fitting that her diet is based on real high-quality foods," says her chef, Bethenny Frankel.

THE RAINBOW CONNECTION

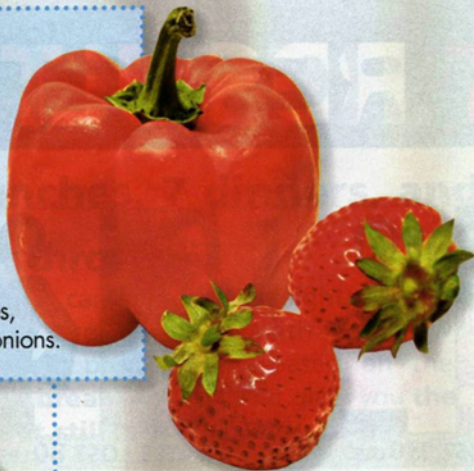
EAT BY COLOR AND GET ALL THE NUTRIENTS YOU NEED

RED

Nutrients: Lycopene and anthocyanins.

Benefits: These nutrients lower the risk of certain cancers, help keep the urinary tract healthy and improve heart health and memory.

Foods: Red apples, cherries, cranberries, red grapes, red grapefruit, pomegranates, raspberries, strawberries, beets, red peppers, tomatoes and red onions.



GREEN

Nutrients: Carotenoids and indoles.

Benefits: These powerful antioxidants lower the risk of some cancers, improve eye health and keep bones and teeth strong.

Foods: Avocados, green apples, green grapes, kiwi, green pears, limes, artichokes, arugula, asparagus, broccoli, brussels sprouts, green beans, leafy greens, green onion, peas, green pepper, kale, spinach and zucchini.

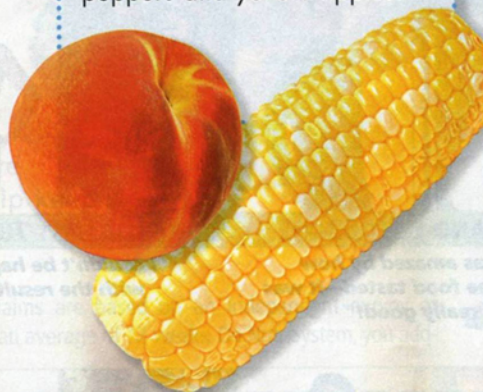


ORANGE AND YELLOW

Nutrients: Carotenoids, bioflavonoids and vitamin C.

Benefits: These phytochemicals help maintain the health of the eyes, heart and entire immune system.

Foods: Apricots, lemons, mangoes, nectarines, peaches, oranges, pineapples, corn, yellow beets, yellow squash, sweet potatoes, pumpkins, carrots, yellow peppers and yellow apples.



BLUE AND PURPLE

Nutrients: Anthocyanins and phenolics.

Benefits: These phytochemicals lower the risk of some cancers, keep the urinary tract healthy, promote memory and improve eyesight.

Foods: Blackberries, blueberries, black currants, elderberries, plums, figs, purple grapes, eggplant and purple cabbage.

ASK RACHEL



Our health director answers your top questions

Q Why is it important to drink water after a massage?

A "When you get a massage, it increases the flow of blood and lymphatic fluid throughout your muscles, which brings up toxins," says Carlos Araque, owner of Essential Therapy spa in Manhattan. "Drinking water after this happens helps flush the toxins out of your body." So even if you're not particularly thirsty after a rubdown, drink plenty of water throughout the day to cleanse your body.

Q How can I keep my teeth white after I get them professionally whitened?

A The constant quest for sparkling teeth. It takes consistent maintenance to prolong the effects of professional whitening treatments, according to most dentists. "It's like a manicure or hair coloring — it takes upkeep," says Dr. Debra Glassman, a Manhattan cosmetic dentist whose clients include Jessica Simpson and *American Idol's* Randy Jackson. To keep your pearly whites pristine, follow Dr. Glassman's tips:

- * Chew sugar-free whitening gum. "Orbit White is a product I give my patients because it's proven to help whiten teeth," says Dr. Glassman. It helps remove stains, and the simple action of chewing helps remove bacteria from teeth.
- * Brush at least twice a day with a whitening toothpaste, like Crest Whitening Expressions.
- * After you eat foods or beverages that could stain your teeth (for example, coffee, red wine, marinara sauce, soy sauce or cranberry juice), brush your teeth or at least rinse your mouth with water.
- * Use an at-home whitening treatment regularly — say, once every month or right before a big event. Dr. Glassman likes Mentadent over-the-counter gel and Crest Whitestrips.



IF YOU HAVE A HEALTH OR FITNESS QUESTION, e-mail askrachel@ok-magazine.com OR WRITE TO: ASK RACHEL, OK! MAGAZINE, 475 5TH AVE., NEW YORK, NY 10017

These answers are not intended to substitute for individual professional care.