



10-minute health fixes

01:00

Add two new foods to your grocery list

When you write your next shopping list, challenge yourself to come up with a couple new alternatives to your usual staples. "Diversity is essential to a healthy diet," says Janet Brill, R.D., Ph.D., the author of *Cholesterol Down*. "The more variety you have, the greater number of nutrients your body gets." Some healthy swaps to try: Replace rice with protein-packed quinoa, peanut butter with cashew butter, and mayo with guacamole or fiber-rich hummus.



07:00

Can't live without coffee? Don't! Good news: Drinking two to four cups of java a day can protect your heart, lowering the risk of cardiovascular disease by 20 percent, a study found. Go ahead, brew a big pot!

00:10

Stash your sunglasses

Do you put on your shades every time you head outside? Try taking them off the next time you need a pick-me-up, says Tara Brass, M.D., a psychiatrist in New York City. This kind of short-term exposure to sunlight signals your brain to stop producing melatonin, a sleep-inducing hormone, and gives you a quick energy boost. (Just be sure to limit sunglass-free time to 10 minutes, because UV rays could damage your eyes.)

00:30

Unplug your gadgets for a while

Ask any woman what one of her biggest health concerns is and you're sure to hear, *Stress!* Here's a quick way to lower yours: Simply turn off your phone and computer. In a study from the University of California, Irvine, people who were interrupted by phone calls and IMs while trying to finish a project had higher levels of stress and frustration than those who were able to focus ding-free.

