

LADIES' HOME JOURNAL APRIL 2006 HIGHLIGHTS

-Ladies' Home Journal Editors Available for Interviews-

THE SECRET TO SAWYER -- Pg 108

Ladies' Home Journal finds out how morning show star Diane Sawyer feels about replacing Peter Jennings, marriage, turning 60 and being a slob.

LHJ Editor in Chief Diane Salvatore asked Sawyer if she was interested in replacing Peter Jennings. Sawyer replied:

"No, I truly was not. I said to everybody, okay, let's get this straight. For seven years I've said no, I didn't want to do the evening news, and then suddenly...no, I did not."

Sawyer spoke about the current team of Elizabeth Vargas and Bob Woodruff [interview happened before his injury in Iraq]:

"I know Charlie [Gibson] would have been great, would have been beautiful at it. I know he had a lot of consideration. This is a great team. They are going to be fantastic at it. Everyone felt secure that there were Bob and Elizabeth standing by."

On her penchant for wearing sweatpants:

"My husband [EDITOR'S NOTE: acclaimed movie Director Mike Nichols] has finally figured out that I'm never going to wear the nice clothes he's tried to give me for 17 years. It was so sad when the other day we were going someplace and he said, 'Would you at least wear your nicer sweatpants?'"

On whether she thinks she will see a female president in her lifetime:

"Oh, absolutely. No question. I think something shifted. We don't see strength as masculine exclusively anymore. We don't see will as testosterone-laced. We see all of these characteristics in women. But I do think perhaps that people hope that women will do something about a war-torn world. Now, we don't know that women will be any more or less of anything in office, But I do think there's such a yearning for a less bellicose and territorial world."

If she could cast herself on any television show what would it be?

"I don't know. I am such a bad actress. My husband will tell you. I always say to him, 'Do you think I could do it?' He just says, 'No. The answer is, you could not do it.'"

On riding the bicycle her husband bought her for her 60th birthday:

"Everybody's scared to death! I barrel out with my helmet and go streaking around the park But I love it. I was out almost every day this past week...I'm usually in fuchsia sweatpants and I look like some refugee from the Fashion Police. It is a little dangerous, careening around, and I do have a habit of not paying attention and occasionally running into trees. But it's thrilling, because you see everything in a new way and every little hill becomes a personal challenge. And that's part of the 60 thing."

On her pledge to get fit:

"The 60s have got to be the best shape of your life. I did it for a while. I got in pretty good shape. But then it's just so hard to sustain. Now to get it back again! I'm giving myself one month. Robin is really working with me on this. You check in on me."

Does she go to church every Sunday?

"No every Sunday, but I go a lot of Sundays. I'm a searcher, and I read a lot about spiritual issues. I love the grappling. I think in that dialogue between doubt and faith, something wonderful happens."

Top Five Healthy Hair Habits -- Pg 45

Is your hair dry and damaged? *LHJ* recommends five ways return luster to your locks and the products you need.

1. Shampoo Smartly – The type of shampoo you use affects the quality of your hair. Avoid products

with high percentages of sodium laureth sulfate which can be drying. Try Pantene Pro-V Restoratives Breakage Defense Shampoo, \$4.99, or Dove Advanced Care Therapy Shampoo, \$5.99.

2. Condition Carefully – Even fine hair benefits from the use of conditioner. Deep conditioners can be used to combat environmental and styling damage. Try Sebastian Professional 2+1 Deep Conditioning Treatment, \$18.95, or John Frieda Frizz-Ease Critical Care Rebuild Restructuring Micro-Oil Therapy, \$5.99.

3. Style Selectively – Apply a protective styling product before blow-drying and flat-ironing hair to prevent heat damage. Try Garnier Fructis Sleek & Shine Leave-In Conditioning Cream, \$3.99 or EasyStraight Flat-Iron Finish, \$10.

4. Tread Lightly on Treatments – Coloring hair does not cause damage, but coloring plus chemical straightening or perming can be harmful. Wait at least four weeks between colorings.

5. Get a Timely Trim - Do not wait until you see split ends to schedule your next appointment. Aim for regular trims every four to six weeks to maintain healthy hair.

HOW TO SPOT A SNEAKY FAT -- Pg 152

Twice as bad as any other fat, trans fat is the new dirty word for dieters. Since January food makers have been required to report these fats on labels. *LHJ* explains how to stamp out bad fats.

What are trans fats?

- Found in packaged pastries, fast-food fries and chips, trans fats maintain freshness and give croissants their flakiness.
- Though only 5 to 10 percent of the fat in our diets is trans fat, that amount is enough to raise cholesterol and clog arteries.
- Each year, trans fats cause anywhere from 70,000 to 288,000 heart attacks (fatal and nonfatal) in the U.S.
- Not only do trans fats raise your LDL cholesterol, but they also lower your HDL cholesterol.

What the food label doesn't tell you...

- If the label says zero trans fats, don't believe everything you read. FDA rules allow food marketers to claim no trans fat content if the food contains less than half a gram per serving.

IF THE LABEL MENTIONS... DOES IT HAVE TRANS FATS?

Partially hydrogenated oil.....Yes
Fully hydrogenated oil.....No
Shortening.....Likely (may contain partially hydrogenated oil)
Hydrogenated oil.....Possibly (it could be the partially hydrogenated type)

Is butter better?

- No! Although trans fats are bad, butter and lard are still high in saturated fat. Try using monounsaturated oil like olive or canola.
- Using butter occasionally in your favorite chocolate chip cookies won't do damage to your health.
- How do the alternatives compare?

Butter

- o Made from milk fat, high in saturated fat, contains cholesterol, zero trans fats.
- o One tablespoon has 110 calories, 12 g fat, 8 g saturated fat.

Margarine

- o Made from vegetable fat, no cholesterol, high in trans fats (softer margarine has fewer trans fats).
- o 100 calories per tablespoon, 11 g fat, 5 g saturated and trans fat.

Vegetable Shortening

- o Made from partially hydrogenated soybean and cottonseed oil, zero trans fats.
- o 110 calories per tablespoon, 12 g fat.

Lard

- o Melted, rendered pork fat, high in calories, fat and cholesterol.
- o One tablespoon has 115 calories, 12.8 g fat and 5 g saturated fat.

THE "GET MORE ENERGY!" DIET -- Pg 140

Poor eating habits could be making you tired. *LHJ* provides eating plans to help four busy women with different lifestyles reduce stress, fatigue and weight gain.

1. Juggling Janice

Lifestyle Stressors and Nutrition Pitfalls

- She's always running.
- Working irregular hours forces her to eat haphazardly.
- Fast foods may be convenient, but they are fattening, energy-drainers.
- Eating on the run makes it easy to overeat since it takes 20 minutes for your stomach to tell your brain you are full.

Your High-Energy Performance Plan

- Store healthy snacks in your car.
- Eat several mini-meals throughout the day to maintain stamina.
- If you have to skip lunch, choose a meal-replacement bar with at least 15 grams of protein plus fiber, folic acid and calcium.
- Drink more water.

2. Stay-at-Home-Suzie

Lifestyle Stressors and Nutrition Pitfalls

- Being home provides ample access to the refrigerator.
- You often snack out of boredom.
- Snacking throughout the day can result in the consumption of 500 extra calories.

Your High-Energy Performance Plan

- Eat three normal-size meals every four hours.
- Incorporate a mix of complex carbs and protein into your diet.
- Make dining formal by using silverware to help avoid picking off your children's plates.
- Get out of the house. Take a quick walk to boost energy and calm down.
- If you need help getting into a routine, set a mealtime alarm and don't eat until it rings.

3. Overbooked Betty

Lifestyle Stressors and Nutrition Pitfalls

- She's busy juggling work and kids.
- She grabs quick bites, like pizza for lunch.
- She does not plan meals.

Your High-Energy Performance Plan

- Set aside time on Saturday to grocery shop for the week.
- Make a shopping list that includes healthy breakfast items, like high-fiber whole-grain cereal and instant oatmeal as well as four or five easy to cook meals.
- Spend time cooking on the weekend and refrigerate or freeze dishes for easy reheating during the week.
- Stash healthy snacks like dried fruit and almonds at your desk.

4. Traveling Tina

Lifestyle Stressors and Nutrition Pitfalls

- You spend time entertaining clients at restaurants and traveling, often raiding mini bars and skipping meals.
- You eat most of your meals at restaurants, often consuming 1,000 calories in one sitting. Women should typically consume 1,600 to 1,800 calories in an entire day.

Your High-Energy Performance Plan

- Prepare travel snacks like dried fruit, nuts and cereal. Stash low-fat peanut butter and jelly sandwiches in your briefcase.
- Avoid airport fast food. Instead opt for salads and sandwiches.
- Try drinking sugar free instant hot chocolate to curb a sweet tooth.
- Remember, restaurants do accommodate special requests. Order your fish grilled and veggies steamed and hold the heavy sauce.
- Skip bread, wine and dessert. Try ordering only an appetizer and a salad to cut calories.
- Have a small snack before dinner so you are not starving.

Plus, 5 easy energizers...

Have a morning meal. – About one fourth of American workers skip breakfast. Eat complex carbs, protein and fruit.

Avoid the vending machine. – More than half of women snack at work. Try eating an apple, yogurt or other snack that is less than 200 calories.

Drink plenty of water. – Hydrate with at least 32 ounces a day.

Get your vitamins and minerals. – Iron and magnesium help maintain energy. Make sure to consume meat, legumes and dairy products. Daily vitamin and mineral supplements may also help.

Fuel your workout with carbs. – Eat a piece of fruit or energy bar before intense exercise. Protein and complex carbs after, such as yogurt with fruit or cheese and whole-grain crackers, replace glucose used by muscles.

IMPROVE YOUR CREDIT RATING -- Pg 68

By monitoring your credit rating you can lower interest rates, decrease damage from identity theft and maybe even get better job opportunities. *LHJ* helps manage your credit.

Get Free Credit Reports

- The new Fair and Accurate Credit Transactions Act (FACT) entitles you to one free credit report a year from each of the three major credit bureaus.
- The three leading credit bureaus: Equifax (800.685.1111, equifax.com), Trans-Union (800.916.8800), transunion.com and Experian (888.397.3742), experian.com.
- Review all three credit reports to have an accurate sense of your credit standing.

The Importance of Credit Score and Credit Reports

- Lenders use the FICO score which indicates how likely you are to make timely payments. Each credit report could have a different credit score. The score ranges from 300 to 850, with higher numbers being better. Obtain your FICO scores at myfico.com.
- Review your credit reports for accuracy. If you notice any errors, contact the credit bureau for further review. If a credit card you never applied for appears on your report, you could be the victim of identity theft.

Improve Your Scores

- Bankruptcies stay on your credit records for 10 years, and judgments, liens and arrest records remain for seven years.
- You can change your score by paying your bills on time.
- Recent history carries more weight than older payments.
- Make sure to at least make the minimum payments on time.
- If you can afford to make major payments, pay off your highest-interest debt first.
- Scores account for how much of your credit limit you have used. Aim to use no more than 30 percent of available credit.
- It's best to have fewer credit cards in good standing than applying for more credit and moving your balances to new cards that offer lower rates.

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