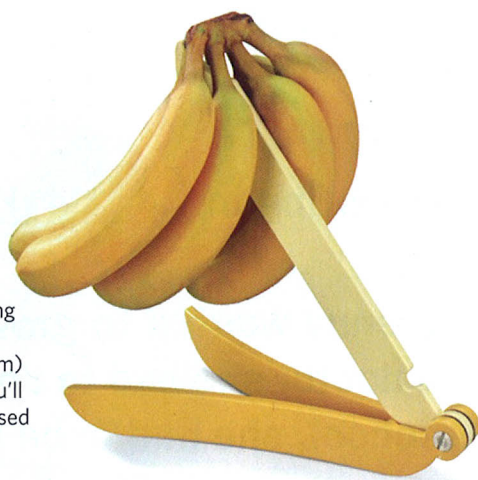




Size matters
How much are you really eating? Measure out your portions on the **Escali Primo Scale** (\$29.95; Escali.com), and you'll stay on track.

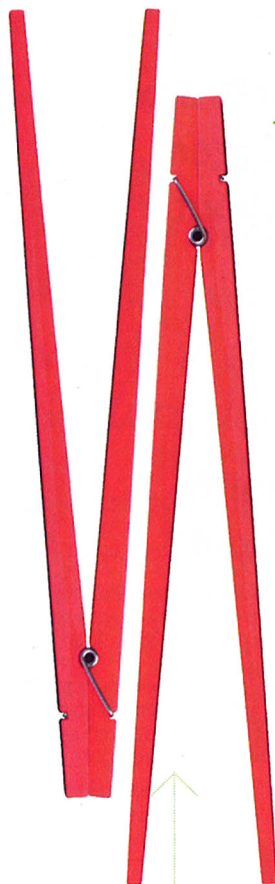


Fruit smart
The space-saving **Banana Split** (\$16; Umbra.com) ensures that you'll never get a bruised banana again.

Eat Better Without Trying

These great finds practically guarantee you'll nosh healthier.

By **Milena Damjanov**



Slow food
Swap your fork for a **Clothespin Chopstick** (\$3.95 each; CB2.com), and you'll eat slower, a proven secret to eating less at every meal.



Fresh flavor
Hate how fast your fresh herbs shrivel up? Pop 'em in **The Herb Pot** (\$30; DWR.com), and they'll stay nice and fresh for a good four days.



Slim stir-fry
Spritz on a mist of olive oil with the **Prepara Oil Mister** (\$20; Prepara.com). You can even fill it with dried peppers or herbs for low-cal flavor.



Bag the germs
Made of sturdy nonporous tempered glass, the **Colorful Rings Cutting Board** (\$28; MoMAstore.org) naturally keeps away odors.



Skinny sauces
Strain fat from that holiday gravy the nonmessy way with this heat-resistant **OXO Fat Separator** (\$14.95; CrateAndBarrel.com).

NIX DIET DANGER ZONES

Healthy up key kitchen areas with tips from Nicole Garfield, food-and-beverage director at The Pump Energy Food, a healthy-food restaurant in New York City. **The fridge door:** Is it lined with juice and sports drinks? Freeze pureed fruit in an ice-cube tray and pop them into your glass of water instead to cut calories. **The counters:** Put countertop treats like cookies away so you're not tempted. **The stove top:** Avoid eating "just the last few spoonfuls" of dinner by keeping small containers handy for leftovers.

GET COOKING! Find thousands of healthy recipes at Health.com/recipes. **Health.com**