

Road-Trip Sip

And no, it isn't coffee. Before your bags are even packed, you may be able to improve your driving skills by drinking Concord grape juice. In a new study from the UK, busy moms who sipped 12 ounces of the juice daily for 12 weeks had better driving performance and concentration in a simulator than those drinking a placebo. Study co-author Louise Dye, Ph.D., thinks the benefits may come from anthocyanins, a type of antioxidant found in Concord grapes, which may improve blood flow to a brain region critical for memory and learning. For the best pick, look for 100% juice with Concord grape juice as the first ingredient. —Julie Stewart



DON'T COME HOME WITH EXTRA JUNK IN THE TRUNK

We get it—trying new foods is major vacation fun. But a study published in the journal *Physiology & Behavior* recently found that most travelers came home with an unwanted souvenir—about an extra pound—and it stuck around for six weeks after the trip. Try these smart strategies to keep off the extra weight.

SIP SMART. An additional 1 to 3 cups of water may help you slash 70 to 200 calories from your daily diet, says research from the University of Illinois at Urbana-Champaign.

GO LOCAL. If you're doubling up on dessert (at lunch and dinner), replace one sugary treat with local fresh fruit that you don't normally get at home.

DO A LAP. Before you start serving yourself at the all-you-can-eat buffet, survey the situation. Cornell University researchers found that the slimmest eaters at a buffet browse all the options first. —Eleanor Gilman

So Long, Golden Arches

There's a better way to eat on the road. These three “fast fine dining” joints are dishing out healthy, seasonal and sustainably sourced meals.

By Jacqueline Parisi



LYFE Kitchen (Love Your Food Everyday) serves up free-roaming, antibiotic-free chicken, line-caught mahi-mahi and grass-fed beef. And responsibility doesn't stop there: their restaurants have herb walls to improve air quality and furniture made from recycled milk cartons. Look for LYFE Kitchen in California, Colorado, Illinois, Nevada, Tennessee and Texas.



Dig Inn has farm-fresh meals in NYC and Boston that, compared to traditional farm-to-table fare, won't break the bank. They keep prices down by sourcing from local farmers, cutting out the third-party distributors. This means that Dig Inn works directly with Muzzarelli Farms in New Jersey and Benton Berries in New York to get kale and tomatoes for their salads.



Native Foods Café makes anything-but-boring vegan dishes from scratch—we're talking “chicken”-“bacon”-avocado club sandwiches and seitan chili. Feel good knowing they donate a portion of sales on the last Tuesday of every month to nonprofits including Farm Sanctuary, Mercy for Animals and the Surfrider Foundation. Find restaurants in California, Colorado, Oregon and Illinois.

