

100 Best New Tech Toys for Men 

TONS OF
USEFUL STUFF

Men's Health

BE A (MUCH) BETTER MAN

- BUILD A LEAN, FLAT BELLY
- FLU-PROOF YOUR WINTER
- BE HER GREATEST LOVER EVER
- MAXIMIZE YOUR ONLINE PROFILE
- GIVE YOURSELF A **(BIG)** RAISE

**INSTANT
IMAGE
UPGRADE**
WEAR THIS
AND SCORE
P.78

The Men's Health Guy

**MARK
WAHLBERG**

"I want to build something
that can last forever."

POWER

**MARK
WAHLBERG'S
SECRETS OF
BUILDING
MUSCLE
AND CAREER**

DECEMBER 2010 MENSHEALTH.COM

LIFE'S QUESTIONS, ANSWERED

The postgym recovery fuel

Nesquik Calcium Fortified Low Fat Chocolate Milk (14 oz)
340 calories
16 grams (g) protein
56 g sugar

Thanks to its potent 3.6-to-1 ratio of carbs to protein, chocolate milk both refuels and rebuilds muscles. For the lightest caloric impact, stick to the low-fat variety, and steer clear of sugar-packed impostors labeled chocolate "drink."

The thirst quencher

Glaceau SmartWater (33.8 oz)
0 calories

Sure, sodas quench thirst (and so do sport drinks, for that matter), but at a high calorie cost. And while plain old H₂O is fine, it's not going to light up your tastebuds. Upgrade to a flavored or electrolyte-enhanced zero-calorie water from a brand like Glaceau, Hint, Metromint, or O Water.

The energy booster

Monster Lo-Carb (16 oz)
20 calories
6 g sugar

When your brain's battery needs the kind of jumpstart you just can't get from tea or coffee, choose an energy drink that's high in caffeine and low in sugar. For more help clearing the mental fog, crack a can that has at least 200 milligrams of panax ginseng, which various studies suggest may improve cognition.

The lunchtime sipper

Lipton Pureleaf Unsweetened Iced Tea (16 oz)
0 calories

Honest Tea Organic Honey Green is our favorite bottled brew, but we couldn't find it in many c-stores (and most other green teas are spiked with too much sugar). Go with unsweetened black tea instead—it packs antioxidants and caffeine to help stave off the afternoon slump. Need sweetness? Add a sugar packet or two.

The morning juice

Tropicana Ruby Red Grapefruit Juice (14 oz)
170 calories
30 g sugar

Grab an 8-ounce carton of 100 percent juice to help you hit the recommended fruit quota of two daily servings. No small bottles in the cooler? Check the kids' section, or down half of a 14-ounce carton and refrigerate the rest for the next day. OJ is okay, but grapefruit juice has fewer calories and greater antioxidant activity.

The liquid meal replacement

Naked Protein Zone Mango (15.2 oz)
424 calories
2 g fat
31 g protein
54 g sugar

There's fast food, and then there's the smoothie—grub you can guzzle quicker than it takes to unwrap a Big Mac. Scour the cooler for a no-added-sugar fruit smoothie that also gives you a dose of belly-filling protein. Our pick contains as much protein as three 8-ounce glasses of milk.



Photographs by LEVI BROWN, prop styling: Linda Kell/Helley Resources

Q

WHAT'S MY HEALTHIEST DRINK OPTION AT A CONVENIENCE STORE?

ADAM, DARIEN, CT

Depends what kind of bang you want from your beverage. Do you need an energy boost? Something to stave off hunger? Or just a thirst quencher? The key is identifying your need and finding the drink that satisfies it with the least amount of calories and sugar. Choose a beverage with about 1 gram of sugar per fluid ounce (unless you're replacing a meal or recovering from a workout), and go easy on the amounts. See above for your c-store survival guide, created by *MH* with advice from Lilian Cheung, D.Sc., R.D., editorial director of TheNutritionSource.org, a Harvard school of public health website.

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ASK MEN'S HEALTH

EDITED BY BEN COURT

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