

**Q** “How many days can I safely keep leftovers?”

**A** “Don’t rely on the sniff test,” says Shelley Feist, executive director of the nonprofit Partnership for Food Safety Education. Three to four days in the refrigerator is a good rule of thumb, but it also depends on whether the food sat at room temperature for more than two hours and the temperature of your fridge, which should be 40° or cooler.



**Q** “How do I find a good dietitian?”

**A** Check the American Dietetic Association’s database at [eatright.org](http://eatright.org) (select an area of expertise, such as vegetarian or diabetes, to narrow your search). For your first session, bring a food journal and an idea of what you hope to gain: a diet to lower your total cholesterol, for example. “One visit can be helpful, but establishing when you’ll check in with your nutritionist—say, every month or two—keeps you on track,” says Kathy McManus, R.D., director of the department of nutrition at Brigham and Women’s Hospital in Boston. Fees are sometimes covered by insurance; you should expect to spend between \$100 and \$175 for an hour-long visit.

**Q** “No matter what I eat for lunch, I’m starving by 3 p.m. What gives?”

**A** You probably need to brush up on the building blocks of a power lunch: protein, fiber and healthy fats. Greens with fat-free dressing and a roll won’t fill you. “You need satiating protein and healthy fats to slow the absorption of calories into your system,” says Sophie Pachella, a nutritionist and founder of Eatstrong.com. Try one of these to keep you going: a turkey-and-avocado sandwich on whole-wheat bread or grilled tuna on a salad with beans and low-fat (not fat-free) vinaigrette.



### With Joanne Chang

This pastry chef, who owns the Flour Bakery + Cafe chain and funky Myers + Chang diner in Boston, runs six miles five days a week. Steal the 16-time Boston Marathon finisher’s eat-right secrets below—and her yummy scone recipe at [fitnessmagazine.com/scone](http://fitnessmagazine.com/scone).



**Quick, healthy breakfast** “A multigrain roll that we make at Flour Bakery + Cafe with buckwheat, flaxseed and sunflower seeds. It’s so flavorful, you don’t need butter or jam.”

**Eat-right tip** “I always have two or three pieces of fruit in my bag that I make sure to finish by the end of the day.”

**Stay-slim secret** “When I taste test, I have to eat mindfully; I’m deciding what’s good enough for my restaurant. This has shifted my eating at home, too. Now I savor each bite.” —Alyssa Betker



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