

THE TRUTH ABOUT CARBS

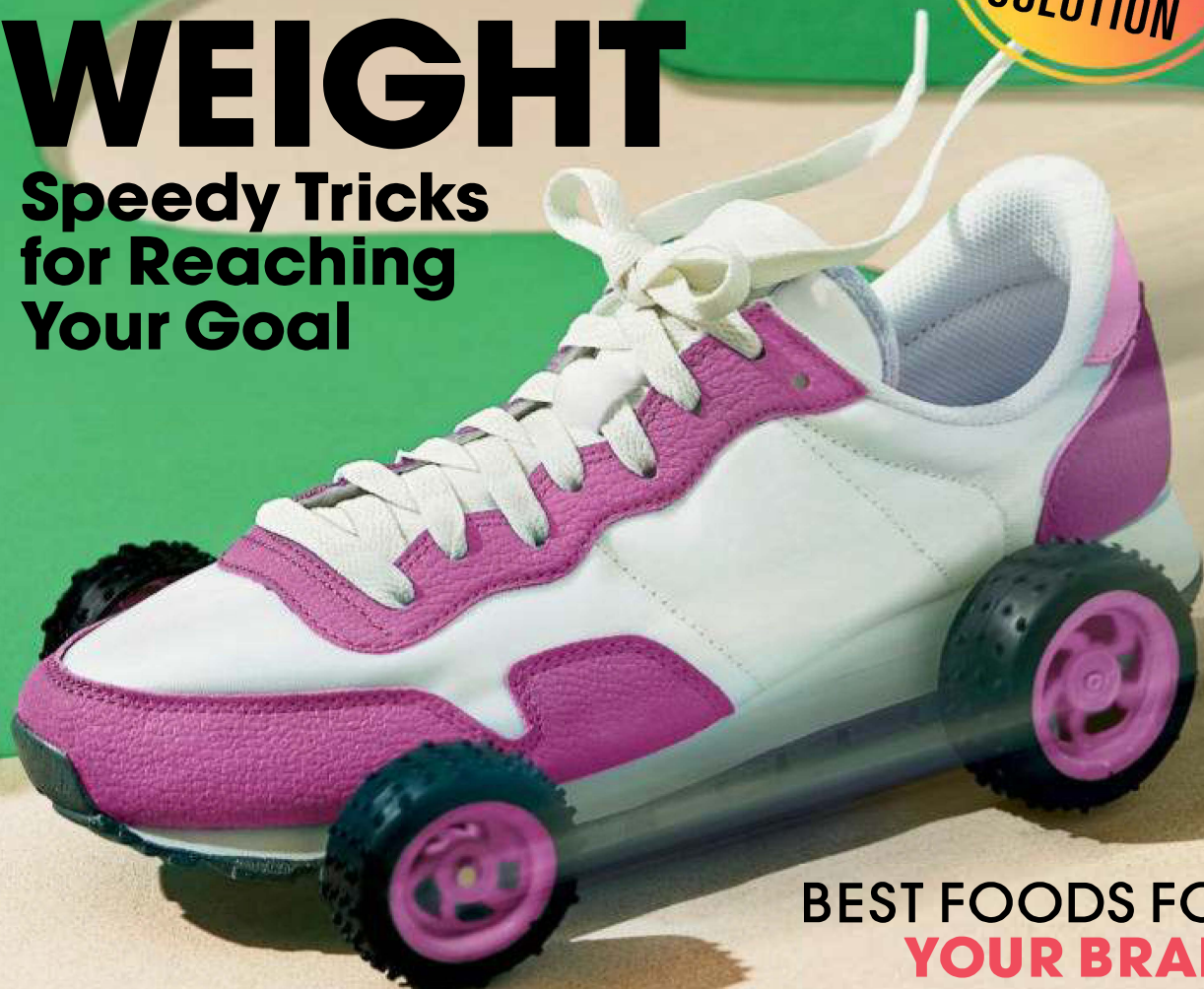
October 2023

Prevention

WALK OFF WEIGHT

Speedy Tricks
for Reaching
Your Goal

PLUS
A SIMPLE
BACK PAIN
SOLUTION



BEST FOODS FOR
YOUR BRAIN
SEE p.78

KEEP **ANXIETY**
FROM TAKING OVER

THE **CANCER** TOO MANY
WOMEN ARE GETTING

TASTE MAKERS

In a cooking rut? Condiments can completely revamp your routine without adding a ton to your shopping list. Try the *Prevention* Test Kitchen's top buys—plus, the best ways to feature them in dinner tonight.



MIKE GARTEN

**SEARED SCALLOPS
AND ESCAROLE
SALAD WITH PESTO
VINAIGRETTE**

recipe, p. 93

PESTO PICK

Look in the fridge section to buy this fresh, dairy-free find. It's full of vibrant basil and protein-packed pine nuts, and it serves up essential minerals potassium, iron, and calcium.



Gotham Greens Vegan
Pesto, \$8 for 6.5 oz,
gothamgreens.com

MIKE GARTEN.