



Muscle Your Way to More Willpower

Next time a cupcake calls to you from a bakery window, make a fist and keep walking. Clenching any of your muscles increases willpower—it's like a mental metaphor for resisting temptation, says Aparna Labroo, PhD, of the University of Chicago, author of a new study. Health-conscious people who tightened a muscle while selecting food from a snack bar were more likely to pass up decadent treats and opt for good-for-you fruit. Caveats: You have to be focused on healthy eating, and you have to clench the muscle while facing the dilemma. —*Brittany Risher*

A New, Improved Tuna in Town

IF YOU'RE HOOKED

on tuna salad sandwiches but worried about mercury, catch this: Wild Planet Albacore Tuna has half the amount of mercury of other brands. That's because Wild Planet uses only smaller fish that have not accumulated as much in their bodies. Wild Planet also retains 6 times the omega-3s of other brands because it's cooked after canning, not before. (The cans are BPA free, so no worries there either.) Find it in stores and at wildplanetfoods.com; \$3.50. —*BR*



Munch These Memory Boosters

GOOD NEWS for adults who have trouble recalling words and names: A diet rich in luteolin—an antioxidant in certain vegetables and herbs—may help reduce brain drain, according to new research by the University of Illinois. Luteolin

regulates immune cells in the brain called microglia. As we age, these cells begin overproducing inflammatory chemicals that cause forgetfulness, says study author Rod Johnson, PhD. Here are the top four sources.

—*Amanda Schupak*

Green bell pepper (1 med)	5.9 mg
Artichoke (1 med)	2.9 mg
Blueberries, frozen (1 c)	2.8 mg
Hot green chile pepper (1 raw)	1.8 mg