

POUNDS  
LOST

27 ▸

STATS

AGE

38

HEIGHT

5'7"

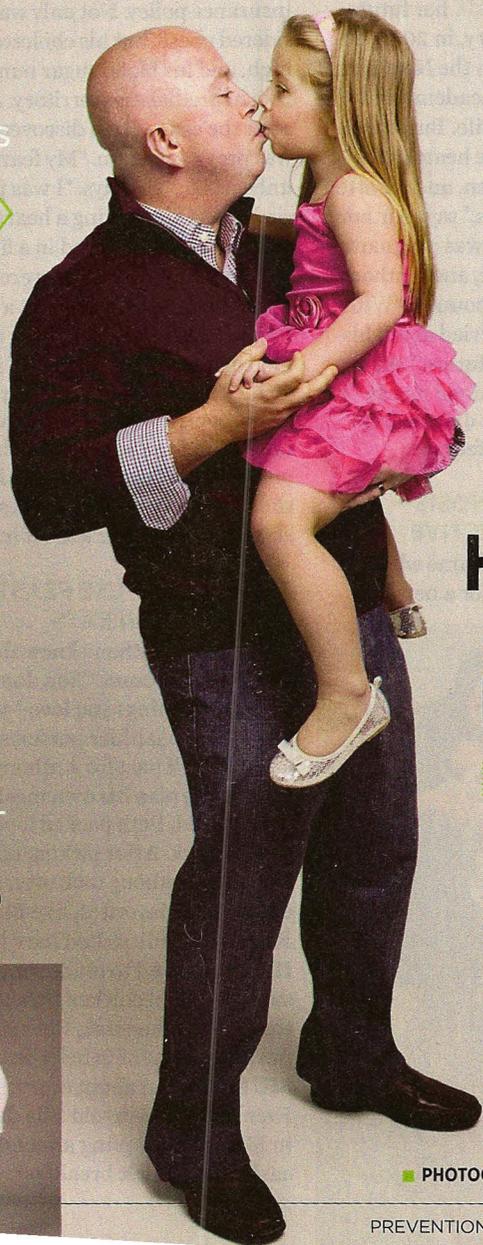
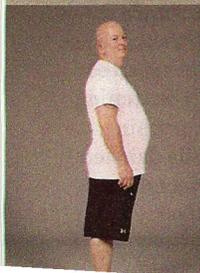
WEIGHT  
NOW

199

POUNDS

WEIGHT  
THEN

226



## “I Got Healthy for My Family”

As ANTHONY HENRY's weight climbed, so did his wife's concern for his health. Here's the eating plan that helped him shed 2 sizes in 1 month.

■ BY NATALIE GINGERICH

■ PHOTOGRAPHS BY GLENN GLASSER

**When Beth met** her future husband, Anthony Henry, in 2003, he had just graduated from the New York City Fire Department Academy and was in the best shape of his life. But starting work changed that. "The heart of the firehouse is in the kitchen, and we often eat quick, carbohydrate meals," says Anthony.

Two years later, Beth was pregnant with their first daughter, and Anthony's weight had risen by 40 pounds. "With a child on the way, I worried about his health and our family's future," she says. By 2007, he had gained nearly 70 pounds—and the fad diets he kept trying didn't make a difference.

### A TROUBLING DIAGNOSIS— AND A NEW PERSPECTIVE

Anthony's wake-up call came when he had a doctor's checkup for a new life

insurance policy. Not only was he considered obese, but his cholesterol was high, and his blood sugar numbers put him in prediabetes territory. A month after the exam, Beth discovered she was pregnant again. "My fears became unbearable," she says. "I was just as worried about him having a heart attack on the job as being injured in a fire."

Fortunately, her fears were allayed when Anthony heard about a new diet for men that *Prevention* was testing, modeled after the successful Flat Belly Diet. The main tenets of the plan: Eat often, control your portions and caloric intake, and include foods rich in mono-unsaturated fatty acids (MUFAs, for short) in every meal—which studies show help you store less fat in your belly.

### FROM FIREHOUSE FEASTS TO HEALTHIER EATS

Right away, Anthony knew this program was different. "You don't have to give up the things you love—you just have to eat healthier portions," he says.

The tough part for Anthony was learning to plan his own meals. To get him started, Beth packed food he could take to work. After picking up a few tips from her, Anthony took over. He cooked extras of his favorites, like Black and Red Bean Chili, so he'd have leftovers. He also learned to make simple staples, such as grilled chicken breasts, to use throughout the week. Beth started putting avocados (a belly-flattening MUFA) on just about everything. Even picky 3-year-old Ella dabbled in MUFAs, sampling almonds and cashews with her breakfast.

