

"HOW I WALKED OFF  
THE WEIGHT!"

A TOP CHEF'S  
144-CALORIE TREAT

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YOUR  
LIFE

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DRESS  
SIZE  
THIS  
MONTH  
p. 148

escapes

KID-FRIENDLY

travel q&a

**Q** I'm going to Mexico. Is it  
safe to eat the local cuisine?

**A** It depends. One in 10 people will come down with traveler's diarrhea, a food-borne illness. But there are measures you can take to avoid it. "The number-one rule is: Boil it, peel it, cook it, or forget it," says Louis J. Morledge, M.D., a New York travel-medicine specialist. If you sample fare from a street vendor, he suggests opting for foods that have been cut into small pieces and grilled. "Also, look for long lines—high turnover usually means the food's fresher," he says. And because no amount of precautions can guarantee you won't get sick, he recommends seeing your physician before you go. She may give you an antibiotic to take in case you do come down with something. —J.D.

Send your travel questions to [travelq&a@shape.com](mailto:travelq&a@shape.com).

leaders, who will also set you up at night in furnished tent-cabins. (From \$1,899 per adult, \$1,699 per child for six days; [rei.com/adventures](http://rei.com/adventures)) —JUNO DiMELO

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on an  
high for the  
hour climb  
the Eiger.

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Mexico. Is it  
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