

SAVE YOUR HEART // SMOOTH WINTER SKIN // GREEN WEDDING GUIDE

NEW JERSEY LIFE

# Health Beauty

## Love

*The Secrets of Attraction*

**BOOST YOUR  
SEX ESTEEM**

**10+ WAYS TO HAVE  
FUN IN NJ THIS  
VALENTINE'S DAY**

**SNOW PLAY**  
Skiing, Skating,  
& Snuggling

**PUDGE WON'T  
BUDGE?**  
How to Lose  
Those Last Pounds

**COMFORT FOODS**  
Soul-Warming  
Soups & Almost  
Guilt-Free Desserts

**The Votes Are In!**  
Readers' Choice  
A-List Winners:  
Food & Fitness

**THE MYTH  
BEHIND BREAST IMPLANTS**

\$3.95 [www.NJLHB.com](http://www.NJLHB.com)

\$3.95



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Display until March 31, 2011

*New Jersey Life Health + Beauty's*

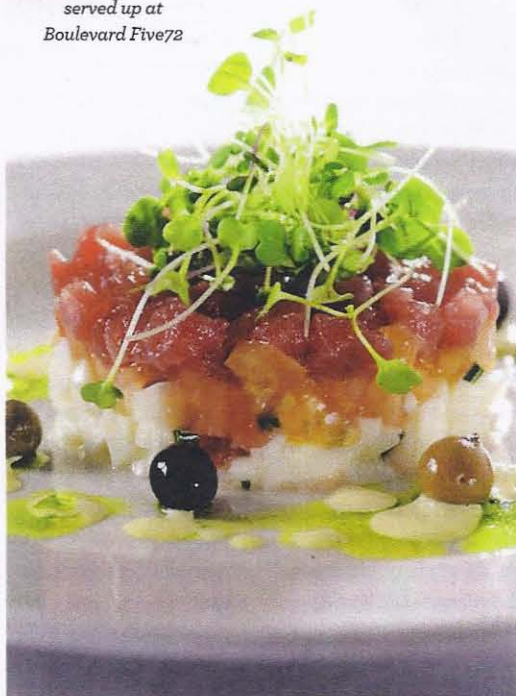
**A**list 

*Food + Fitness*

WINNERS!

*Our readers have voted,* AND THE RESULTS OF  
OUR FIRST FOOD AND FITNESS A-LIST ARE IN! SEE WHICH  
RESTAURANTS, SPECIALTY FOOD STORES, MARKETS, FARMS, AND  
FITNESS CENTERS OUR READERS PRAISE THE MOST.

Tuna Tartar,  
served up at  
Boulevard Five72



### Restaurants that Source Locally

**READERS' CHOICE:**

**90 Acres/Natirar,**  
Peapack-Gladstone,  
908.901.9500,  
nineteyacres.com

With 19 acres for pasture and crops and 26 raised beds just outside the restaurant, chef David Felton has one of the freshest bounties in the state at his command — and our readers know it.

**Bona Vita Osteria,**

Summit, 908.277.1414,  
bonavitanej.com  
Sourcing produce from Alstede Farms in Chester (another one of this year's First Place winners), as well as the Summit Farmers' Market, dishes at Bona Vita Osteria are about as Jersey-fresh as you can get.

**Blue Point Grill,**

Princeton,  
609.921.1211, bluepoint.  
jmgroupprinceton.com  
Enjoy fresh seafood (sourced from Viking Village in Barnegat Light) on a menu that changes daily. Stay for dessert — Blue Point carries ice cream from The Bent Spoon, also an A-List winner.

**Eno Terra,**

Kingston, 609.497.1777,  
enoterra.com  
“Eat local!” is Eno Terra's call to action. It works with the Zone 7, an organization that connects organic and sustainable farmers with area restaurants. The results are raves from our readers.

**HONORABLE MENTIONS:**

**A Toute Heure,** Cranford,  
908.276.6600,  
atouteheure.com  
**Boulevard Five72,**

Kenilworth, 908.709.1200,  
boulevardfive72.com  
**Elements,** Princeton,  
609.924.0078,  
elementsprinceton.com  
**Lambertville Station,**  
Lambertville, 609.397.8300,  
lambertvillestation.com

### Vegetarian & Vegan Restaurants

**READERS' CHOICE:**

**Cinnamon Snail,**  
Hoboken, 201.675.3755,  
cinnamonsnail.com

The intriguing name catches your attention; the innovative menu captivates your taste buds. This mobile vegan truck serves up gourmet dishes that seek to redefine vegan cuisine.

**Mesob Ethiopian  
Restaurant,**

Montclair, 973.655.9000,  
mesobrestaurant.com  
Mesob is a great spot for carnivores and vegans to dine together. **And it gets better: New to the menu are Vegan Oatmeal Raisin Cookies and Cherry Oatmeal Raisin Chocolate Chip Cookies, created by Montclair's Nicky Mesiah, who is known for her vegan and gluten-free products.**

**HONORABLE MENTIONS:**

**Caffe Galleria,**  
Lambertville, 609.397.2400,  
caffegalleria.com  
**Café Metro,**  
Denville, 973.625.1055,  
thecafemetro.com  
**Eurasian Eatery,**  
Red Bank, 732.741.7071,  
eurasianeatery.com

**Mie Thai,** Woodbridge,  
732.596.9400, miethai.com  
**Origin Thai,** Basking Ridge,  
Morristown, Somerville,  
originthai.com  
**Twisted Tree Café,**  
Asbury Park,  
732.775.2633,  
twistedtreecafe.com  
**Veggie Heaven,**  
Denville, Montclair,  
Teaneck,  
veggieheavennj.com  
**Whole Earth Center,**  
Princeton,  
609.924.7429,  
wholeearthcenter.com

### Organic Health Food Shops

**READERS' CHOICE:**

**Whole Earth Center,**  
Princeton, 609.924.7429,  
wholeearthcenter.com  
Don't let the cozy atmosphere fool you. Readers say: This store packs in a lot of big brands as well as locally produced goodies. If you're too busy to make lunch or dinner, it also has an excellent selection of homemade soups, salads, and entrées you can take home.



A glimpse inside  
Elements in Princeton