

Survive the Season...

WITHOUT GAINING A POUND!



DURING THE DAY Have a Plan

Fact: Starting December 1, your life is going to be a whirlwind. Simple tweaks now can keep you from unraveling later. “Don’t treat the holidays differently from the rest of the year—but do have a strategy for handling them,” advises *Naturally Thin* author Bethenny Frankel.

SKIP COFFEE

Java might help you buzz through your endless to-do list, but studies have shown it can also amplify the stress you’ll feel while doing it. **Switch to black tea, which will give you the caffeine boost but also reduce cortisol**, the stress hormone that causes you to crave comfort food.



PREP FOR THE MALL

Avoid the food-court binge with a hearty breakfast: Whole grains and low-sugar fruit will stabilize blood sugar. **Try steel-cut oatmeal with mixed berries.** And pack a healthy snack. According to registered dietitian Heather Bauer, a good one has at least 5 grams of fiber and fewer than 180 calories. Safe bets: soy crisps, roasted edamame, and Nimble Balance bars (\$16/12; shopbalance.com).

WEAR A SMART OUTFIT

Throughout the holidays, **keep your pants tight and your shoes flat.** Skinny jeans will let you know right away if you’re putting on weight, says psychologist Susan Albers, author of *Eating Mindfully*. Don’t forget to invest in cute flats. You’re much more likely to run around (and burn all those extra calories) if your feet aren’t aching.



RACHEL BILSON

AT THE PARTY *Be Selective*

The food will be plentiful; the drinks will be flowin'. But with a little preparation, there's a way to enjoy the night without totally blowing your stay-fit diet.



PRE-PARTY WITH FOOD

"You'll overeat if you arrive ravenous," says Bauer. "Drinking on an empty stomach is also a fast track to a hangover." **Have a protein-rich mini meal beforehand**, like a grilled chicken salad or some sashimi. Clear soups are also ideal. "They're satisfying and fill your stomach in a way that little bites won't," Bauer says.



EVA LONGORIA

BE AN HORS D'OEUVRES SNOB

Most appetizers (cubes of yellow cheese, pigs in a blanket) are like reruns of *A Christmas Story*: You've seen them before, and you'll see them again. So fill up on safe bets, like crudité or shrimp cocktail, and **hold out for truly special treats**, such as caviar blini or foie gras sliders. "Go for the worthwhile indulgence, not the cheap waste of calories," says Frankel.



DRESS SEXY Choose close-cut pieces, not sacklike ones. "A **body-conscious dress** will make you think twice about reaching for seconds," says Albers. Even the right bag helps. A clutch will busy your hands and keep you from dive-bombing passed appetizers.

NAUGHTY OR NICE?

CALORIES COUNT, WHETHER THEY'RE GOBBLED, SLURPED, OR SIPPED. SEE HOW YOUR FAVORITE DRINKS STACK UP

	DRINK	CALORIES
	Vodka Soda	95 (1.5 oz. vodka)
	Starbucks Skinny Peppermint Mocha	110 (12 oz.)
	Champagne	120 (5 oz.)
	White Wine	120 (5 oz.)
	Red Wine	120 (5 oz.)
	Skinnygirl White Cranberry Cosmo	125 (5 oz.)
	Beer	150 (12 oz.)
	Hot Cocoa	176 (8 oz.)
	Eggnog	340 (8 oz.)

NICE

NAUGHTY

APPETIZER ALL-STARS

THESE COCKTAIL-PARTY STANDBYS ARE EASY ON THE WAISTLINE, HEAVY ON THE HEALTH BENEFITS



VITAMIN BOOSTER

Red peppers are low in calories but packed with essential nutrients and water.

APPETITE SUPPRESSANT

Lean protein in shrimp helps turn off your body's hunger mechanism.

PORTION CONTROLLER

Bursting with fiber, broccoli helps fill you up so you eat less.

BOOZE BUSTER

Fat in mozzarella slows the absorption of alcohol into the bloodstream.

HYDRATOR

Watery foods help stave off dehydration. (Red grapes are also loaded with antioxidants.)

WATCH THE CLOCK

"Holiday meals are often served at odd times that are out of whack with hunger," says Albers. If you're the host, do your guests a favor and bring out dinner around 7. If you're a guest, **be mindful of the 20-minute phenomenon.** "People are more likely to overeat during the first 20 minutes after they arrive, out of nervousness," says Bauer. So settle in before taking a bite—you'll eat less and enjoy it more.



PLATE WISELY

Enjoy a few forkfuls of your grandmother's noodle kugel and a few bites of your aunt's sweet-potato casserole. Just don't plan on polishing off a full plate of either. "**Approach holiday buffets with the idea of sampling everything,**" suggests Frankel. And be a picky eater. If you're nibbling that pasta salad just for the marinated artichokes, leave the fusilli, olives, and extra calories behind.

SAVE THE BEST FOR LAST

The dessert table is the *bête noire* of holiday food situations. Our time-tested advice? **Be the last person up there.** Not only will it give you time to think about which sweet treat you're *really* craving, but the picked-over spread will be less appetizing (and you'll be less likely to overdo it).

AFTER THE PARTY *Bounce Back*

One too many flutes of Champagne and you might find yourself moaning “O, Holy Night” instead of caroling it. Here’s the quickest path back to the holiday cheer.



HEIDI KLUM

GET UP AND GET OUT

Loafing around in your PJs till the afternoon just prolongs the pain; it’s like pulling off a Band-Aid one excruciating millimeter at a time. **Opt for the quick rip, aka exercise.** “Physical activity floods cells with oxygen and releases mood-boosting neurotransmitters,” says exercise psychologist Heather Hausenblas. Even a brisk 10-minute walk will help.

MANAGE THE AFTER-HOURS MUNCHIES

After a few drinks, the fast-food drive-in has a strange magnetic pull. **Prepare by stocking your kitchen with the right late-night snacks.** “Drink tomato juice and eat whole-wheat crackers with raw honey,” advises integrative dietitian Esther Blum. The juice and honey both contain fructose, which studies have found helps the body metabolize alcohol more effectively. Bottom line: You’ll feel better in the morning, and so will your conscience.



REPLENISH AT BREAKFAST

There’s a reason your body craves a greasy breakfast after a night of partying. “Fat sticks to the stomach lining, which slows down the absorption of alcohol into the bloodstream,” explains Albers. **So go ahead, eat some (lightly) buttered toast or whole-wheat pancakes.** And have a glass of orange juice to replenish depleted vitamin reserves.



5 HANGOVER HELPERS OVERDID IT, DID YOU? TRY THESE



PRICKLY PEAR EXTRACT

Popping the fruit extract (available at health food stores) before drinking can alleviate dry mouth and nausea.



ALKA-SELTZER

Alcohol leaves the body overly acidic. This classic bicarbonate neutralizes the stomach one fizzy bubble at a time.



ASPARAGUS

Researchers have found that amino acids in this veggie accelerate the breakdown of alcohol, reducing the symptoms of a hangover.



B6 VITAMINS

In one study, the vitamin decreased hangover severity by 50 percent. B6 supplements are available at most drugstores.



MERCY SODA

Consumed before bedtime, this can offset acetaldehyde, a toxic alcohol by-product that contributes to nausea and headaches.