

# Health

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for under 70 calories

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headache  
cure  
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**Drop  
10 lbs  
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The incredible  
fast food diet

**Satisfy  
holiday  
cravings  
and still  
lose  
weight**  
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or CANCER?**

What you must know

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Health.com  
November 2008





# Eat, drink, and stay slim

Jonesing for a glass of eggnog? No problem.

Here's how to satisfy those holiday cravings—and keep losing weight.

BY KIMBERLY DAWN NEUMANN

It's the most wonderful time of the year ... *and* the most temptation-filled. (Hello, cookies, candies, and eggnog.) So how does a woman (or three) on a shape-up plan stay on target? Enter Sharon Richter, RD, who came up with smart ways for dieters to enjoy the holidays and continue losing.



### Vanessa Trost, 38

Marketing and public relations consultant

Height: 6'

Goal weight: 170 lbs.

**>>> Her diet dilemma:** "How do I handle all the work-related holiday parties I have to attend without gaining weight?"

**>>> Our expert says:** Sunday night, look over the invites for the upcoming week, so you'll know in advance which days you'll need to budget your calories. Cut back on little extras—like the light cream cheese on your English muffin, the dressing on your salad—throughout the day. Eat a small snack (low-fat cottage cheese or something filling, like a small bowl of high-fiber cereal) before you go. If you arrive famished, *everything*, even the overcooked roast, will look amazing. Once at the party, choose one protein, one starch, and one vegetable. Appetizers only? Opt for your two favorites. Either way, wait 20 minutes before jumping back in line: The break will give your brain time to decide if you're truly still hungry. If you do go back, stick to crudités.

## Great party swaps



Tempted to fall off the diet wagon? Try these yummy cocktail party trade-offs instead.

Instead of	2 pigs in a blanket 200 cal 11g fat	1 cup eggnog 305 cal 19g fat	1 latke (potato pancake) 200 cal 11g fat	3 oz peanut brittle 414 cal 16g fat	1 oz wasabi peas 120 cal 3g fat
Substitute	4 large shrimp with 1 Tbsp cocktail sauce 60 cal, 1g fat	1 cup apple cider 140 cal 0g fat	1 potato blintz (crêpe) 120 cal 1g fat	1 candy cane 60 cal 0g fat	1 oz (about 3) olives 32 cal 3g fat
<b>SAVE</b>	<b>140 cal 10g fat</b>	<b>165 cal 19g fat</b>	<b>80 cal 10g fat</b>	<b>354 cal 16g fat</b>	<b>88 cal 0g fat</b>

	Starting	Current	Loss to date
Weight	210	176	34
Waist	33.5"	29"	4.5"
Hips	44"	40"	4"
Body fat	42%	34%	8%

**GET MORE:** Visit [Health.com/feelgreatweight](http://Health.com/feelgreatweight) for our complete plan—plus great tips, new strength moves, and weekly blogs. And thanks to **Special K** for contributing prizes to our three Feel Great Weight featured participants.

Photos: — Starting: Don Penny, Styling: Ma' Tian, Hair/Makeup: Angela Huff/Moik Edward Inc., Current: Don Penny, Styling: Renee Van Hair/Makeup: Elizabeth Kamp; Snrimp: Lazlo Selly/Jupiterimages; Eggnog: John Blair/Jupiterimages; Candy cane: Law Robertson/Jupiterimages; Olives: Lazlo Selly/Jupiterimages

## Susan Chapman, 39

Global head of operations, Citi Realty Services

Height: 5' 9"

Goal weight: 199 lbs.



	Starting	Current	Loss to date
Weight	256	229	27
Waist	41.5"	34.5"	7"
Hips	53.5"	47.5"	6"
Body fat	40.5%	30.5%	10%

**>>> Her diet dilemma:** "My family likes good ol' Southern cooking during the holidays. How do I stay in control?"

**>>> Our expert says:** Think small—small plates, small forks, small bites. This kind of portion control will keep you from shoveling in food without thinking. Start with a (small) plate that's one-half vegetables, one-quarter protein, one-quarter carbs. If there are two or three fattening items you adore, add to your plate an amount you can eat in two normal-size bites. Letting yourself enjoy a small "treat," can actually turn off the craving. Stick with this "two-bite" strategy and you won't blow your diet.

## Meet the Feel Great Weight dream team

- **Sharon Richter, MS, RD**, runs a private nutrition-counseling practice in New York City and consults with Kiehl's and Nike.
- **Geralyn Coopersmith** is an

exercise physiologist and a senior national manager of the Equinox Fitness Training Institute.

- **Judith S. Beck, PhD**, is the director of the Beck Institute

## Tiffany Walling McGarity, 37

Photographer and producer

Height: 5' 4"

Goal weight: 135 lbs.



	Starting	Current	Loss to date
Weight	159.5	150	9.5
Waist	33.5"	31"	2.5"
Hips	44"	38"	6"
Body fat	24.5%	20.5%	4%

**>>> Her diet dilemma:** "I am a sucker for all the very richest foods on any party buffet this time of year. How do I keep myself from overeating?"

**>>> Our expert says:** The worst thing to do is say, "I will never eat X, Y, or Z," because that will make you want to instantly eat everything in sight. A better approach: Load up your plate with fruits, veggies, and lean protein *first*, so your dish is too full with healthy things to pile on large amounts of rich, fattening foods. Also, let others hit the food line ahead of you. Conversation is calorie-free, so the more time you spend chatting, the less time you'll have to chow down.

for Cognitive Therapy and Research and author of *The Beck Diet Solution*.

- **Daisy Lewellyn** is a fashion expert and trend-tracker.

*We'd also like to thank Equinox Fitness trainers Jamie Dowd, Johanna Subotovsky, and Rich Velazquez for their work with our Feel Great Weight Plan.*