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Women's Health

99
weight
loss
tips

Before you undertake a new health program or fitness regimen, we encourage you to discuss your plans with your health care professional, especially if you have not exercised for several years, are over 35, or are overweight.



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Win at Weight Loss

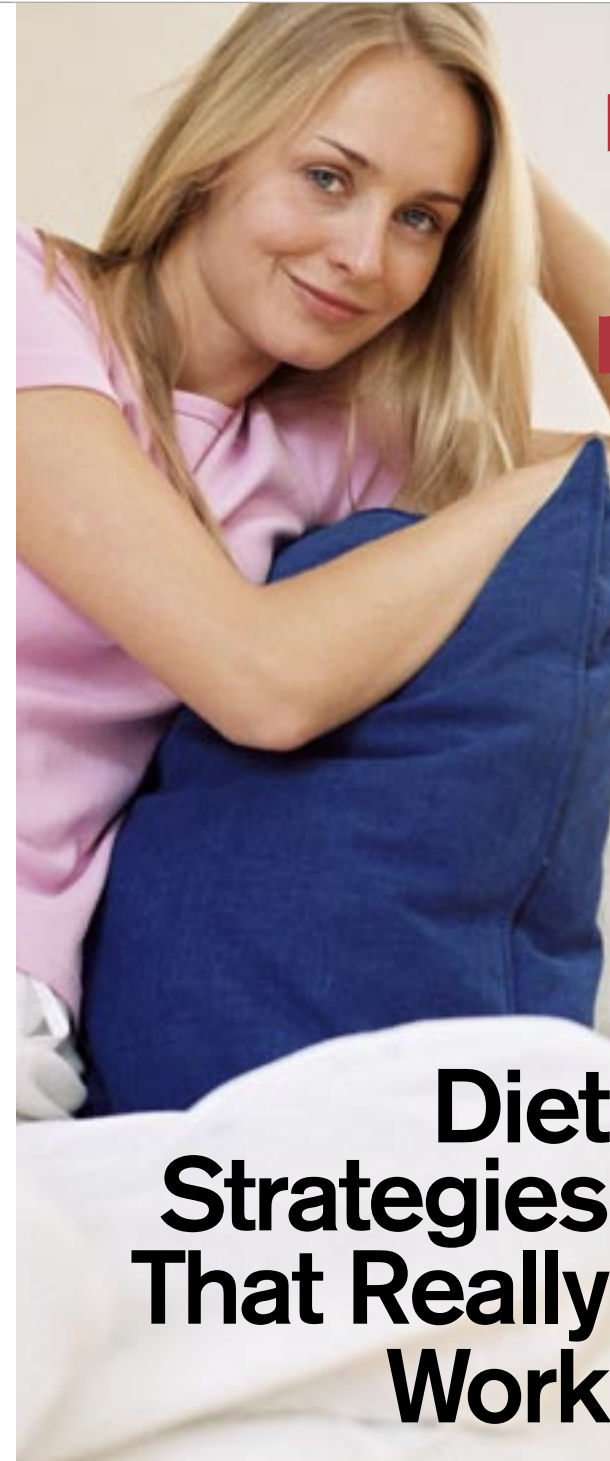
NOT TOO LONG AGO, the idea that a woman could eat anything she wanted and still lose weight would've had weight loss experts guffawing. The "proper diet" was hotly debated by advocates of the low-carb, high-protein Atkins diet; the low-fat, high-carb American Heart Association diet; and other versions of these diets.

"There was a war coming from the low-fat side," says psychologist Thomas A. Wadden, Ph.D., director of the Weight and Eating Disorders Program at the University of Pennsylvania. "Atkins felt denigrated and misunderstood."

Now the dust has settled. Major studies have left many experts surprised and chagrined. For those scoring at home, the research revealed that all the diets deliver about the same amount of weight loss, and no single plan was significantly more healthy—or unhealthy—than the rest.

Cutting-edge diet research is full of hope and creative solutions for the most intractable weight loss dilemmas, from a simple way to fill up for 800 fewer calories a day to a food formula that sidesteps the metabolic slump that dooms many diets. One amazing study even suggests that eating the right foods could cut your weight by 10 pounds or more in a year—without dieting.

Most of the tips in this guide to weight loss are small steps. Some will surprise you, and some are simple, no-brainer changes that will make you think, "Ah, that makes sense!" Make these minor investments now—and watch them pay huge dividends in helping you drop pounds.



Diet Strategies That Really Work

Just as not all calories are created equal, neither are all dieters. Weight loss finally works when it fits your personality, your lifestyle, and your taste in food. That's why we've presented these new weight loss success strategies cafeteria-style—so you can pick and choose to create your own perfect plan.

1 Eat Nuts

When 52 overweight women and men followed a 1,000-calories-a-day diet for 24 weeks, those who ate almonds at meals and snack time lost 18% of their body weight, while those whose treats were carbohydrate-based (wheat crackers, baked potato, air-popped popcorn) lost just 11%. The nut eaters whittled their waists by 14%; the carb snackers, 9%. Researchers from the City of Hope National Medical Center in Duarte, CA, suspect that the protein, fat,

and fiber in almonds keep you feeling full longer—and that not all the calories in almonds are absorbed thanks to the tough cell walls of these nuts.

TRY THIS: Walnuts, pecans, unsalted peanuts, and other nuts should have similar effects—they're packed with fiber and good fats, too. Have a handful (no more—they're also high in calories) in place of your usual midmorning or afternoon snack.

2 Fool Your Stomach

Pennsylvania State University nutrition expert Barbara Rolls, Ph.D., found in one ingenious study that secretly reducing the calorie density of food—by preparing mac and cheese with less butter and cheese, for example, or adding more veggies and less cheese to pizza—cut 544 calories a day from the diets of 24 young women ages 19 to 35, and they never noticed the difference. Trimming portions sliced away an addi-

tional 256 calories a day. “Saving 800 calories a day is enormous,” says Rolls, author of the book *The Volumetrics Eating Plan*.

“We eat roughly the same volume of food every day or so,” she says. “If you can reduce the calories by focusing on water-dense fruits and vegetables, you can keep the volume high and feel satisfied. Your stomach senses food volume—it has stretch receptors and pressure sensors.”

TRY THIS: Start meals with a big salad—lots of veggies, no croutons or creamy dressing; have double portions of fruit and veggies at meals and skip or cut back on calorie-dense starches, fats, and fatty meats. Opt for a fruit dessert, with a dab of sorbet or ice cream for flavor.

3 Eat Eggs for Breakfast

Women who started the day with two eggs and toast felt so much fuller and more satisfied than those who had a bagel and cream cheese that they ate 274 fewer

calories the rest of the day, finds a new study from the Rochester Center for Obesity Research in Michigan. The egg group even ate fewer calories the following day. Protein-rich eggs, say the researchers, are simply more satisfying than breads and bagels.

TRY THIS: If you don't have time to scramble eggs on weekday mornings, hard-boil a few on Sunday and keep 'em up to a week in the fridge for quick, on-the-move breakfasts.

4 Eat Quality Carbs

Swap the pastrami on white bread for turkey and avocado on whole grain: New research from Children's Hospital, Boston, and Brigham & Women's Hospital suggests that good fats and high-fiber carbohydrates could outsmart a metabolic slowdown.

Researchers studied 39 overweight and obese dieters ages 18 to 40 who noshed on a low-glycemic (“good-carb”) or a low-fat diet for 10 weeks. Each plan clocked in at 1,500 calories and each volunteer eventually lost about 20 pounds, but that's where the similarities ended. Low-glycemic dieters maintained a metabolic rate—the number of calories your body burns at rest—80 calories per day higher than the low-fat group. Over the course of a year, that could translate into the loss of an extra 8 pounds. The low-glycemic group also felt less hungry and had lower levels of heart-threatening triglycerides and C-reactive protein, an inflammatory compound associated with heart attack risk.

“The idea with low-glycemic eating is that blood sugar stays lower, you feel full faster, and the body doesn't seem to react to the diet with as much stress,” says researcher David Ludwig, M.D., direc-

tor of the obesity program at Children's Hospital, Boston. “People feel less hungry, their metabolic rate stays a little higher, and they feel better—they'll be more likely to get up, turn off the TV, and exercise.”

Even more surprising: Choosing those good carbs—fruits, veggies, and whole grains—over the refined stuff (sodas, doughnuts, even white potatoes) could help keep you from gaining 10 extra pounds even if you don't cut calories, new research from the University of Massachusetts Medical School suggests. Scientists followed the eating habits, exercise levels, and body weight of 572 women and men for 1 year, ranking their food choices by how much they raised blood sugar, a system called the glycemic index (GI). (Refined and starchy carbs are high on the GI because they raise blood sugar higher and faster than foods with a low GI.) Their findings: Body weight increased 9.6 pounds more for every 10-point increase in the total glycemic index of a person's daily diet. That could be the difference between choosing a baked white potato (with a GI of 85) instead of broccoli (with a GI of nearly 0).

“Nearly 10 pounds is a significant difference,” says Barbara Olendzki, R.D., M.P.H., an instructor of medicine at the school. “If people can lower the GI of their diet by choosing the best carbohydrates to eat, they should be able to lose some weight. Because they're more filling, lower-GI foods can also be helpful for appetite control.”

TRY THIS: Be sure you're subtracting high-glycemic foods when you add low-glycemic options. Say no to that blueberry muffin; have the banana and milk. Say yes to a handful of almonds; banish the chips. Love baked potatoes? Go with a sweet potato (with a GI of 54) instead of a white potato.

CHEW ON THIS



A MOMENT ON THE LIPS, a lifetime on the hips, right? Not anymore. Researchers have developed a new dental device that helps people eat less by keeping food in their mouths longer. Called the DDS System, the nearly invisible acrylic device fits flush against the roof of the mouth, forcing the wearer to take smaller bites and to chew those bites more slowly. When Louisiana State University researchers tested the DDS System on 32 overweight people, subjects immediately began consuming an average of 300 fewer grams of food per day. “Eating slower allows time for the satiety response in the brain to respond,” says D. Walter Cohen, D.D.S., dean emeritus of the University of Pennsylvania School of Dental Medicine.

“Eat an abundance of fruits, vegetables, and legumes,” Ludwig advises. “Grain products should be as whole as possible and served as a side dish, not the main meal. Fats can be consumed liberally as long as they’re healthful—olive oil, avocado, nuts, fish (for the omega-3 fatty acids). Have an adequate amount of protein.” For more about the glycemic index, visit www.prevention.com/links.

5 Get Fit

Exercise is a no-brainer strategy for losing and maintaining weight, and for cutting your heart disease risk, Wadden says. The proof? Among the many studies showing a direct link between a lower body mass index (BMI) and more time spent exercising, University of Pittsburgh researchers found recently that dieting women who exercised 5 days a week for 50 to 60 minutes each time lost 15% of their body weight—a whopping 23 pounds, on average—in just 6 months. Those who kept it up maintained their new trimmer silhouettes for the next 6 months.

But the biggest reason to exercise is the health benefits, Wadden says. “Researchers at the Cooper Institute have found that it reduces heart attack risk even if you’re overweight. And as you get older, strength training will help prevent the natural loss of muscle density and the drop in metabolic rate.”

TRY THIS: In addition to your regular aerobic exercise (which you’re religious about, right?), add some strength training. Aim for six to eight moves that target the upper and lower body. Choose a weight you can lift no more than 8 to 12 times. If weights aren’t your cup of tea, try Pilates, swimming, or power yoga—all of which will give you toned, firm, and shapely muscles.

6 Eat (Lean) Meat

Eating more protein and fewer carbohydrates allowed 23 Danish women and men to shed 10% more belly fat—the dangerous intra-abdominal fat that raises risk for diabetes and heart disease—than dieters whose plates held more sweets and produce, say researchers from the Royal Veterinary and Agricultural University in Copenhagen.

No one’s sure why eating fewer carbs and more protein would selectively target belly fat. “We need to do more studies,” says researcher Arne Astrup, M.D., a nutrition professor at the university. One possible explanation: A higher protein intake may somehow trigger smaller releases of the anxiety hormone cortisol. Cortisol directs the body to store more fat in the abdomen—less cortisol, less belly fat.

Whatever the reason, in the first-ever independent, clinically controlled study of the Atkins diet, researchers at Temple University School of Medicine monitored every calorie eaten and spent by 10 obese men and women with type 2 diabetes. After a week of typical eating, the volunteers followed Atkins for 2 weeks, with carbs limited to 21 g per day (down from an average of 300 g), while they were encouraged to feast from an array of foods including fatty, high-calorie fare. They stayed at the hospital for the duration of the study to ensure exact measurements of calorie intake and expenditure. On average, the volunteers lost 4 pounds—not bad for 14 days. But in a surprise that bodes well for the patients’ future weight loss, they unconsciously trimmed nearly 1,000 calories from their daily intake. The volunteers averaged 3,111 calories a day before they began the diet; they dropped to 2,164 calories on the low-carb regimen.

And that magic number of around 2,100 calories per day was exactly the amount of energy they should’ve been consuming to avoid weight gain, says study author Guenther Boden, M.D. “In other words, they self-corrected their excessive appetites down to normal,” Boden said.

TRY THIS: Don’t skimp on protein—aim for a moderate portion at each meal. High-protein dieters in Astrup’s study got 25% of their daily calories from protein—in a 1,500-calorie diet, that’s just 375 calories (the amount you’d get if you had an egg, a 4-ounce chicken breast, and a hamburger made from 4 ounces of 96% lean ground beef).

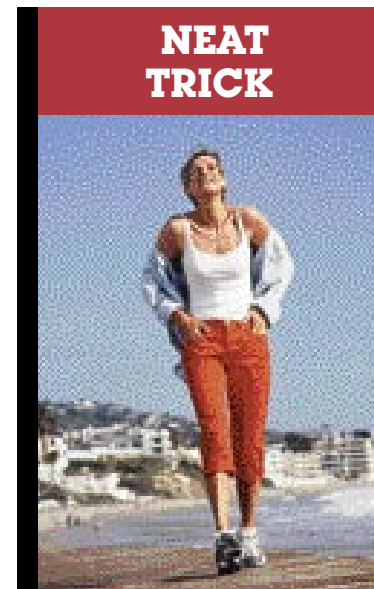
7 Date Your Diet

If the first diet you try doesn’t work, it may be a bad fit. Try another. “Mainstream diets may be interchangeable,” says Michael L. Dansinger, M.D., lead researcher of a study

comparing diets at Tufts-New England Medical Center in Boston.

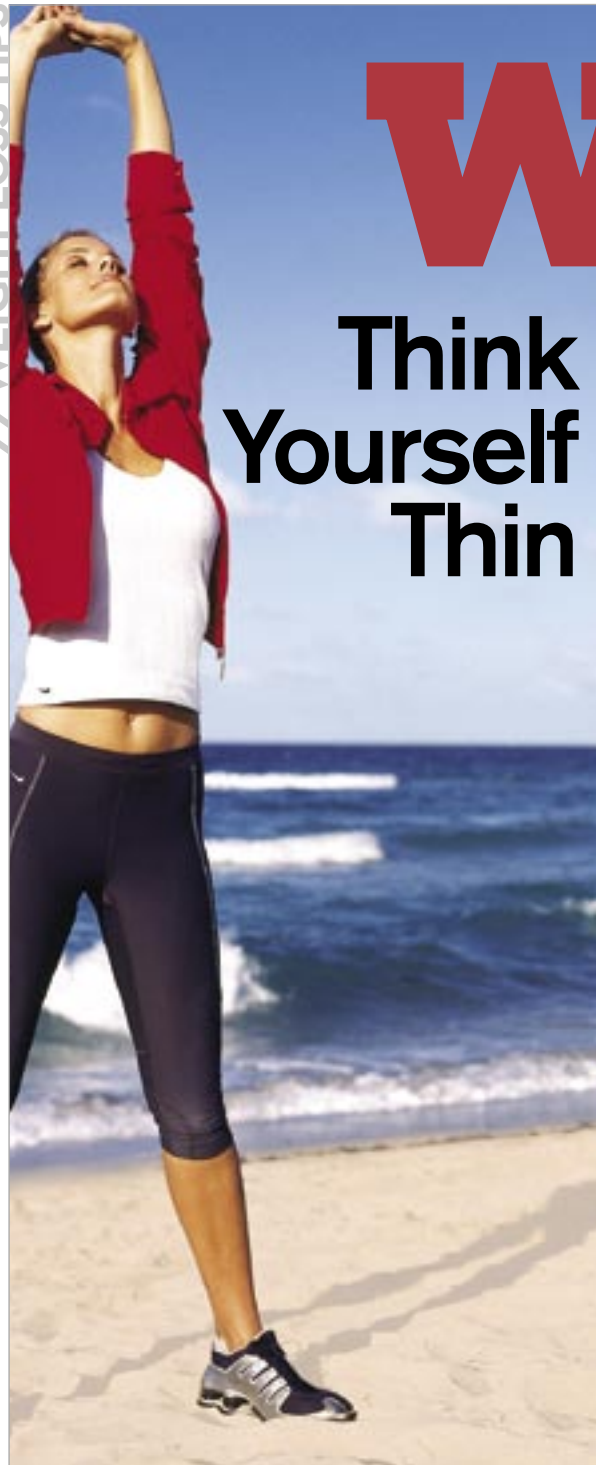
And you haven’t failed, you just need something different. “You might be attracted to a diet in one way but annoyed in another. There may be physical chemistry but not that emotional bond or vice versa. You need something that works and that you enjoy,” says Dansinger. But be patient. “If you’re not enjoying your new eating plan during the first month, but you’re losing weight and feeling well, stick with it another month,” he says. “Many people in our study found it took 2 months before their taste buds changed and they learned how to enjoy their new diet.”

Eventually doctors may be able to determine your diet type and match you with the right plan. “We’re finding that gender, age, family situation, even ethnic background makes a difference,” says Dansinger. “Someday you won’t be alone in finding the right way to lose weight.”



8 Fidget to fight fat

In a recent study, scientists from the Mayo Clinic issued motion-sensing skivvies to 10 heavy people and 10 thin ones, then recorded even their tiniest movements 24 hours a day. Ten days later they found that overweight people simply moved less than their lean companions, burning 350 fewer calories per day. To get yourself “fidgeting,” plop down on a stability ball for 15 minutes each hour and use it to keep yourself in perpetual motion.



Think Yourself Thin

When you're trying to shed extra pounds, your mind can be both your best friend and your worst enemy. At a moment's notice, the strong inner voice that encouraged you to start exercising or cut back on fat can turn cruel, undermining your weight loss efforts with negative emotions and a seemingly endless stream of criticism. Or it can become a wimp, making you obsess about every little thing you eat—or despair that you'll never see any results from all your hard work.

Research suggests that the unhappier you are with your body, the less successful you'll be when you try to do something about it. So when a negative mindset gets you down, fight back—fast. Here's a five-step plan to adjust your attitude for optimum weight loss.

9 Stay Calm

Negative thoughts lead to anxiety and mental stress, and these states of mind can make losing weight more difficult. Studies have shown that stress increases your body's level of cortisol, a hormone that may direct fat to your middle. To help beat stress, try this relaxation technique: Sit in a quiet, comfortable place. Take several slow, deep breaths, and repeat the word "one" to yourself as you exhale. Repeating the word will focus your mind on relaxation—and away from stress and worry. Try this for 5 to 10 minutes, once or twice daily.

10 Muzzle That Inner Critic

A friend who constantly told you how fat you looked probably wouldn't be your friend for very long. So if you wouldn't put up with that kind of abuse from others, don't put up with it from yourself. Every time you hear your inner critic, stop what you're doing. Then think of something to encourage yourself, just as you'd try to encourage a friend. Say to yourself, "Okay, my body isn't as thin and fit as I'd like, but I'm working on it. I'm making progress."

11 Shed the "Shoulds"

We all have goals we should be striving for. But when you use the word "should," it doesn't motivate you—it makes you feel like something is lacking. Instead, turn your "should" into a concrete goal. Don't say, "I should exercise more." Say, "I'm going to the club tomorrow to check out that aerobics class." The more specific you can be with your goals, the more successful you'll be at shrugging off the "shoulds."

12 Look at Food in a New Way

Stop dividing foods into good-for-you and bad-for-you categories. Instead, start thinking of food as fuel for your body. This shifts the focus to nourishing your body, not dieting. Even a simple shift in perception such as this can help you curb your overeating tendencies and make better food choices. Considering what your body does for you, feeding it healthy food really isn't a lot to ask.

13 Banish Boredom

Many of us tend to overeat not because we're hungry or have an irresistible craving but simply because we're bored. Next time you feel that way, don't head for the pantry—head for the door. Get out of the house. Don't worry about exercising or making practical use of the time; just go do something you'll enjoy. Catch up on your window-shopping. See a movie. Drop in on a friend, and suggest going for a walk.

SNEAKY WAYS TO LOSE WEIGHT

You can burn calories simply by making these easy lifestyle changes.

14 Park a mile from work

Walking to and from your car will burn 200 calories. That's 1,000 calories a week, which means a loss of a pound a month!

15 Get on the floor

Adding 15 minutes of floor exercises (crunches, leg lifts, back exercises, for example) to your normal workout can work off 130 calories.

16 Walk the dog

Instead of running with your dog, first go for your run—then take the dog for a 30-minute walk. You'll burn off 175 calories.

17 Play with the kids

Grab the Frisbee and head outside. Playing with the kids for 30 minutes instead of watching a sitcom will burn 150 calories.

18 Stretch it out

After your floor exercises or weight-resistance routine, spend 15 minutes of stretching for 45 calories burned.

19 Cut with the cheeseburger

At McDonald's, eat a cheeseburger instead of a Quarter Pounder with cheese: 200 calories cut.

20 Go for the gold stuff

Using mustard instead of mayonnaise on your sandwich will cut out 90 calories.

21 Swap the bagel

Eat two pieces of oat bran bread rather than an oat bran bagel, and you cut 190 calories.

22 Jump rope

This is one of the best calorie-burning activities there is—though not the easiest. But if you can keep it up for 10 minutes, you'll burn off 100 calories. That's 10 calories a minute!

23 Switch to diet

Drink a 20-ounce bottle of Diet Coke instead of Coke (or drink any kind of sugar-free soda) and you'll cut out 250 calories.

24 Take roasted instead of fried

Substitute one piece of roasted chicken for one piece of fried chicken. You'll save yourself 75 calories.



Household Hints That Help

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everyone knows that ordering 64-ounce sodas and driving instead of walking contribute to tightening waistbands. But your house can harbor other, less obvious diet enemies: The wrong size juice glasses pack on an extra 8 pounds a year; lined curtains in your bedroom may contribute to that “I’m too tired to exercise” feeling. And the type of TV stand you have could affect your eating and exercising habits. Your house may be making you fat.

Kitchen/family room combinations make food constantly present, gadgets do much of our work, and elaborate entertainment centers entice us to sit motionless for hours. “Even the trend to having more bathrooms means people walk shorter distances,” says Kelly D. Brownell, Ph.D., director of the Yale Center for Eating and Weight Disorders. “We’ve created a toxic environment that encourages excess eating and inactivity.”

We're not suggesting you sell your house and move into a three-story Colonial with only one bathroom. Simple changes can have a dramatic effect. An emerging body of research from top institutions reveals that your decorating style can affect your eating and exercise habits and, ultimately, your weight. Here are 15 ways to create a home environment to help you—and your family—stay slim.

25 Color Your Appetite Blue

“Most people are unaware of the profound effect color has on their behavior,” says Kenneth R. Fehrman, Ed.D., a professor of interior design and coauthor of *Color, The Secret Influence*. For instance, blue is an appetite suppressant. “In tests, many people could not bring themselves to eat foods colored blue. We have deep-seated instincts to avoid blue and purple foods, because they tend to be poisonous.” To take advantage of this natural instinct, use blue plates, napkins, or place mats. You might even consider painting a wall blue or placing a blue light in the refrigerator to help curb late-night raids.

Avoid red, yellow, and orange in the kitchen and dining areas. “They exert a measurable effect on the autonomic nervous system, stimulating appetite,” says Fehrman. Food manufacturers exploit this physiologic reaction by using food coloring, and it's no coincidence that many fast-food logos and restaurant decors use the red end of the color spectrum. “It makes us salivate and gets our stomach juices flowing,” explains Fehrman.

26 Downsize Your Dinnerware

Extensive research shows that “people eat what's put on their plates—even if it's

more than they need to satisfy their hunger,” says Judith S. Stern, ScD, R.D., professor of nutrition at the University of California, Davis. To avoid portion distortion, Stern recommends buying smaller dishes. “We need to bring back 8-ounce beverage glasses, 6-ounce coffee cups, and those little 6-ounce juice glasses—that are what serving sizes should be.” Many popular brands such as Libbey and Pfaltzgraff sell 5- and 6-ounce juice glasses and 8-ounce beverage glasses. Save the 12-ounce glasses for water.

Orlando dietitian Roniece Weaver, R.D., advises clients to purchase a set of inexpensive salad plates, 7 to 9 inches in diameter. “People like to fill their plates, so when they eat spaghetti off a regular 10- to 12-inch dinner plate,” she says, “they may eat enough for four people.” (The widely available Corelle brand sells luncheon plates that are 8½ to 9 inches and salad/dessert plates that are about 7 inches in many of their patterns.)

27 Use Your Spoodle

Weaver also recommends serving foods with a 4-ounce “spoodle”—a cross between a spoon and a ladle. “It's an easy way to portion out a ½-cup serving of any food—meat, vegetable, or starch—enough to leave people feeling satisfied.”

28 Turn Up the Lights

The kitchen may be closed, but keep the lights on. In two studies that tracked more than 400 people, researchers found that dieters are more likely to binge when there's less light. “Dimmer light makes you less self-aware, which loosens your inhibitions,” says study author Joseph Kasof, Ph.D., of the University of

California, Irvine. Conversely, bright lights make you more aware. “And if you're conscious of what you're doing, you're less apt to succumb to temptation.”

29 Reflect on Yourself

A mirror by the refrigerator or near your table may be all it takes to eat healthier. When more than 1,300 people were offered full-fat, reduced-fat, or fat-free spreads, those who dined in front of mirrors ate 22 to 32% less of the full-fat versions than those without mirrors. “If you make food choices in front of a mirror, you may think twice about what you eat,” says study author Brad Bushman, Ph.D., of the University of Michigan in Ann Arbor. “When you confront your image, you become aware of your internal standards, goals, and values, such as health and thinness.” A mirror near your TV, office desk, or anywhere you tend to nibble may also help you eat less.

30 Dine with Vivaldi

“Music is nutrition for the soul,” says Suzanne B. Hanser, Ed.D., a professor at the Berklee College of Music in Boston and president of the World Federation of Music Therapy. Studies show that music has the power to boost mood, reduce pain, and relieve depression. “Music may help curb stress-related emotional eating,” she says, “and it can fill an inner need that might otherwise lead to overeating.”

You can also take a page from restaurants: When they want you fed and out in 40 minutes, they play music that pounds to 125 to 130 beats per minute—the faster the music, the faster you eat, says Wyatt Magnum, president of Magnum Music Group in Houston, a firm specializing

in creating customized music environments for the restaurant industry. For fine dining establishments, where they want you to eat slower and have a relaxed 4- to 5-course meal, Magnum recommends classical and New Age music (so slow that they don't count beats per minute). His suggestions for music to eat slowly by: Enya's *Shepherd Moons*, anything Yanni, or, if New Age is not your style, moderate-tempo classical music such as Vivaldi's *Four Seasons* or *Concerto in G Minor*.

31 Let the Sun In

A host of solid new studies from leading institutions such as the National Institute of Mental Health and Massachusetts General Hospital link light deprivation to a wide variety of weight-related disorders including depression, bulimia, and PMS. So hang sheer curtains, or keep the blinds open.

“Contemporary urban lifestyles leave many people chronically deprived of light exposure, which can have profound effects on dietary choices, energy levels, physical activity, and weight gain,” says Michael Terman, Ph.D., of the New York State Psychiatric Institute/Columbia-Presbyterian Medical Center. His pioneering work on seasonal affective disorder (SAD) reveals that susceptible people experience overwhelming food cravings, lethargy, and weight gain (some more than 30 pounds) during dark winter months. His latest research suggests that some people experience these reactions year-round.

If you get up before sunrise, or leaving your curtains open is not an option, try a dawn simulator—a kind of alarm clock that wakes you gradually with light. They're pricey—from \$99 to \$425—but may be worth a happier, healthier you in winter.

32 Repaint Your Bedroom

Consider painting your bedroom walls a light color such as lavender or peach, says Fehrman. Most pastel hues have a calming effect. (The exception is pink, which causes aggression and irritability.) To find the perfect shade, observe the natural light in the room. If your bedroom gets morning sun, choose a shade with warm undertones. Afternoon sun? Pick a shade with cool undertones. (Many paint manufacturers label their colors “warm” and “cool,” making it easy to tell the difference.) “Using this trick of selecting paint colors to balance the light entering the room creates a naturally relaxing space,” says Fehrman.

If you’re not ready for a drastic change, start with a few accents: a sage green bedspread or some light blue pillows. For the best effect, choose shades of these colors that appeal to you. For example, if you hate teal, no amount of this shade of green will relax you.

33 Hide the TV

One of the best ways to avoid overeating and underexercising is to turn off the TV, says William Dietz, M.D., Ph.D., of the Centers for Disease Control and Prevention. Studies have shown that the more TV people watch, the less they move and the more they weigh. And if *Seinfeld* or *The Simpsons* are your nightly dinner companions, you’re probably eating more, too. Where your kids watch makes a difference in their weight, too: Research also shows that children with TVs in their bedrooms are more likely to be overweight.

Reduce the number of TVs in your home, and don’t watch TV during meals, says Karen Lewis, program director of

the Washington, DC-based TV-Turnoff Network. “If a TV is the focal point of your room, move it to a less prominent location,” she says. Or hide it in an entertainment center that has a door you can close, cover it with a beautiful piece of fabric or a quilt, or put a painting on an easel or a folding screen in front of it. And before you turn it on, check a program guide to see if there’s anything you really want to watch.

34 Splash Linens with Lavender

Not getting a good night’s sleep can disrupt your body’s normal ability to process and control various weight-related hormones (glucose, cortisol, and thyroid hormones). This imbalance encourages cells to store excess fat and lowers your body’s fat-burning ability. Lack of sleep may also make it harder to control cravings.

To create a calming, sleep-inducing atmosphere, Alan R. Hirsch, M.D., a Chicago neurologist and director of the Smell and Taste Treatment and Research Organization, advises spritzing lavender oil or spray on your pillows. Studies have shown that lavender slows down your nervous system, promotes relaxation, and improves sleep quality.

35 Turn On Some Tunes

Studies show that listening to your favorite music while you work out can boost your mood and make exercise feel easier, so you may work out longer. “Music distracts you from thinking about how hard you’re working,” says study author Robert T. Herdegen, Ph.D. In his study, 12 people traveled 11% farther on exercise bikes while listening to music.

36 Rearrange Furniture

The placement of couches and chairs spurs specific activities. “Try grouping furniture to promote conversation, instead of passive TV viewing,” Lewis adds. While sitting and talking burns just slightly more calories than sitting and watching TV, you won’t be tempted by all the food commercials. Also, move chairs away from telephones to encourage people to stand and stretch—or walk around—during phone calls.

37 Color It Active

Brighten your exercise environment with deep colors such as green, red, blue, or golden yellow that are pleasing and

energizing. “Very saturated, strong color gives an immediate ‘zap’ to your power system,” says Fehrman.

38 Make Space to Exercise

Devote a room, or part of a room, to movement. It can be a formal exercise room with equipment, such as a treadmill and weights, or it can be a simple corner with a yoga mat. People who have a home exercise area and equipment are more likely to stick with their fitness program, research shows.

39 Burn Candles

Try peppermint or jasmine, scents that have been linked to increased energy and alertness.

SNOOZE TO LOSE



40 Get a good night's sleep

Lack of sleep may pack on extra pounds. In a recent study at the University of Chicago, people who slept only 4 hours a night for 2 nights had a 28% higher level of ghrelin (the eat-more hormone) and an 18% lower level of leptin (the eat-less hormone) than those who slept more.

If you have trouble falling asleep, melatonin supplements may help decrease the amount of time it takes to fall asleep after hitting the hay.



Jumpstart Your Diet

40 All the scientific studies in the world won't make you feel better when you're staring down at a scale that's stuck just a few pounds shy of your goal weight. Use these strategies to jumpstart your weight loss, no matter what diet you follow.

41 Re-Think Satisfaction

For example, instead of eating a whole bagel with the allotted 2 tablespoons of tasteless fat-free cream cheese (230 calories) for breakfast, have a half bagel with just a bit of the real stuff (130 calories). You'll cut 100 total calories, and the fat in the regular cream cheese will help keep your hunger at bay. (If you're on Weight Watchers, you'll accrue fewer points, which means more for later.)

42 Form a Tag Team

Your significant other may be the best thing that ever happened to your life, but he can be the worst thing in the world for your diet. "Never compare weight loss with your boyfriend or husband," says Cynthia Sass, R.D., and

author of *Your Diet Is Driving Me Crazy*. One of nature's little jokes is that men are more likely to lose more weight in the same period of time than women are. Find other ways to encourage mutual weight loss, Sass says. Treat each other with impromptu foot rubs instead of brownies, or trade your weekend restaurant routine for a movie or card game.

43 Gab and Go

Add 30 minutes to your daily walk and burn about 70 extra calories. "Once you're dressed and ready to go, why not go the extra distance," says Carolyn O'Neil, R.D., author of *The Dish on Eating Healthy and Being Fabulous!* "If you're bored, grab your cell and phone a friend." You won't even notice 30 minutes has elapsed. In fact, you could probably go even longer.

44 Stay Friends with Fat

Cutting too much fat out of your diet will leave you feeling dissatisfied, and that opens the door for temptation. "Nuts, seeds, and avocados are all high in fat but also loaded with healthful oils that should be included in a balanced diet," says David Katz, M.D., Ph.D., professor of medicine, epidemiology, and public health at Yale University and author of *The Way to Eat*.

45 Munch Your Lunch

"If getting a nutritious dinner is tough for you, make lunch your principal meal," Katz says. "Then use dinner as a time to catch up on your vegetables. Keep pre-washed veggies in your fridge and have a large mixed-green salad every night for dinner. Add canned tuna, diced chicken, shrimp, tofu, or hard-boiled eggs if you've missed out on protein during the day."

46 Hire a Trainer

"You might benefit from investing in a personal trainer for just 6 to 8 weeks," Katz says. "You can work out a regimen that fits into your life and gives you aerobic and resistance routines." Or consider joining a gym, such as Curves, with beginner-friendly training circuits. Then bypass the elliptical trainers and head straight for the weights. "If you want to lose 7 or so pounds of body fat, lose the first 2 by building a couple pounds of muscle with resistance training sessions," Katz says. "That, in turn, will help you burn up the rest."

47 Eat and Run

"You can, and must, take food with you when you're out on the road," Katz says. "You should take a snack pack loaded with nutritious food everywhere. It's the diet equivalent of an umbrella. Throw in some fresh fruit, dried fruit, a mix of whole grain cereals, nonfat yogurt, and fresh veggies." Then when you're hungry—and only eat when you really are hungry—a snack pack will provide shelter from a nutritional disaster zone.

48 Find Fitness Where You Can

"If you spend long hours on a plane or in a car, develop an isometric routing routine," Katz says. "This involves tensing muscles against one another and holding them for periods of time." To burn more calories in a session, focus on the larger muscles: abdominals, buttocks, thighs, and hamstrings. "I would recommend four sets of 30 seconds each for these muscle groups. But during a long trip, you can work the entire body."

49 Earn Some Equity

“Use your hand as your portion guide, and during a week’s time, you can have a glass of alcohol or two fist-size portions of sweets and treats not on your recommended food list,” says Catherine Christie, Ph.D., R.D., coauthor of *Fat Is Not Your Fate*. “That allows flexibility and doesn’t encourage overeating.”

For example, scoop out one serving of sorbet (1/4 of the container) into a separate bowl, and then pop the carton back into the freezer; don’t take it with you to the sofa.

50 Best Foot Forward

To establish some discipline, find a routine that provides you with an easy way

to measure your progress. “I would recommend buying a pedometer,” Christie says. “Count the steps in your day and set a goal to eventually reach 10,000 a day.” Roughly 10,000 steps equals 5 miles and has been shown to aid weight loss. “Aim to increase your count by 1,000 steps each week (that’s less than 200 each day), until your daily total reaches 10,000.”

51 Restrict the Restrictions

If you are on the South Beach diet, focus on Phase II. Phase I is designed for the short term, and it can be hard to maintain. But Phase II is more forgiving. “You add whole grains, low-fat dairy, and whole fruit back into Phase II, and have a well-

SWEET WAYS TO BEAT CRAVINGS**52 Give yourself a daily sweets budget**

Give yourself a budget of 100 calories, and spend it wisely. A Hershey’s Kiss only has 25 calories. At that rate, you can savor two without doing serious damage to your diet. A miniature chocolate bar has about 50 calories. Also consider low-cal alternatives, like sugar-free hot chocolate, frozen fruit bars, or even a couple of marshmallows.

53 Don't waste the splurge

“Don’t indulge just because it’s there,” says Kate Geagan, R.D. Make sure it’s really worth it before using up those calories. In other words, eat chocolate when you really, really want it, not just at a certain time each day out of habit.

BEAT THE BINGES**54 Avoid all-or-nothing thinking**

Thoughts like “the damage has already been done, so I may as well keep on eating” can make the binge worse than it has to be. It’s one thing to eat a bag of chips, but if you keep going and down a pint of ice cream, you’ve just made things even worse.

55 Remind yourself that one binge will never make you fat

It’s what you do after the binge that matters. You can have a 5,000-calorie binge and not gain a pound, as long as the binge ends there. Feeling guilty will only make matters worse.

balanced diet that still contributes to weight loss,” Christie says.

56 Tap Protein Power

“You should add more protein for satiety to all meals,” Christie says. “Then you’re less likely to overeat the stuff around the house. You could add peanut butter to your waffle, put turkey or a hard-boiled egg on your salad, and snack on nuts and dried fruit rather than carrots. You also need to add more calcium sources like skim milk and yogurt, and whole grains like brown rice in a stir fry or a whole wheat roll with salad.”

57 Babies Are No Excuse

You’re not the only parent who faces the “What do I do with the kids while I exercise?” problem. And home workouts

won’t cut it. A recent Australian study found that women who exercised at home were four times more likely to skip sessions than women who worked out at a gym. Nearly 70% of gyms now offer supervised child care for only a few bucks extra per month, according to the International Health, Racquet & Sportsclub Association. Find one in your neighborhood. Or sign the kids up for swimming lessons; while they’re learning a new crawl, you can slip in a workout.

58 Go Harder, Not Longer

“Instead of making your goal about mileage, switch it so that it’s more of a high-intensity workout instead of a steady state,” says David Zinczenko, author of *The Abs Diet* and editor-in-chief of *Men’s Health*. “In the same 25 to 35 minutes, do periods of high-intensity work with low-intensity—

JUMPSTART YOUR DIET

1 minute off and 1 minute on, or 1 minute hard and 2 minutes easy. That kind of interval training can really kick up the calorie and fat burn.”

59 Beat an Iron Deficiency

“Add in one more weight-lifting circuit and subtract one of the cardio workouts,”

Zinczenko says. “A little extra muscle mass will eat up more calories without making you bulky and will rev up your metabolism not just during the workout, but for hours after it.”

60 Make a Menu Maneuver

Even if dining out doesn't break your bud-

SOLVE A DRINKING PROBLEM



EVEN IF YOU'RE NOT OVERINDULGING, alcoholic beverages can contribute a lot of empty calories to your daily intake: 1.5 ounces of liquor is 100 calories, 12 ounces of beer is 150 calories, and 5 ounces of wine is 100 calories. And the foods you eat while you're drinking are often high in calories—a double whammy.

61 Instead of a gin and tonic

Try a splash of balsamic vinegar in seltzer (1 calorie vs. 170 calories per 8 oz).

62 Instead of a tequila sunrise

Try a tablespoon of Giroux grenadine (1 Tbsp) in diet ginger ale (50 calories vs. 273 calories per 8 oz).

63 Stop at one

Drinking more than one calorie-dense alcoholic beverage a day isn't doing your diet any favors. “When socializing, find a nonalcoholic drink that works for you—perhaps Pellegrino with a wedge of lime,” says David Katz, M.D., Ph.D., professor of medicine, epidemiology, and public health at Yale University. “Have your one glass of wine or mixed drink, but then nurse Pellegrino the rest of the time.”

STEP-BY-STEP WEIGHT LOSS



64 Take a step in the right direction

Canadian researchers recently asked 106 sedentary people to wear pedometers for 8 to 12 weeks. They found that clipping on a counter increased steps taken each day by more than one-third—from 7,029 to 10,480.

Here's what 3,400 more steps a day for 3 months could do for you.

- 3.3 pounds lost
- 0.6-point reduction in BMI
- 1-centimeter drop in waist circumference
- 4-beat-per-minute drop in resting heart rate
- 11,550 extra calories burned

get, restaurant meals can wreck your diet. In a recent University of Arkansas study, when 200 people were asked to estimate the calories in restaurant meals, they guessed low—by as many as 600 calories. Study coauthor Elizabeth H. Creyer, Ph.D., suggests doing your homework before you dine. Check for nutrition information on restaurant Web sites and brochures, or ask your server if nutrition information is available. No luck? Try this fail-safe strategy: “Skip the appetizer,” she suggests, and order a salad instead.

65 Just Desserts

There's a simple way to solve the sweet tooth problem. “Add a dessert after dinner,” Zinczenko says. “Just make sure you have better-for-you options. Have a scoop of light ice cream or low-fat yogurt with some fresh fruit. Or drink a glass of low-fat chocolate milk. Any of those options will satisfy your sweet tooth and are rich in protein, which will help keep you satisfied.”

The Best Weight Loss Foods



below we've listed great diet changes that you'll find easy to achieve. Many of them will help you cut 100 calories or more from a single serving. Now do the math. Say you eat this particular food or meal three times a week. That's 100 x 3 x 52, or 15,600 calories saved in a year. Which comes to almost 5 pounds, since you'll lose one pound for every 3,500 calories cut from your food intake.

Make another food substitution, and you're up to 10 pounds. Beyond that, the sky's the limit. Here's your meal-by-meal planner.

BREAKFAST

Don't skip breakfast. A good breakfast is the most crucial part of any healthy weight loss effort, as it revs up your energy level and metabolism for the full day.

66 Homemade raisin bran

Mix one cup of Total cereal, a packet of raisins, and 1 cup nonfat milk. This simple home recipe with 244 calories fortifies you with 100% of the Daily Value for most vitamins and minerals, boosts your protein intake by 12 grams, and gives you a sweet, natural fiber and sugar source.

YOU'LL SAVE: 50 calories, 6 teaspoons of sugar, and 5 grams of fat compared with ready-to-serve raisin bran doused with a cup of 2-percent milk.

67 Scrambled whites with greens

This low-fat, scrambled-egg alternative provides 54 grams of high-quality dietary protein in just 255 calories. First, spray your frying pan with fat-free Pam. Then pour the equivalent of four servings of Eggology egg whites (or Second Nature or Egg Beaters egg whites) in a bowl and blend with 1/2 cup spinach and 1/2 cup mushrooms. Heat the pan until the Pam starts to bubble, pour in the eggs, and fry until the eggs are nearly dry.

YOU'LL SAVE: 40 calories, 100 milligrams of cholesterol, and 13 grams of fat compared with two normal scrambled eggs.

68 Balanced Diet Shake

For a cool, tasty, nutritious breakfast, try a shake or smoothie. The Balanced Diet drink provides lots of complex carbohydrates, vitamins, and minerals in a naturally flavored French vanilla or chocolate royale—all just for 180 calories. Each serving also includes 5 grams of dietary fiber and 10 grams of soy, or 40% of the daily minimum now recommended by the American Heart Association.

YOU'LL SAVE: 60 calories daily and nearly 6 grams of fat compared with many other similar drinks.

69 Frozen fruit smoothie

You can prepare your own personal antioxidant-filled fruit smoothie like the following one that runner Bruce Shapiro used to lose 30 pounds over the past few years. Combine and blend: one cup frozen, unsweetened blueberries; 1/2 banana; 1/4 cup wheat germ; and water.

YOU'LL SAVE: 200 calories for each 2- to 3-cup serving, compared with many store-bought and canned smoothie beverages.

70 Toasted plain Lender's Bagel with natural jam

Sure, a frozen bagel can't match a fresh one, but it's easier to obtain for many people, and a little toasting brings it to near perfection. Just spread with your favorite natural jam.

YOU'LL SAVE: Anywhere from 160 to 360 calories and more than 10 grams of fat compared with similar bagels bought at Dunkin' Donuts and other outlets where the bagels are spread with cream cheese.

LUNCH

Lunch is the second-most-important meal of the day in your weight loss plan. It boosts your energy level and regulates your metabolism to keep you on an even keel.

71 Boca Burger Grilled vegetable burger

This zesty, soy-based vegetarian alternative to the high-saturated-fat American BBQ staple contains hints of zucchini, red-bell pepper, garlic, onion, and even a couple of cheeses. It tastes great and provides a

good dose of protein. Add some lettuce, tomato, ketchup, or your other favorite toppings, and you'll hardly notice the difference from the traditional burger.

YOU'LL SAVE: Up to 180 calories and 19 grams of fat compared with a typical grilled 3-ounce beef burger.

72 Health Valley Chili

The right soup is always a great part of your weight loss arsenal. This can of fat-free chili is tasty, easy to prepare, and filled with healthy fiber.

YOU'LL SAVE: 200 calories and 22 grams of fat compared with other prepared and restaurant chilis.

73 Subway Roast Beef Sub Sandwich

Can't live without meat? You don't have

to. Meat is a great source of protein, iron, and several important minerals, and the Subway lean 6-inch roast beef sub contains just 264 calories and 4.5 grams of fat in a meal perfectly balanced with lettuce, tomato, and vegetables.

YOU'LL SAVE: Nearly 100 calories and 12 grams of fat compared with a tuna salad sub, and more than 20 grams of fat compared with the classic meatball sub.

74 Tossed salad with croutons instead of salad dressing

You know that green salads make an important contribution to your day's eating, but you've probably never thought of them as an expression of art and adventure. Here's your chance. Instead of drenching your salads in high-fat dressings, decorate them with croutons, beans, or fruit.

YOU'LL SAVE: 100 calories and 28 grams of fat when you add 1 ounce of croutons and 1/2 cup of beans, peas, and raisins to your salad in place of 1 ounce of an oil-based dressing. You'll also increase your intake of iron, folic acid, vitamin C, and fiber.

75 Alvarado Street sprouted wheat tortilla

It's easy to make your own delicious wrap and save hundreds of calories. With this tasty, organic, whole wheat tortilla, you'll have no trouble fixing a quick, hearty lunch. Boost your vitamin and mineral intake by loading on a handful of greens, shredded carrots, tomato, and peppers along with grilled chicken, lean meat, turkey, or a bean-based filler.

YOU'LL SAVE: Anywhere from 50 calories and 5 grams of fat to much more if you customarily buy a commercial wrap drowning in mayo, oily toppings, or greasy chicken.

MUNCHIES

Everybody has a snack attack at one time or another, and there's no reason to fight it. Research shows that those who snack when hungry eat less later and control their weight better. Just be sure you eat healthy, low-fat snacks such as the ones that follow.

76 Dried papaya, mango, and/or dates

For a sweet taste that mimics a piece of candy, try a dried-fruit snack. Raisins are the most popular, but papayas, mangos, and dates will provide your daily dose of vitamin C, plus some vitamin A and iron. They require more chewing time than raisins, and will satisfy most people in a smaller quantity than raisins, which

are easy to overeat.

YOU'LL SAVE: 100 to 150 calories for 4 to 6 pieces when compared with a handful of raisins or other dense, sugary foods and candies.

77 Glenny's Apple Cinnamon Low-Fat Soy Crisps

Available in two-serving bags, these crunchy cinnamon treats will satisfy your sweet tooth while setting you back just 150 calories for 28 crisps. Also available in lightly salted and onion flavor, each bag contains 10 grams of soy protein (the American Heart Association recommends 25 to 50 grams of soy protein each day for heart health) plus 200% of your daily vitamin C need, 20% of your iron need, and 10% of your calcium need.

YOU'LL SAVE: 150 calories and 15 grams of fat compared with graham-cracker snack treats.

78 Frozen grapes, blueberries, and/or bananas

Frozen sweet fruits are refreshing, satisfying, nutritious, and taste "smooth" or even creamy like many fat-filled desserts. They're easy to store in your freezer, whether store bought or picked-by-you-and-your-family and then frozen. Because of their texture, temperature, and consistency, they taste sweet and alert your body to stop eating before you've overdone it.

YOU'LL SAVE: 80 calories when you compare a whole 12-ounce bag of frozen blueberries to a small serving of TCBY frozen yogurt, and 200 calories and 14 grams of fat when you compare a frozen banana with a 1/2 cup of Ben and Jerry's.

LIQUID SAVINGS



79 Watch what you drink

Although you need fluids after exercising hard, you should avoid consuming lots of calories when you hydrate. The following chart will give you some calorie guidance.

BEVERAGE	CALORIES/16 OUNCES
Ice cream milk shakes	538
Grape juice	307
Orange juice	224
Cola	200
Iced teas, sugared	200
Beer	195
Sports drinks	100
Water	0

DINNER

A satisfying dinner will help you avoid a late-night pig-out. The best dinners are high in complex carbohydrates and low in fat. The carbohydrates will help you sleep better, and also fuel your morning workout.

80 Spaghetti squash

When prepared, the spaghetti squash actually resembles a plate of spaghetti, so you can add all your favorite sauces and toppings. Rich in fluids (about 92.3% water), carbohydrates, fiber, potassium, vitamin C, and pantothenic acid (a B vitamin), spaghetti squash makes an ideal, low-calorie entrée that's still filling. (Note: This is not, however, the best way to resupply muscles after a hard workout. For that, you'll want a traditional plate of pasta, heavy on the spaghetti, and light on the sauces.)

YOU'LL SAVE: 200 calories compared with 2 cups of wheat spaghetti.

81 Idaho Supreme Potato Pasta

Here's a wheat- and gluten-free alternative to the real McCoy. Potato-based pasta is a delightful, high-complex-carbohydrate, high-fiber wheat alternative. The Idaho Supreme pasta is made from organic potatoes to help preserve vitamin C, calcium, and iron.

YOU'LL SAVE: 20 calories per 2-ounce serving compared with traditional pastas.

82 Advantage\ 10 Pizza

This delicious pizza alternative featuring grilled vegetables was designed by low-fat health guru Dean Ornish. You can practically eat the whole pie for the same number of calories you get from one or two

slices at your local pizzeria.

YOU'LL SAVE: 250 calories and more than 20 grams of fat compared with most restaurant or supermarket pizzas.

83 Papadini Hi-protein, pure-Lentil Bean Pasta

This delicious, wheat- and gluten-free pasta has a unique, appealing taste, and shouldn't trouble women whose stomachs are sensitive to regular pastas. It also has 5 more grams of protein per serving than traditional pasta, and is richer in iron, folic acid, and other B vitamins necessary for metabolizing carbohydrates, proteins, and fats for energy. When you prepare Papadini pasta as a vegetable primavera, tossed with peas, beans, carrots, tomatoes, and corn, you get as much protein as a chicken or steak dinner without the excess fat, cholesterol, and calories.

YOU'LL SAVE: 20 calories per 2-ounce serving compared with traditional wheat pastas.

84 Barbara's Mashed Potatoes

They're not a full meal, of course, but these easy-to-prepare mashed potatoes in a box make a great, high-carbohydrate, low-fat "comfort" dish to go with your meal. Prepare them with nonfat milk, water, a little salt, and nonfat margarine.

YOU'LL SAVE: 50 calories and 6 grams of fat compared with a 1-cup serving of traditional mashed potatoes.

DESSERT

It's natural to want something sweet after dinner. Since chocolate contains powerful antioxidants, why not indulge a little?

85 Häagen-Dazs Chocolate Sorbet

Who ever thought Häagen-Dazs would make it as a diet food? But it does. This richly chocolate frozen treat manages to taste creamy without containing any fat at all. Sure, it's sugary, but at least you're getting some protein and fiber as well.

YOU'LL SAVE: 100 calories and 15 grams of fat per serving compared with HD's chocolate fudge ice cream.

86 Chocolate Dreams Cookies

A meringue-type version of the traditional chocolate chip cookie, this one lets you gobble down 5 cookies for under 30 calories and no fat. Bonus: You get 2 grams of protein as well.

YOU'LL SAVE: At least 150 calories and 9 grams of fat compared with just 3 regular chocolate chip cookies.

60-SECOND WEIGHT LOSS TIPS



87 Drink ice water: a pound lost every 8 weeks

That's if you make it eight 8-ounce glasses a day. You'll expend 123 calories of heat daily to warm the water to 98.6 degrees Fahrenheit.

88 Have a Fudgsicle for dessert instead of a Hershey bar

You'll save 100 calories every night and enjoy a 10-pound weight loss over a year.

89 Have a snack before dinner: a 4-pound weight loss in a year

Eat 1/2 ounce of healthy fat, like nuts or avocado, 8 minutes before a meal to keep salad in your stomach for 3 hours, compared with 20 minutes without. You stay full longer and you eat less, says Michael Roizen, M.D., a professor at SUNY Upstate Medical University in New York.

90 Walk to your coworkers' offices instead of sending e-mail

This will burn off more than 1 pound of weight a year. Plus, one study showed that walking an extra 4,000 to 5,000 steps could reduce your blood pressure by 11 points.



Avoiding the Diet Saboteurs

Want to really bring out the worst in people? Lose weight. In one survey, 24,000 overweight women reported that losing weight created problems in their relationships that regaining the weight would have resolved.

Here are four positive actions likely to pave the way to long-term weight loss success and fend off sabotage—whether deliberate or subconscious.

91 Start with Exercise

It builds muscle, burns calories, reduces stress, and, best of all, creates the positive mood that makes you strong enough to avoid saboteurs.

92 Write It All Down

Plan your workouts and meals, and write down every bite. This will keep you honest, and it may also help you recognize the people and events that do you in. Then you can develop strategies to deal with them.

93 Create a Supportive Environment

Whether you write it or say it, be specific about your needs. Even those closest to you can't read your mind. For instance, if being constantly asked how much you've lost will drive you to cheat, let people know. For others, constant checking in may help keep them on track. If you need support when the late-night munchies hit, ask your friend if it's okay to call.

94 Consider Counseling

If you've been direct in asking your spouse for help but don't get it, you may need to seek couples' or family counseling. Poor response often suggests something else is going on.

AVOID THE DANGER ZONES



HERE ARE SOME HEALTHIER, LOWER-CALORIE OPTIONS when friends or family are enticing you.

95 Instead of scarfing down wings and blue cheese with friends...

Try going to a restaurant where they can still get wings and you can get healthier food.

96 Instead of ordering dessert...

Try agreeing to share, then having only a forkful or two, and spending lots of time marveling out loud over how wonderful it is.

97 Instead of a 2-hour lunch...

Try eating a quick lunch, then go shopping or take a walk.

98 Instead of a girl's night out at a restaurant or bar...

Try a spa for a manicure and pedicure; you can talk your heads off and have a great time.

THERE'S SOMETHING ABOUT DAIRY

99 Eat Cheese!

It has been proven that calcium can help you lose weight because it helps absorb energy—i.e., calories—from food. To start shrinking, aim for the Recommended Dietary Allowance of 1,200 mg of calcium per day. That's the amount you'd get from **two 8-ounce glasses of low-fat milk, one 6-ounce portion of low-fat yogurt, and three slices of low-fat cheese.** (Swiss gives you nearly double the calcium you'd get from Cheddar or American).

