

# How to Keep Off Extra Holiday Pounds

**“Look, you want to eat during the holidays.**

But you won't want to eat *everything*. Just because Aunt Whoever baked a homemade casserole doesn't mean you have to have some. A simple 'It looks delicious, but I just ate' is usually enough to satisfy a cook. If she's insistent, take some home.”

—Marissa Beck, New York City dietitian

**“I love having cocktails with friends**

during the holidays, but all that drinking makes me bloated and hungover the next day. What gets me feeling better: drinking water with lemon, cayenne, and honey when I get home, with the requisite aspirin. The water rehydrates you, the lemon gives you

vitamin C, and I've heard the cayenne helps flush toxins—alcohol!—out of your body. The next morning I feel like I didn't drink at all.”

—Rachel Schey, San Francisco-based personal trainer, coach, and sports nutrition consultant

**“My number-one tip**

is to host. You're too focused on your guests to overeat, and you can cook and control what's served.”

—Rebecca Sinn, *Glamour* entertainment editor

**“My motto is: Eat the pumpkin pie.**

Why? It usually has the least amount of fat and sugar—unlike cheesecake and butter cookies.”

—Laurie Erickson, author of *Chef by Step: The World's Easiest Cookbook*



**That Bloody Mary and those oysters?** Actually pretty healthy! Take it easy on the bread and you're golden.



I think the trick is not to buy all that decadent holiday food for yourself. If I buy my own groceries, I can keep healthy.”

—Ashley Madekwe, actress, *Revenge*

**“Be like a broken iPod:**

'No more for me, thanks. No more for me, thanks. No more for me, thanks.' Never change your wording or intonation, and you set such a firm verbal boundary that food pushers have no choice but to give up.”

—Ann Dunnewold, Ph.D., psychologist and author of *Even June Cleaver Would Forget the Juice Box*

**“Eat what you crave, or you'll just wind up bingeing later.**

No one ever got fat off one cookie. It's the whole box that will derail you!”

—Bridget Whelan, *Glamour* reader, via Facebook

**“I eat breakfast every day and make sure to include protein—**

it helps me stop reaching for sugar and junk food later. And having stable blood sugar really helps keep my stress levels down when there's the inevitable family drama.”

—Trudy Scott, author of *The Anti-anxiety Food Solution*

**Sofia Vergara** eats healthy so she can chow down later. Smart.

**“When I know I have a great big party,** I try to eat healthy during the day so that at night I can do whatever I want. Or if it's Christmas, I eat healthier a whole week before so that I can have my fun when the time comes. That way you can go and enjoy the good things!”

—Sofia Vergara, actress, *Modern Family*

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It may look like plain old lemon water. But add cayenne and honey, and it's a hangover antidote!