

PREVENTION



Outsmart the Cookie Season!

50 Holiday Foods That Fight Fat

EXCLUSIVE REPORT

DEAD TIRED?
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“THIS CAN’T BE A HEART ATTACK!”
5 women share stories that could save YOUR life

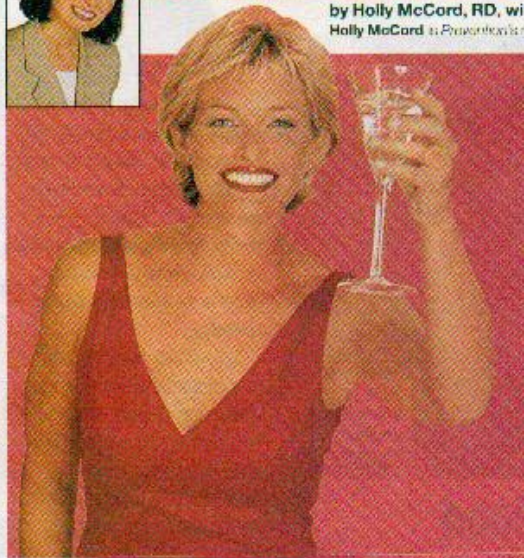
FREE PULLOUT GUIDE
Pick the right vitamin for you

PLUS
How to Talk to Kids about Alzheimer’s



NUTRITION NEWS

by Holly McCord, RD, with Gloria McVeigh
Holly McCord is Prevention’s nutrition editor.



These surprising tips keep you wearing your “skinny” dress.

unburned calories. Then add just one holiday treat each day—a cup of eggnog, a generous slice of gingerbread, or four cookie wreaths—and you’ll be stuffing an extra 5 lb into your stockings by Christmas.

To keep a grip on your holiday figure and fitness, try these original tips from Joanne Lichten, PhD, RD, author of *How to Stay Healthy and Fit on the Road* (Nutrfit, 2001).

TAP YOUR TOES TO THE MUSIC. Make a pledge: Every time you

How Not to Gain 5 Lb

Practical new tricks for staying slim this holiday

The month-long cookie fest from Thanksgiving to Christmas leaves so many of us with 5 added pounds that it’s almost a holiday tradition (*Nutrition Reviews*, Dec 2000).

It takes 17,500 extra calories to gain 5 lb. It sounds like a lot, but if holiday chores squeeze out your usual 5-days-a-week exercise plan, you’ll gain 4,800 extra



hear a Christmas song, you will keep time with your feet. Fidgeting can burn several hundred calories over the course of a day.

GO WITH A SIMPLER ‘DO. Hair clipped back or tied into



a ponytail saves time after workouts—so you’re less tempted to skip them.

BE GENEROUS. Pass along rich food gifts—still in their original wrappers—to a local food bank. Find one in your area at

www.prevention.com/links or call America’s Second Harvest at (800) 771-2303.

GET INTO SCRAPES. You can scrape lots of calories off treats and still enjoy them. Scrape the icing off a piece of carrot cake, and you save 245 calories. Eat pie without the crust, and save



120 calories. Pizza cleared of cheese saves 100 calories.

SPIT IT OUT. Sometimes you pop a high-cal



treat into your mouth, only to realize that it’s just not worth the extra calories. Don’t be embarrassed—just spit it out discreetly into a napkin.

GET UNDRESSED. A daily glimpse of yourself naked in the mirror may inspire daylong restraint.

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