

more than 150 milligrams a day (about one cup of regular coffee) sets you up for withdrawal symptoms—such as a pounding headache—in the future.

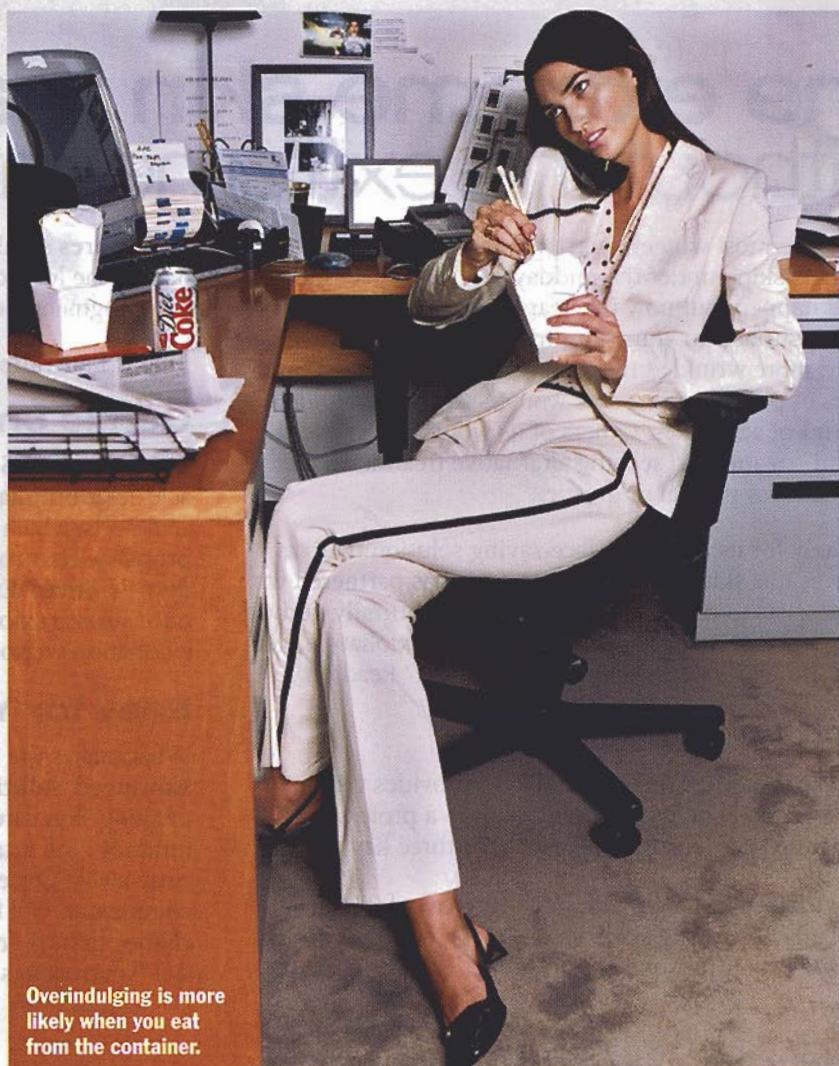
HOW TO ORDER HEALTHY TAKEOUT

An Interview With Lisa Young

*Young is a registered dietitian, nutrition professor at New York University, and the author of *The Portion Teller* (Morgan Road Books).*

If you order dinner and then mindlessly wolf it down in front of the television, you're asking for trouble. But there are simple ways to make sure you don't overdo the fat, calories, or sheer volume in any type of takeout.

- **Hold the phone.** If you're planning to pick up a meal on the way home, place your order in the afternoon when you're less likely to let stress and hunger dictate your choices. If the restaurant doesn't take orders that far in advance, call after you've had a small late-day snack, such as fruit or yogurt.
- **Avoid mystery dishes.** Asian food can be an oil-filled diet disaster or a light and satisfying meal. The best bets are chicken or tofu with steamed vegetables and brown rice, which have a mix of lean protein and fiber to keep you full. If that sounds bland, spice it



Overindulging is more likely when you eat from the container.

up by getting a garlic or black bean dipping sauce on the side and doling out a small amount. As for sushi, two rolls are plenty for one person—

together they contain one to two cups of rice. Just avoid ones with fried fish or mayonnaise, such as tempura maki or spicy tuna. If you want more food, order edamame (a half cup has about 100 calories) or a seaweed salad.

- **Cut the grease.** Pizza can be a great dinner option if you top it with vegetables, not extra cheese, and limit yourself to one slice and a green salad. But be careful with pasta dishes: The servings tend to be huge. Pick an appetizer as your meal or split an entrée that has a tomato-based sauce (not cream or Alfredo) and a mix of vegetables and healthy protein, like shrimp. Eat slowly and keep in mind that a cup and a half per person is the right portion size.
- **Take sides.** Salads are often laden with fat, so limit the amount of toppings, such as blue cheese, bacon, and avocado, and dip your fork in the side order of dressing rather than pouring it on. If you ask for spinach instead of romaine or iceberg, you'll get more nutrients, like folate, and I always

ASK ALLURE Dermatologist Patricia Wexler



Wexler specializes in cosmetic dermatologic surgery in her New York City practice.



How can I make extractions less painful during a facial?

—Darcy, via email

WEXLER'S RESPONSE: Apply a retinol gel a few days before your appointment to help slough off a layer of dead skin, which makes it easier for the aesthetician to clean out your pores. An hour before your appointment, take Tylenol (Advil or aspirin can increase bruising) and rub on a thin layer of Elamax, a nongreasy numbing cream. During the treatment, ask for an extra ten minutes of steam to really loosen the dirt in your pores and a clay mask, which pushes impurities to the skin's surface. Or try peels instead—they unclog pores and often cause much less pain.

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Insiders' Guide STYLE

request extra cherry tomatoes—they're loaded with antioxidants and flavor.

- **Set the table.** Once you have your meal, don't eat straight out of the container or while going through your mail or watching television. Instead, transfer it to a real plate and put away any leftovers immediately. If you want more food, wait 20 minutes—not only will it be less appealing if it's cold in the refrigerator, but odds are you won't be hungry by then.



Giving (and receiving) advice is easier in a relaxed setting. Photographed by Guy Bourdin.

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Insiders'

GUIDE

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