

Cut hundreds of

There's no need to give up holiday treats. Just use a few of these simple strategies, and you can shed up to nine pounds in a week!

Here's some very merry news: Top nutrition scientists from around the world got in the Christmas spirit and figured out ways that you can beat holiday weight gain *without* dieting! In fact, their breakthroughs promise to make this your most effortlessly skinny Christmas *ever*. Don't believe us? Then take it from a group of *Woman's World* readers who tested the no-diet strategies, *below*. Each woman used as few as three of the tricks—and still got amazing results. "I didn't think I'd lose *any* weight," confesses Megan Case, 23, an administrative assistant from Longview, Texas. "But I lost nine pounds in one week! This really works!"

Try this at home!

Turn your hunger way down, and you can enjoy normal foods—including holiday treats!—while getting slim at the same time. Simply use any combination of the following:

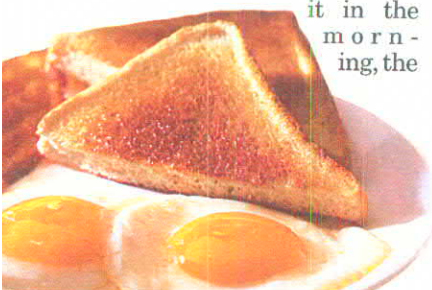
1 Enjoy an early breakfast!

Dig in as soon as you wake up, and you'll shrink your appetite all day long, say British researchers. The proof: In their study, women downed about 100 fewer calories on days when they had breakfast at 7:30 a.m. compared to days when they waited until 10:30 a.m. When you're up and about for hours before you eat, it seems to throw off satiety cues.

Potential calorie savings: 700 a week!

2 Get a morning protein boost!

Before you reach for another bowl of cereal, consider this: A brand-new Purdue University study shows that protein-rich foods have extra hunger-killing power when we eat them in the morning. "Protein is the best nutrient for triggering satiety. And when you eat it in the morning, the



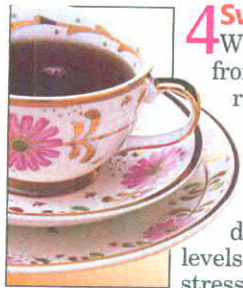
benefits start early and last all day," notes lead researcher Heather Leidy, Ph.D.

Potential calorie savings: 400 a day!

3 Lunch on seafood!

Protein shuts down hunger better than any other nutrient—and fish shuts down hunger better than any other protein, experts say. The latest proof: A Swedish study found that people who had fish at lunch consumed 11% less at dinner than those who had an equal-calorie beef lunch. Scientists suspect amino acids in fish increase the power of the stop-eating hormone called leptin. So fix yourself tuna salad with low-fat mayo, or try the new Lean Cuisine Tortilla Crusted Fish entrée.

Potential calorie savings: 160 calories a day!



4 Switch to tea!

What sets tea apart from coffee? British researchers have found that folks who start sipping four cups of black tea a day slash their levels of a fattening stress hormone called cortisol by 20%. What's more, separate studies show that powerful compounds in tea can help us burn an extra 266 calories a day. Plus, those of us who drink tea in place of sugary beverages will save, on average, an additional 300 calories daily. Wow!

Potential calorie savings: 566 a day!

5 Chew each bite 15 times!

And put your fork down between mouthfuls. A University of Rhode Island study found these simple strategies slow down eating, giving the brain more time to register satisfaction—so much so that we automatically eat 10% fewer calories!

Potential calorie savings: 200 a day!

6 Pull up a chair!

Before you eat, take a seat. Those words of wisdom come to us courtesy of University of Toronto researchers who recently found that we tend to eat 75% more if we dine standing up!

"When you stand, you're usually distracted and your brain doesn't fully register the meal," explains nutrition pro Lisa Young, Ph.D., author of *The Portion Teller Plan*.

Potential calorie savings: 300 a day!



7 Throw back a "shot"!

A new drugstore diet aid called



back in her skinny jeans.

Potential calorie savings: 280 calories a day!



"No more cravings!"

Cravings and hunger had always been a problem for Maria McBride—until she tried some of the tricks on these pages. "I kept expecting my cravings to kick in, but it never happened," smiles the River Vale, New Jersey, mom, 41. "I felt full and satisfied all the time!" Down three pounds—without dieting—she's back in pants she hadn't worn for a year!

Maria fits in her skinny jeans!

Maria's best tip: Keep protein bars on hand. "When I'm rushing, I can grab a protein bar from the pantry and be on my way without skipping breakfast."

calories without dieting!



No willpower? No problem! No-diet swaps that can save you even more calories!

Instead of this	Enjoy this	You save
1 crab cake 290 calories, 19 grams fat	12 large shrimp, 2 Tbs. cocktail sauce 125 calories, 3 grams fat	165 calories, 16 grams fat!
5 pigs in a blanket 470 calories, 29 grams fat	2 Tbs. spinach artichoke dip, 5 crackers 170 calories, 12 grams fat	300 calories, 17 grams fat!
5 stuffed mushrooms 386 calories, 32 grams fat	6 small beef meatballs 230 calories, 9 grams fat	156 calories, 23 grams fat!
1/4 cup salted nuts 204 calories, 18 grams fat	1/2 cup Chex Mix 130 calories, 7 grams fat	74 calories, 11 grams fat!
6 oz. dark turkey meat 376 calories, 20 grams fat	6 oz. turkey breast 238 calories, 2 grams fat	138 calories, 18 grams fat!
1 slice pecan pie 678 calories, 36 grams fat	1 slice apple pie 395 calories, 18 grams fat	283 calories, 18 grams fat!
1iced ginger cookie 77 calories, 6 grams fat	1 homemade chocolate chip cookie 110 calories, 6 grams fat	157 calories, 0 grams fat!
1 piece chocolate peppermint bark 137 calories, 13 grams fat	Candy cane 45 calories, 0 grams fat	155 calories, 13 grams fat!
1 square chocolate fudge 120 calories, 5 grams fat	1 piece milk chocolate mint melt-away 38 calories, 2 grams fat	82 calories, 3 grams fat!
3 oz. Hershey's chocolate Santa 570 calories, 33 grams fat	4 Hershey's chocolate kisses 100 calories, 6 grams fat	470 calories, 27 grams fat!
1 cup gourmet caramel popcorn 976 calories, 29 grams fat	1 cup microwave popcorn 60 calories, 0 grams fat	916 calories, 29 grams fat!
Regular hot cocoa with whipped cream 215 calories, 7 grams fat	Lite hot cocoa with marshmallows 60 calories, 0 grams fat	155 calories, 7 grams fat
1 glass eggnog (6 oz.) 228 calories, 12 grams fat	1 glass champagne (6 oz.) 130 calories, 0 grams fat	98 calories, 12 grams fat!
1 chocolate martini 438 calories, 9 grams fat	1 gin and tonic 170 calories, 0 grams fat	268 calories, 9 grams fat!

Avoid holiday weight gain!

Effortlessly cut hundreds of calories without dieting!

"It was so easy!"

As soon as Georgette Gorman, 42, made an effort to sit down at meals and chew her foods more thoroughly, "I ate less but left every meal satisfied," says the Surprise, Arizona, mom. She lost four pounds in a week—without feeling deprived!

Georgette's best tip:

Check your protein grams. Georgette's usual English muffin with egg didn't have as much protein as she thought. "I added turkey sausage, and it helped me eat less all day!"

Georgette lost a pound every 2 days!