

FamilyCircle

Walk Off Pounds
This Summer

Delicious
10-Minute
Meals

Amazingly Simple
Weight-Loss Tricks

Yard Sale Savvy!
Maximize Your Profit

50 Fabulous
Fashion Finds

Pretty Porch and Patio Ideas

How to
Create the
Life You Want



► **Diet** Continued from page 78

diet plan," says Lawrence Cheskin, M.D., director of the Johns Hopkins Weight Management Center in Baltimore, Maryland. Cut down on your TV time and watch the pounds roll off; a study at the University of Utah found that women who exercised moderately and watched an hour of TV per week versus the three hours the other group watched had a body mass index that was 1.8 points lower.

Another way of dealing with mindless munching while watching television is making that room a no-snack zone.

Pounds-off Potential: If you cut down on TV watching and nix the 9 corn chips (which have 153 calories) you nibble on every night, you'll shed 16 pounds in a year.

Buy Better Pans

Using a nonstick pan will keep you from having to grease up your food with unwanted fat—and calories. So buy yourself a good Teflon-coated pan. Nonstick vegetable cooking sprays also work well. Using these will help you forgo the butter or oil when making eggs, stir-fries, French toast, fried chicken or other fried food.

Pounds-off Potential: If nonstick pans let you put the kibosh on four tablespoons of cooking oil (which has 477 calories) per week, you'll lose seven pounds in a year.

Catalog Your Calories

"Keeping a food journal helps people who are watching their weight avoid eating without being aware of what they're putting in their mouths," says Lisa Drayer, R.D., director of nutrition services for DietWatch.com. "Unconscious eating can cause people to consume too many calories, which ultimately leads to weight gain."

You may stop and think before food enters your mouth if you know you're going to be keeping track of it in a journal. Research shows that dieters who are consistent in keeping a journal continue to lose weight during the holiday season, while those who are lax in keeping records gain weight during that same period.

Pounds-off Potential: If keeping a journal makes you not eat the caloric equivalent of a one-ounce serving of crunchy Cheez Doodles (150 calories) every day, you'll lose 16 pounds in a year.

Downscale Your Coffee

Coffee's low in calories, right? Sure, unless it's one of those super-frothy, sweet concoctions from the coffee shop. A venti (20-oz.) Caramel Macchiato from Starbucks, for example, weighs in at 313 calories.

Enid Borgerding, 45, a mother of three from Roseville, Minnesota, lost 15 pounds by switching from fancy coffee drinks to black coffee with a little sugar. Learn to love your coffee and tea without cream and sugar, and watch the weight roll off. If you can't bear it black, use low-fat or skim milk and a teaspoon of sugar.

Pounds-off Potential: Replace the before-work venti Caramel Macchiato that you have five days a week with a cup of coffee with a teaspoon of sugar (which has 16 calories) and two tablespoons of 1-percent milk (13 calories) and lose 21

Replace the venti Caramel Macchiato you have five days a week with a cup of coffee with one teaspoon of sugar and two tablespoons of 1-percent milk and lose 21 pounds in a year.



Successful dieters know that polishing off the kids' leftovers every night is a big no-no.

pounds in a year. Lose even more weight by switching to skim milk (two tablespoons has 11 calories).

Distract Yourself

Taking a bite of this and a nip of that while you prepare a meal can really rack up the calories—before you even sit down to eat. Can't resist tasting while you cook? Chew on gum instead, suggests Bauer.

Pounds-off Potential: If the gum keeps you from eating the caloric equivalent of a half cup of mashed potatoes (which has 111 calories) or chow mein noodles (118 calories) every night, you'll lose 11 or 12 pounds per year.

Leave the Leftovers

If you're like most moms, your kids' leftovers become your next nosh. But that's a quick way to pack on the pounds.

"When my kids didn't eat what I had cooked for them, I used to feel compelled to munch on the leftovers," says Sue Guiher, 38, a mother of two who lives in Warminster, Pennsylvania. "I now cook less for them and they eat that amount—so there are no leftovers for me to eat. If they're still hungry, I give them fruit." Now not only are her kids getting the nutritional benefits of eating more fruit, Guiher lost weight without feeling hungry.

Pounds-off Potential: If fixing your kids less food keeps you from eating the caloric equivalent of five potato puffs (80 calories) and three chicken tenders (144 calories) each night, you'll lose 23 pounds in a year.

Say No to Movie Popcorn

Even an occasional monster-size bucket of movie popcorn can be a diet disaster. "The amount of fat and calories is outrageous," says Drayer. "It's close to 1,400 calories and 80 grams of fat for the largest bucket—and that's before you add the butter." That's because movie popcorn isn't typically air-popped, it's often popped in highly saturated coconut oil. Add eight tablespoons of butter, and you're eating 2,216 calories and 172 grams of fat!



Photos: Ross Whitaker. Prop styling: Kathy Imlay. Hair and makeup: Margaret Avery. Shirts: Lands' End (top); Garnet Hill (bottom).