

STEAL THEIR STYLE: J.LO, CHARLIZE, GWEN AND PENELOPE

seventeen

seventeen.com

DECEMBER 2001

217

HOT GIFTS
(& how to give back)

**MAKE
THE FIRST
MOVE**
p.s. he's waiting

BRITNEY

you might even LIKE her

**WHAT'S
COOL
NOW**

faux fur,
distressed
denim,
sexy cords

talk dirty
with
**BLINK-
182**



"I thought I was going to die"
SPECIAL SECTION: your take on terror

U.S. \$2.99 Can. \$3.50

pre-game goals

1 eat light

Don't scarf down a morning bacon-egg-and-cheese sandwich. Save a few calories during the day by having a bowl of cereal and skim milk for breakfast so you can enjoy the feast later on, says Althea Zanecosky, a Philadelphia-based registered dietitian and spokesperson for the American Dietetic Association.

2 don't starve yourself

Thinking about fasting until you fill up at the big meal? Bad girl! "Fasting will make you more likely to overeat at dinner and could cause you to gain extra weight," says Lisa Drayer, registered dietitian and eCounseling program director at DietWatch.com, Inc.

3 bake your own cake

If you fix your own low-fat dishes and guilt-free desserts, you won't have to worry about whether Mom used butter or margarine in the mashed potatoes, says Drayer.

party plans

4 pass the chips

Just say no to chips, pizza and other foods you can eat anytime. Hold those calories for the special dishes (like Grandma's cheesecake) you get only once a year.

5 take it to the limit

Fill a dinner plate with the foods you love, munch away, then call it quits. No multiple plates. No seconds. And no piling food 10 stories high. This way you'll end up consuming about as much food as you would have at a regular meal.

6 think before you drink

Opt for water or diet soda instead of high-cal juices or eggnog.

7 three bites and you're out

"With some foods—like brownies or pumpkin pie—a lot of people find the best taste sensations come in the first few morsels," says Zanecosky. Start with smaller portions to avoid eating after the thrill is gone.

8 don't love it? don't eat it

"You want to savor each bite—not waste calories on foods you don't like," says Drayer. If you're stuck having to eat something icky, tell your mother the desert-dry turkey that's making you gag is too spicy.