

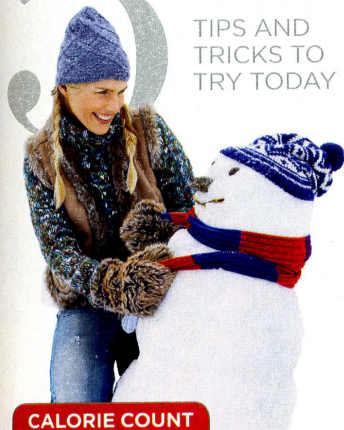
Good Housekeeping

December 2008

goodhealth

Drop 5 lbs

TIPS AND TRICKS TO TRY TODAY



CALORIE COUNT

Slim Pickings

Winter weight gain? Bah, humbug! Prevent seasonal pudg with these cold-weather calorie burners.

ACTIVITY	CALORIES
Shoveling your driveway*	430
Stacking firewood*	358
Building a snowman*	286
Pulling your kid—and his sled—up the bunny slope†	269
Downhill skiing†	215
Ice skating with your kids†	197
Setting up the tree—then decorating it*	164
Walking in a winter wonderland (3 mph)†	118
Wrapping presents*	107
Kissing under the mistletoe	1

* For one hour; calories based on a 150-pound woman.
† For 30 minutes. Source: American College of Sports Medicine; Compendium of Physical Activities.



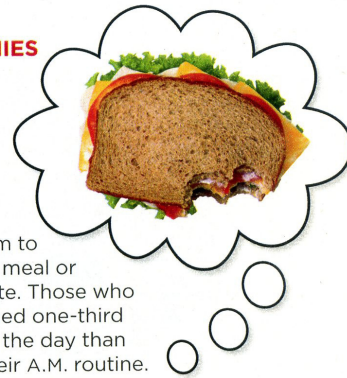
BE IN MINT CONDITION 1 Starbucks Grande Peppermint White Chocolate Mocha (530 calories) = 10 candy canes (55 calories each)

Handy Holiday Helper

Good news, partygoers: The key to navigating that table of temptation—a.k.a. the holiday buffet—may be your personal digital assistant (PDA). Just go to calorieking.com/mobile, type in the treat that's threatening your willpower (the database is filled with nutrition info for more than 50,000 foods), and click "go." You'll know within seconds how many calories are in that slice of apple pie.

MIND OVER MUNCHIES

To curb those 4 P.M. snack attacks, think about lunch. In a recent study, British researchers fed 47 women a midday meal and then, three hours later, asked them to write about either the meal or their morning commute. Those who described lunch downed one-third fewer goodies later in the day than those who recalled their A.M. routine. The reason: Remembering your last meal helps activate your body's natural "I'm satisfied" signal, say researchers, so you eat less overall.



Click Here Cut more calories! Find diet-friendly substitutions at goodhousekeeping.com/cravings

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