

The Little Black Dress Diet

Secrets for getting in, and staying in, that little black dress during peak eating seasons



Written by Katy Magazine's Editors

With the average woman gaining up to 10 pounds over the holidays, we wanted to share some tried-and-true tricks for keeping those extra pounds away. Here are some easy ways to survive the peak weight gain season.

Have Water with Everything

Have a large glass of water in between cocktails and snacks to fill you up and keep you from over-indulging.

Fill up Before You Go

Before you go out to a food-filled party, have a nourishing bowl of soup, a protein shake, or meal replacement shake with plenty of water. You'll feel too full to overeat.

Pre-Plan Your Calories

If you have a big party at night, make it a point to eat light during the day.

Get Social

Spend time visiting and socializing with friends and meeting new people away from the food tables so you're not mindlessly nibbling.

Lower Calorie Cocktails

Choose a glass of champagne or a rum and Diet Coke over a margarita or daiquiri, which can have up to five times more calories.

Choose to Move

Always take the stairs over the elevator, dance at the party instead of sit, and walk to your child's school instead of drive. Look for ways to burn calories all day.

Honor the Do Not Eat List

Create a list of foods that you know you just shouldn't eat. Look at it daily and be self-disciplined enough to honor it. You can bring your own platter of what you can have so you will have something healthy to eat.

Watch Your Coffee

Did you know that most specialty Starbucks drinks have over 500 calories? Choose a Cafe Americano with Splenda instead, which has only 15 calories, or better yet, drink it black.

Do the French Diet

Instead of filling your plate with servings, take a spoonful of a few things. Taste everything, but eat nothing. **KM**

More Do's & Don'ts

DO

Hit the veggie tray over the dessert tray

Write down what you eat during the day

Exercise at least 30 minutes a day

Eat before you go

Have twice weekly weigh-ins to avoid surprise poundage

Recover the day after

Eat healthy throughout the day

Eat small portions

DON'T

Skip your workouts over the holidays

Drink to excess

Eat at the party and then again when you get home

Take leftovers home

Eat bread or starchy carbs if you plan to drink alcohol or sugary sodas at the party



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A graduate of Katy High School, Nicole Istre has worked in the early care and education field for 25+ years as a teacher, director, training and child care consultant, and owner.

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