



### ...at a restaurant

- **Share entrees** "Fill up on salad to start, then split two dishes with a friend: something lighter like roast chicken or grilled fish, and something indulgent like pasta or mac and cheese."
- **Don't deprive yourself** "You can eat rich food, but limit yourself to three to five bites. It should be enough to satisfy your craving!"

Audrina Patridge

# DIET CHEAT SHEET!

Nutritionist Marissa Lippert dishes on how to eat everything you love—and still lose weight!

## How To Cheat...

### ...at home

- **Downsize portions** "If you cut how much you eat by 15% to 25%, you'll be on your way to dropping extra pounds!"
- **Get the most out of food** "To feel full and satisfied, 50% of your meal should be fruits and veggies; 25% lean protein (lean steak, chicken); 25% healthy carbs (beans, potatoes, whole grains) and a smidge of healthy fat like olive oil."



cook with olive oil!



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\*Contains 3.5 grams of total fat per serving.

# StyleWatch Health



Gabrielle  
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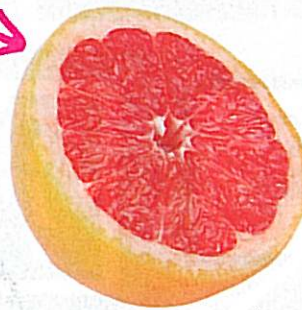
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## ...at a bar

- **Scale back slightly** "If you have three drinks over the course of a week instead of four, you'll cut your calories by 25%!"
- **Drink smarter** "Have just one of your favorite margaritas or mojitos, then switch to something lighter like champagne, light beer or a vodka-soda. Sip seltzer in between drinks."

## ...before a big event

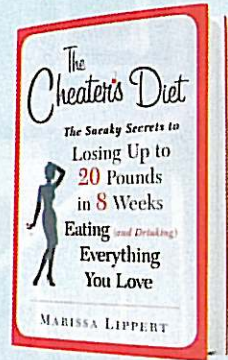
- **Reach for de-bloating foods** "For a flatter-looking stomach, choose grapefruits, oranges, asparagus, watermelon, avocado and grilled salmon."
- **Avoid tummy inflaters** "Artificial sweeteners, carbonated drinks, gum and salty foods can lead to water retention."



try grapefruit!

## Get The Book!

For more tips, check out *The Cheater's Diet*, Dutton, \$25.95; amazon.com



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