

# THIS MINUTE

YOU WANT TO KNOW ABOUT...

## Holiday Diet Strategies

Experts tell *Us* how to avoid the seasonal chub club

**I**F ALL YOU WANT FOR CHRISTMAS IS NOT to blow your diet, check out these tips from Hollywood nutritionist Christine Avanti and trainer Mike Alexander.

**Booze blunders** Nothing packs on holiday pounds like alcohol, says Alexander, whose clients include Jessica Simpson and Kristin Cavallari. "Drink a glass of wine, which has about 120 calories," he tells *Us*. "If you're cold and want to warm up, go for coffee over hot chocolate — and stay away from calorie-dense, high-fat eggnog."

**Preemptive protein** Fill up before hitting the party circuit. "I suggest Jarlsberg Lite Swiss Cheese — it has 2 grams of fat and 8 grams of protein — with a couple of crackers or a sliced apple," says Avanti, who has worked with Samantha Harris and Jeremy Piven. "You'll stay satisfied."

**Tricky treats** Going shopping? Beware the mall food court! "Keep a protein bar or almonds in your purse," suggests Alexander. And, adds Avanti, toss a bottle of water in there while you're at it. As for seasonal goodies around the office, if you can't resist, says Alexander, "at least go for ones without icing — all that adds is more sugar." JB

▼ A mixer for Molly Sims? Zero-calorie seltzer, offers Alexander.



▲ Avanti would advise Alli Larter to opt for a 50-calorie candy cane.



Cavallari's party tip: "If you're drinking or eating cookies, be more careful about what you eat the next day."

Here's a taste of a day on *The Special K Challenge.*™

MEAL 1: Red Berries Cereal



SNACK 1: Raspberry Bliss® Bar



MEAL 2: Salad with Grilled Chicken



SNACK 2: Mixed Berry Protein Water



MEAL 3: Red Berries Waffles



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