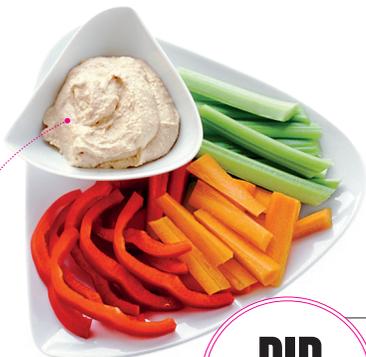


# the party diet

No, that isn't an oxymoron. Even during the holidays, when you're tempted with endless flutes of bubbly and all manner of bacon-wrapped nibbles, you can keep your **WEDDING WEIGHT-LOSS PLAN** on track. How? By keeping these pro tips top of mind

**FRUITS AND VEGGIES ARE YOUR FRIENDS / GOTTA LOVE THAT TASTY FIBER: IF YOU FILL UP ON KIWI KEBABS OR CRUDITÉS, YOU'LL BE LESS LIKELY TO LUNGE FOR SOMETHING NAUGHTY.**



## DIP

*yeas nays*

**a good bet:** Hummus and guacamole, says nutritionist Tricia Williams, founder of Food Matters, an NYC-based nutrition-counseling service. "But only two tablespoons," she notes. "They contain healthy fats, but the calories add up."

**a bad bet:** Hot spinach dip. Although the spinach makes it sound low-cal, "it's loaded with cream cheese and mozzarella," says Williams.

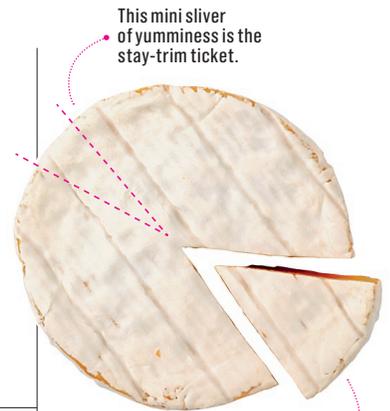
## COCKTAILS: DE-(COLOR)-CODED

**FLUORESCENT COCKTAILS ARE NOT A BRIGHT IDEA**  
Basically, "anything with color isn't good," says wellness whiz David Kirsch. "It's usually caloric and sugary."

**VODKA + SODA = THE CLEAR WINNER**  
It's all in the mixer, baby. Who knew that tonic water is packed with sugar? (Eleven grams in a measly four ounces, similar to a bottle of Sprite.) Conversely, soda water contains exactly zero sugar. Clearly, vodka-and-soda beats the calorie pants off a gin-and-tonic.

## CHEESE: TREAD CAREFULLY

"It may seem like a small, carb-free indulgence, but calories from cheese pile up quickly," says Williams. To add insult to injury, "dairy slows down the digestive process." So when confronted with a tempting block of brie, treat yourself to just a sliver. A tiny, pinkie-size sliver. The goal is to keep your total cheese consumption to about two ounces.



Reality check: One cubic inch of brie contains nearly five grams of fat.

## DON'T WALK IN RAVENOUS

Kirsch strongly recommends a pre-party game plan that involves sustenance, be it a protein bar or one of his Thermo Bubbles packets, powdered vitamin supplements laced with appetite-suppressing chromium picolinate. "That way," he says, "you won't do anything crazy." (Like eat everything that isn't nailed down.)

**THE SNEAKY GOOD STUFF**  
Pigs in a blanket! For extra credit, peel off that blanket. "They're certainly not as bad as a fried wonton," says Kirsch. "Steer clear of anything fried."

**GO FOR THIS NOT THAT**  
**THE NOT-SO-SNEAKY BAD STUFF**  
Savory turnovers, because there's no removing that flaky shell. Also, "be wary of treats wrapped in bacon," warns Williams. Which doesn't mean never, ever. One won't kill you!

