100 BEST DIET TRICKS EVER

#13 And #74 Will Change Your Life

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THE TRUTH ABOUT SUGAR
What’s Too Much, What’s Okay

GIULIANA RANCIC
How She Stayed Strong Through Cancer, Miscarriage, And IVF

THE ANTI-SAG WORKOUT
7 DAYS TO A FIRMER BUTT, BELLY, AND BUST

TOO BUSY? TOO TIRED?
Try This, See Results

BURN 650 CALORIES FAST

Safest Places To Find Health Cures Online
100 Best Diet Tricks of All Time

Whether you want to drop 10 this month or just avoid holiday gain, these are the strategies that'll make it happen.

By MELISSA DALY

Do as successful dieters do: Weigh yourself at least once a week.

A NEW DIET ARRIVES, ANOTHER FADES AWAY. SHOULD EATING HABITS really be as fleeting as fashion trends? Let's face it: The greatest weight-loss strategies are the ones that stand the test of time—and, while we're at it, the ones you can cherry-pick to fit your body and life. So go ahead and take your pick. Our list of the best ways to peel off the pounds was created with the help of RDs, MDs, psychologists, trainers, celebs, and women who've been there, done that. These made the cut because they work.
10 Weigh yourself at least once a week—even after hitting your goal weight.

06 “If you live with people who like to indulge, buy treats for them that you don’t like yourself.” —Jamie Goldberg, SI, interior designer in Bonita, California, who lost 97 lbs

07 “Keep fruit at work. It helps during the I-need-chocolate part of the afternoon.” —Diana Cerqueira, health beauty assistant

08 That said... “If you maintain a chocolate stash, keep it out of reach: you’ll eat nearly 60 percent less of it if you do.” —Brian Wansink, PhD, director of the Food and Brand Lab at Cornell University

09 Keep a food journal: Women who do lose 6 lbs more on average. —Journal of the Academy of Nutrition and Dietetics

11 “Set a tangible goal with a firm deadline—for example, schedule an ‘after’ photo shoot. It will help you stay motivated.” —Ramona Braganza, trainer who got Jessica Alba in shape for a photo shoot less than three months after Alba gave birth

12 “After a sweet treat, eat half a slice of deli turkey to keep you from wanting more.” —Jennifer McDaniel, RD, spokesperson for the Academy of Nutrition and Dietetics

13 “Blog your goals. It’s harder to quit in front of an audience.” —Charles D’Angelo, author of Think and Grow Thin

14 “Portion control isn’t about measuring; it’s about ordering two appetizers instead of an entrée and cutting back on bread if you have pasta.” —Bethenny Frankel, author of Naturally Thin

15 Work out in the a.m. Brigham Young University researchers found that 45 minutes of moderate-to-vigorous exercise in the morning reduces your motivation for food.

16 “Get six to eight hours of sleep a night. Without it, the appetite hormone ghrelin increases, which could result in weight gain...” —Manuel Villacorta, RD, author of Eating Free

17 “…And schedule at least two three-minute breaks during the day to practice deep-breathing exercises. It will reduce the stress hormone cortisol, which builds fat around your mid-section.” —Manuel Villacorta

18 “Think of an image of yourself fit. When a craving occurs, picture the image. With repetition, your brain will replace the craving with the image.” —Robert Maurer, PhD, California Health & Longevity Institute

19 “Put the soda down & step away. Regular soda drinking may make muscles less likely to burn fat.” —Dawn Jackson Blatner, RD, via Twitter

20 “If you’re not hungry enough to eat an apple, you’re not hungry.” —Michael Pollan, author of Food Rules

21 “Don’t chuck the skins: A substance in apple peel increases muscle and healthy, calorie-torching brown fat.” —University of Iowa study

FORA SLIMMER-LOOKING BELLY BEFORE A BIG EVENT:

22 Beat bloat by avoiding wheat the week before.

23 Ditto anything processed or canned, including juice and soda (diet or regular).

24 Eat high-fiber foods the day before, and have a tablespoon of olive oil with warm water and lemon in the evening.

—Oz Garcia, PhD, New York City nutritionist
25 Eat slowly by using chopsticks or your non-dominant hand.

26 Plan meals into your travel itinerary. Check out airport options and restaurant menus online.

27 Clench your fists when you have a craving. Research found that people were better able to control their impulses when they tightened a muscle for at least 30 seconds.

28 "No carbs after lunch is one of the hardest (rules) to follow. But if you follow this rule YOU WILL lose weight."
—Bob Harper, trainer, via Twitter

29 Fill your playlist with upbeat tunes. Research shows you'll naturally quicken your pace if you work out with songs that have 180 beats per minute. Go to mixmeister.com or jog.fm to analyze your list or choose new songs.

30 "Count calories. MyNet-Diary gives you a clear picture of how many calories you've eaten."
—Carrie Watt, nutritionist to Fergie and Sela Ward

31 "Add a zero to your weight and use that to figure how many calories you should have if you're moderately active. If you weigh 140 pounds, aim to eat 1,400 calories."
—Jackie Newgent, RD, author of 1,000 Low-calorie Recipes

32 "Be specific about your weight-loss goal. The brain detects a difference between where you are and where you want to be, so when you're specific, your brain throws resources like willpower at it."
—Heidi Grant Halvorson, PhD, author of The Psychology of Goals

33 "Eat every three to four hours so you'll be equipped to say no to temptations."
—Pamela Peeke, MD, author, The Hunger Fix

34 "Fill a pitcher with water and cucumbers. It's pretty—and it feels like a treat."
—Olivia Rassow, Health food editorial assistant

35 Take your cue from dieters on the National Weight Control Registry who've lost 66 pounds (on average) and kept it off:
> 75 percent weigh themselves at least once a week.
> 78 percent are breakfast eaters.
> 62 percent limit TV to less than 10 hours a week.

36 "Vinegar before meals may increase fullness. Have salad with 1–2 TBSP vinegar before lunch/dinner!"
—Joy Bauer, RD, via Twitter

37 "Change your goal from 'lose 20 pounds' to 'lose 1 pound 20 times,' and give yourself credit for each one."
—Anne Parker, Miraval Arizona Resort and Spa

38 "Increase the strength component of your workout. Adding lean muscle to your body not only tones, it also increases your metabolism."
—Sara Shears, celeb trainer

39 Fast-forward through commercials: A University of California study found that images of high-cal foods stimulate the brain's appetite control center, triggering hunger.

40 "Wear something tight! It provides the extra bit of motivation to lay off the fries."
—Illana Blitzer, Health beauty/fashion editor

41 "Cut sodium and carbonation! Carbonation can bloat your stomach, making it appear distended for hours or even days! Sodium holds onto fluid."
—Erin Palinski, RD

42 "Serve yourself, then immediately pack the leftovers in a Tupperware container and store in the fridge."
—Marie Rispolo, Health contributing beauty editor

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**FILLING FOOD PAIRS**

Snacks that combine fiber and protein produce a greater sense of fullness, nix carb cravings, and banish hunger, says Peeke. Try these super-satisfying pairs (or mix and match!).

43 apple slices + peanut butter
44 berries + cottage cheese
45 wasa crisps + black bean dip
46 bell peppers + hummus
47 broccoli + low-fat cheese
48 "Brushing my teeth after dinner makes me less likely to eat again before I go to bed." —Jo Miller, Health photo director

52 "When I'm trying to drop a few pounds, I carry around a shake of chocolate protein powder. If I'm ravenous, I add the water, and it fills me up so I don't eat something high-calorie instead." —Bobbi Brown, founder of Bobbi Brown Cosmetics

53 "In the cafeteria I use a 4-by-4-inch Styrofoam box, and I put whatever I want in there. It's almost impossible to overeat." —Ellen Kunes, Health editor-in-chief

54 "Hang a sweat calendar on your fridge and mark the days you exercise so you'll stay clear about your goal." —Bob Wright, Hilton Head Health spa

55 "Take a 15-minute walk after each meal to burn a quick 100 calories." —Bob Wright, Hilton Head Health spa

56 Embrace "breakfast dinner." Dieters who ate a large breakfast that included a sweet treat lost 37 lbs more over eight months than those on an equal-calorie diet with a smaller, low-carb breakfast. —Tel Aviv University Medical Center study

57 Apple "pie": Dice 1 whole unpeeled apple, sprinkle with cinnamon, microwave for 3 minutes; add 1/2 cup raw oats and 1 cup water. Microwave 3 more minutes and top with 4 oz vanilla Greek yogurt.

58 Strawberry "sundae": In a baking dish, toss 4 cups fresh, hulled strawberries with 1 TBSP each balsamic vinegar and brown sugar. Roast at 350° for 40 minutes until syrupy. Add 1/2 cup to your morning oatmeal, plain fat-free Greek yogurt or cottage cheese. —Enka Wong, RD, California Health & Longevity Institute

59 "Variety stokes your appetite. Limit the variety of treats you buy so you'll eat less of them; and do the opposite with vegetables so you'll eat more of them." —Jennifer McDaniel

60 "Counter stress-eating with the 4-7-8 Breath: Inhale through your nose to a count of four, hold for a count of seven, then let go and exhale through your mouth with a whoosh for a count of eight. Repeat four times." —Jim Nicolai, MD, Miraval Arizona Resort and Spa

61 "Weigh yourself every day to stay on track." —Cindy Santa Ana, 43, health coach who lost 50 lbs

62 "Use the three-bite rule with dessert: Have three small bites and put your fork down." —JJ Virgin, author, The Virgin Diet

63 "Cut out drinks with calories—juice, lemonade, and, hardest of all, after-work wine." —Lisa Lombardi, Health executive editor

64 "Many people have a 'healthy' food, like almond butter that they tend to overeat—at which point it stops being healthy. Know yours, and keep it out of the house." —JJ Virgin

65 "Eat in the right order. Eat vegetables first to naturally have more of them and ultimately eat fewer calories." —Dawn Jackson Blatner

66 "Have a cheat day." —Ashley Greene, Twilight Saga: Breaking Dawn Part 2

67 "Pilates!" —Elizabeth McGovern, Downton Abbey

68 "Cut out pasta, wine, and cheese." —Jessica Biel, Playing for Keeps

69 Always grocery-shop on a full stomach with a written list and a cart (heavy baskets trigger instant-gratification decisions, research shows).
70 “During your workout, rest no more than 30 seconds between exercises. This will dramatically bump your calorie burn.”
—Jillian Michaels, fitness expert, via Twitter

71 “Eat protein at every meal. It keeps you full longer and burns calories as it digests.”
—Ramona Braganza

72 “Eat what your family eats, but put your serving on a kid-size plate.”
—Angie Vinez, 33, stay-at-home mom who lost 40 lbs

73 “Expect some discomfort. You’re leaving your comfort zone of old eating habits. Knowing that it can be uncomfortable will help you get through it.”
—Anne Parker

74 “Finish eating three hours before bedtime. Your metabolism slows down when you sleep so you shift from fat burning to fat storage.”
—Mark Hyman, MD, author of UltraMetabolism

75 “Remember: Eating is not a hobby!”
—Charles D’Angelo

76 “When you are doing a treadmill workout, add arm exercises with light weights to increase your calorie burn.”
—Jeanette Jenkins, celeb trainer

77 “Buy an outfit in your healthiest size and hang it on your bedroom door as a reminder of your goal.”
—Coral Arvon, PhD, director of behavioral health and wellness at Pritikin Longevity Center & Spa

78 “Leave serving dishes on the stove instead of at the dining table and you’ll eat nearly 10 percent less.”
—Brian Wansink

79 “All calories are not created equal, and carbs are the worst for keeping off weight.”
—Michael Pollan

80 “Resist cravings by postponing indulging to a future day when you’re free to eat whatever you want.”
—Jim Nicolai

81 “Before I got in shape, a friend convinced me to take photos of myself wearing nothing but a sports bra and underwear. Any time I fall off the wagon I look at those pics—that’s all the motivation I need!”
—Raulynn S. Frazer, health assistant fitness editor

82 “Cravings usually pass within 10 minutes. Distract yourself by:

- Calling a friend
- Walking
- Meditating
- Having sex
- Facebooking
- Painting your nails
—Coral Arvon

83 “Can’t give up the bread basket? Use olive oil instead of butter. You’ll eat 23 percent less bread and 16 percent fewer calories.”
—International Journal of Obesity

84 “Have a bowl of vegetable soup before lunch; you’ll eat 20 percent fewer calories at the meal.”
—Research by Barbara Rolfs, PhD, at Pennsylvania State University

85 “Pack snacks into single-serving bags. Eating out of a large container ups consumption by 61 percent.”
—Brian Wansink

86 “EAT FIBER AND PROTEIN AT MEALS
They help keep sugar levels balanced so you won’t give in to cravings, says Tanya Zuckerbrot, RD, author of The Miracle Carb Diet. Follow her plan below and lose up to 10 pounds in a month (if you do 3.5 hours of cardio per week). Eat three meals and a snack a day (after Week 1, add a second snack).

Breakfast
(ABOUT 300 CALORIES EACH)
92 Order a Spinach & Feta Wrap and a small Caffe Misto with nonfat milk at Starbucks.
93 Fix Quaker High Fiber Cinnamon Swirl instant oatmeal. Stir in 2/3 cup diced apple and 1 TBSP chopped walnuts.
94 Have 6 oz Greek yogurt, 1/2 cup berries, and a high-fiber bar such as Gnu Peanut Butter.

Lunch/Dinner
(ABOUT 400 CALORIES EACH)
95 Eat a grilled chicken salad with veggies, 2 TBSP each Parmesan cheese and low-cal dressing.
96 Top 1 cup brown rice with 4 oz grilled shrimp and 1 cup steamed broccoli. Drizzle with 1 tsp olive oil and 1 TBSP balsamic vinegar.
97 Prepare a Kashi Steam Meal like Sesame Chicken; serve with 1 cup frozen spinach, prepared according to package.

Snacks
(100–150 CALORIES EACH)
98 Enjoy a Kashi Chewy Granola Bar, such as Cherry Dark Chocolate.
99 Munch on a handful of pistachios or almonds.
100 Eat a mini bag of Orville Redenbacher Smart Pop! popcorn.