

WORLD EXCLUSIVE Charlotte tells Gavin:
WE NEED THERAPY!

**BIG
XMAS
ISSUE**

20 December 2007 nowmagazine.co.uk £1.50

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FERN

**'Being fat
made me
a terrible
role model'**



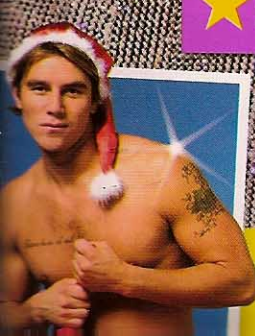
EXCLUSIVE

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**BRAVE
KATIE
DEFIES
TOM!**



EAT
WE



SNACK
OFTEN



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YOU

EAT AND LOSE this christmas

MAKE CLEVER CHOICES

'Pick wisely and you can indulge without gaining weight,' says nutritionist Emma Wells.

'Choose white breast meat from the middle of the bird and lose the skin – it's soaked with fat and calories.' Stick to new or sweet potatoes, not roasties. Pile your plate high with coloured veg such as red cabbage, carrots, swede and broccoli. Go easy on the sauces – bread sauce contains 90 calories per tablespoon, while cranberry sauce has 55.

TOP TIP! Round off dinner with a fruit salad of pineapple and papaya. These contain digestive enzymes bromelain and papain, which ease bloating and stomach pain. Top with a dollop of probiotic yogurt.

Sitting around all day watching TV and eating Quality Street are what we love about Christmas, but bursting your buttons can ruin the fun. 'Replace salted nuts and crisps with unsalted nuts, grapes and low-fat pretzels,' says Emma. 'If you're visiting, take them with you and offer to help your host hand out drinks. Keeping busy stops you snacking out of boredom.'

TOP TIP! Start the day with a high-protein, low-GI breakfast, such as scrambled eggs with smoked salmon on wholegrain toast. This'll keep you full until lunchtime and away from those selection boxes.

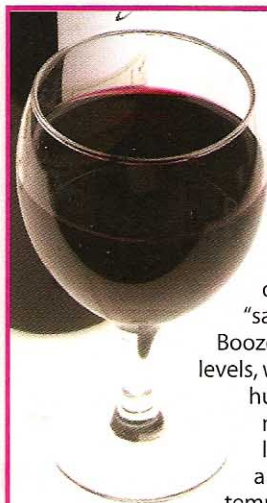
EAT YOURSELF

'Decide which treats you really want,' says Emma. Go for good quality wine, chocolate and cheese – low-fat versions won't satisfy and you'll end up eating too much. A few squares of rich plain chocolate with a glass of good red wine is better than five milk chocolates washed down with a high-calorie, sugary white wine.'

TOP TIP! Practise damage limitation. Have Christmas pudding if you want it, but top with yogurt rather than custard or cream.

The average woman eats 8,000 calories on Xmas Day! Here's how to cut down and still enjoy

PASS ON THE PLONK



'Alcohol is incredibly fattening,' says Emma. 'But whatever you do, don't skip meals to "save" calories for alcohol. Booze disrupts blood-sugar levels, which can make you hungry anyway; if you miss meals, you're very likely to overeat after a few glasses. Don't be tempted to tuck into booze before you tuck into your Christmas lunch.'

TOP TIP! Make your booze go further – add a couple of ice cubes to white wine and spirits and gulp glasses of water in between drinks. It'll make your hangover more bearable, too.

BIN LEFTOVER BITS

Cold, greasy bits of potato and rock-hard mince pies – leftovers are never as tasty as you think they'll be. 'Most leftovers can go straight in the bin,' says Emma. 'But keep leftover turkey and veg, which are great for soup; studies show that people who have soup for one meal each day are more likely to lose weight.'

TOP TIP! If you've developed a sugar addiction over Christmas, take a chromium supplement. 'Taking 200-400mg of this mineral every day for six weeks should help reduce sugar cravings,' says Emma.

Try GTF Chromium Tablets from Holland & Barrett, £2.99 for 50 (0870 6066605, hollandandbarrett.com).



Cut-out-and-keep Christmas calorie guide



● Swap 100g salted peanuts (617 calories) for 100g mixed dried fruit and nuts (450 calories).

● Swap a buffet-sized pork

pie (225 calories) for five small cocktail sausages (150 calories).

● Swap 25g cheddar (120

calories) for 25g Edam (95 calories).

● Swap one large mince pie with two tablespoons of brandy butter (450 calories) for four chocolate truffles (260 calories).

● Swap four roast potatoes (390 calories) for one large roasted sweet potato (240 calories).

