

## 2 | Take a Sabbatical from Sugar and Salt

Although one Oreo cookie is fine in theory, it's hard to stop there. Sweets and alcohol often make you crave more sugar, putting your noble efforts at self-control in peril. Sodium prompts your body to retain water. It's not enough to put down the salt shaker; beware the lunch-time deli run, too. Pickles, sliced meats, and split-pea soup are all known to pump you full of H<sub>2</sub>O.

## 3 | Don't Overdo the Juice Fast

Liquid diets can help you feel lighter in the short term, but maintain them for any longer than three days and you're setting yourself up for nutrient deficiencies, fatigue, and failure. Juicers often start bingeing right after swallowing their last sip, warns dietitian Keri Gans of the American Dietetic Association. "If you're going to try it," she says, "don't think you can just drink juice and then go to McDonald's."

## 4 | Give Up the Shredded Wheat

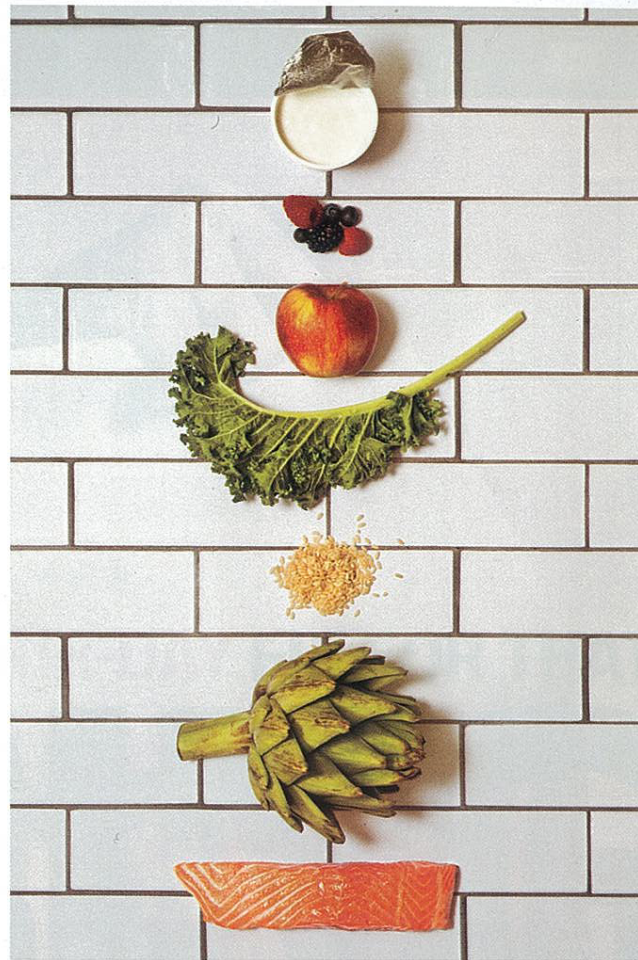
According to New York nutritionist Oz Garcia, the wheat-based starches you find in breakfast cereals are trouble. "Many men, as they move toward a better diet, think whole wheat is good for them," he says. "But it triggers appetite and water retention. It also contributes to gaining weight around the gut and developing man boobs." Try oats or grains like quinoa or millet instead—or get your carbs from vegetables like yams, squashes, and pumpkins.

## 5 | Bring On the Artichoke

A plate of fiber-rich lentils or chickpeas will fill you up, but so will the often overlooked—and decidedly delicious—artichoke. Glassman suggests having one every afternoon. "It's low-calorie," she says, "and it takes a while to eat."

## 6 | Don't Be Too Spartan

When Bradley Cooper had to shed a few pounds for his upcoming role in *The A-Team*, he ate mostly boiled chicken, broccoli, and brown rice. Channing Tatum has stream-



## + Turn Up the Heat

No less an expert on overindulgence than John Belushi would head to the sauna after a wild night. The *Animal House* star was crazy, yes, but he was no fool. One 20-minute session can improve your mood and your appearance. The heat raises your outer body temperature, boosting your circulation and making you feel euphoric, and the sweat flushes debris from your pores. "It mimics the effects of running the Central Park loop," Oz Garcia says. Try saying that about wheatgrass.

lined his physique with the same regimen. Glassman says it's a good plan, though a bit too ascetic. Boiling the chicken adds no fat or calories. But grilling it with a little nonstick spray and some herbs and spices adds about two calories and lots more flavor.

## 7 | Bite Your Tongue

As a topic of conversation, your diet restrictions are about as interesting as a grocery list. Unless your name is Oprah, no one cares that you'd kill for some lardo on wheat bread. So be a champ and keep your virtue to yourself.

## A New Way of Drinking

THREE TIPS FROM PEOPLE WHO KNOW A HEALTHY BEVERAGE WHEN THEY SEE ONE.

### The Protein Shake

Put down the whey powder. Dr. Jeffrey Morrison, a New York weight-loss specialist, recommends breakfast shakes made from rice protein, which is less rough on the stomach. Mix two scoops of protein powder, two tablespoons of flaxseed fiber, eight ounces of water, and ice in a blender. Consume with the morning paper.

### The Sports Drink

"Coconut water is what Gatorade wishes it was," Oz Garcia says. It has the potassium and the sugar you need to feel restored after a workout but none of the artificial ingredients or the food coloring.

### The Hangover Remedy

Forget hair of the dog. Come the morning after, try rehydrating with this: Fill one half of a glass with apple juice, the other half with water, and add a pinch of sea salt. "As a cure, it works," Morrison says.



Need motivation?

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**Fatbet.net**—founded by two buddies trying to drop 10 pounds each—helps you set up weight-loss competitions with friends and chart the results. Those who meet their goals split the winnings.