



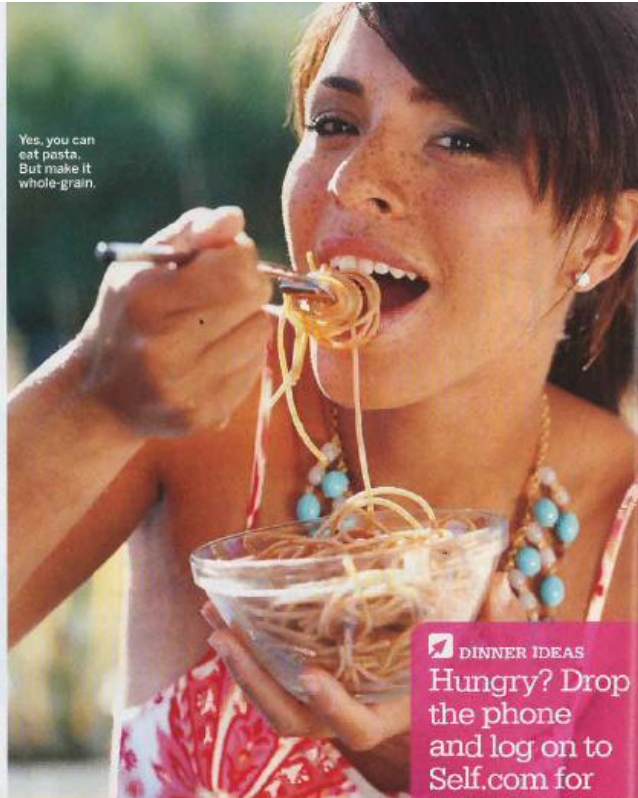
Self
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**JUMP
START
DIET**

[week 1]

Chow down!

Starving is a one-way ticket off the weight loss wagon. Practice filling up on healthy eats to stay satisfied and stick with the plan.



Yes, you can eat pasta. But make it whole-grain.

1 Boost breakfast. Wake up to a feast fit for a queen. "Metabolism is higher in the morning, so you should eat more," says SELF contributing editor Janis Jibrin, R.D. Obese women who ate a 600-calorie breakfast shed about 40 pounds in eight months, whereas those who ate smaller meals netted only a 9-pound loss, finds research from Virginia Commonwealth University in Richmond. A combo of protein, carbs and fat will keep you full for hours. Have a whole-grain waffle with peanut butter, or yogurt with fruit and nuts.

2 Make smart swaps. When researchers at Johns Hopkins University in Baltimore gave people lunches made with mushrooms or the same meals made with meat, the 'shroom consumers ate 42 percent fewer calories than those eating the beefier dishes. Ounce for ounce, fungi have fewer calories than meat, but are as filling. Also consider using carrots, broccoli and brussels sprouts. Today, cook with veggies instead of high-calorie animal protein in casseroles, pasta dishes and sandwiches.

3 Focus on real food. Many dieters start their battle of the bulge by filling their fridge with light versions of treats such as ice cream or muffins. Resist the urge! "Diet" food leaves you unsatisfied (physically and mentally) and lures you into believing you can eat multiple servings of cake for minimal calories. "Instead, eat a sane serving of the real thing," says Molly Gee, R.D., a project leader in the department of medicine at Baylor College of Medicine in Houston. Savor an ounce of dark chocolate, a cube of cheese or a scoop of ice cream.



Pick vitamin-filled foods like veggies.

4 Have a game plan. Like any great journey, your path to weight loss will require some planning. Thinking ahead helps you avoid those desperate moments that land you at the vending machine or have you dialing for greasy takeout. Today, plot out your meals and snacks for the next few days.

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6 Move your re Advanceme out improve

it easier to stick to your eating plan. Start building up sweat equity with "The Great 1-Month Slim-Down" (page 88).

7 Stash snacks. "Letting yourself get too hungry in between meals makes it more likely you'll grab the first thing you see and overeat," says Willow Jarosh, R.D., of New York City. "Pack two 150-calorie snacks a day so it's easier to reach for something healthy." Try string cheese and an apple or ½ cup berries with 2 tablespoons almonds and 1 teaspoon honey.

DINNER IDEAS
Hungry? Drop the phone and log on to Self.com for 500 slimming recipes. Yum!

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