

Do I really Have to Diet during the Holidays?

Keep your diet on the down-low through the holidays.

Add a little laughter (and maybe less pounds) with this fun article from Women's Health Magazine.

Sunday afternoon football, holiday dinners, meeting up with friends after work for that "it's so cold outside" hot toddy. All in all, November and December are cruel months for anyone looking to drop a few pounds. Even if you are blessed with the willpower to avoid nachos, pecan pie, and the Cider or eggnog special, diet saboteurs can make you feel like a party pooper just for ordering dressing on the side. Bypass the peer pressure and the fat traps with these under-the-radar tips.

1. Your Mission: Get through T-Day without consuming a week's worth of calories.

Your Opponent: Pushy, plus-sized Aunt Ruth, who eyes your looser-fitting pants and passes you the smoked-bacon stuffing and cheesy mashed potatoes.

Your Game Plan: Pile on the vegetable sides and white meat. Then, put a scoop of sweet potatoes or stuffing smack-dab on top. It'll give the illusion that your plate is loaded with high-carb goodness, even though it's mostly low-cal fare. Skipping the dark meat and buttery potatoes will save you a few hundred calories.

2. Your Mission: Maintain your party girl cover without sucking down more martini's than James Bond.

Your Opponent: The co-worker who claims that wine spritzers are for hockey moms.

Your Game Plan: Order an extra-spicy Bloody Mary and no one will dare call you a pansy. The old-school beverage delivers just 110 calories, and studies show that the Tabasco kick may actually help curb your appetite.

3. Your Mission: Kick back and watch the game with your friends and loved ones without listening to comments about eating "rabbit food".

Your Opponent: The guys in the group that will complain until next year if they don't get something deep-fried with their beer.

Your Game Plan: Score a smaller rear while you rack up points with the game crew by whipping up your own game-time munchies. "Seven-layer dip or onion dip, made with healthier ingredients like low-fat sour cream and cheese, and ground turkey instead of ground beef, can be just as delicious as the full-fat variety. Most of the game-time crew will have no clue it's healthy. Serve dips with chips like tortilla strips which are lower in fat than potato chips.

4. Your Mission: Stick to your diet at a restaurant without making your friends feel guilty for splurging.

Your Opponent: The unsupportive friend who keeps telling you that a little cream sauce and butter-fried calamari never hurt anyone.

Your Game Plan: "Order two appetizers-one a healthy dish, like broth based soup-and explain that so many things on the menu look good-and you just can't decide. Diet studies have suggested that having soup as a first course can help save you about 20% of the calories off of your meal. And who could accuse you of being a food prude when you have just ordered two dishes?"