

WEEKLY

# US

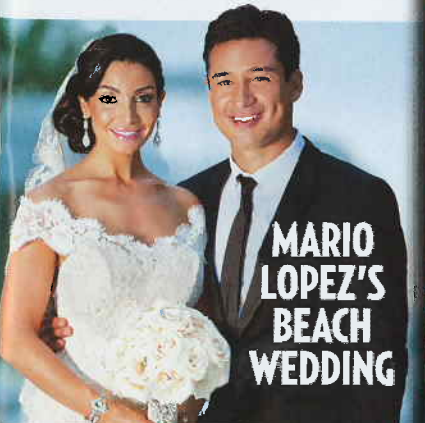


**BACHELORETTE WEDDING**

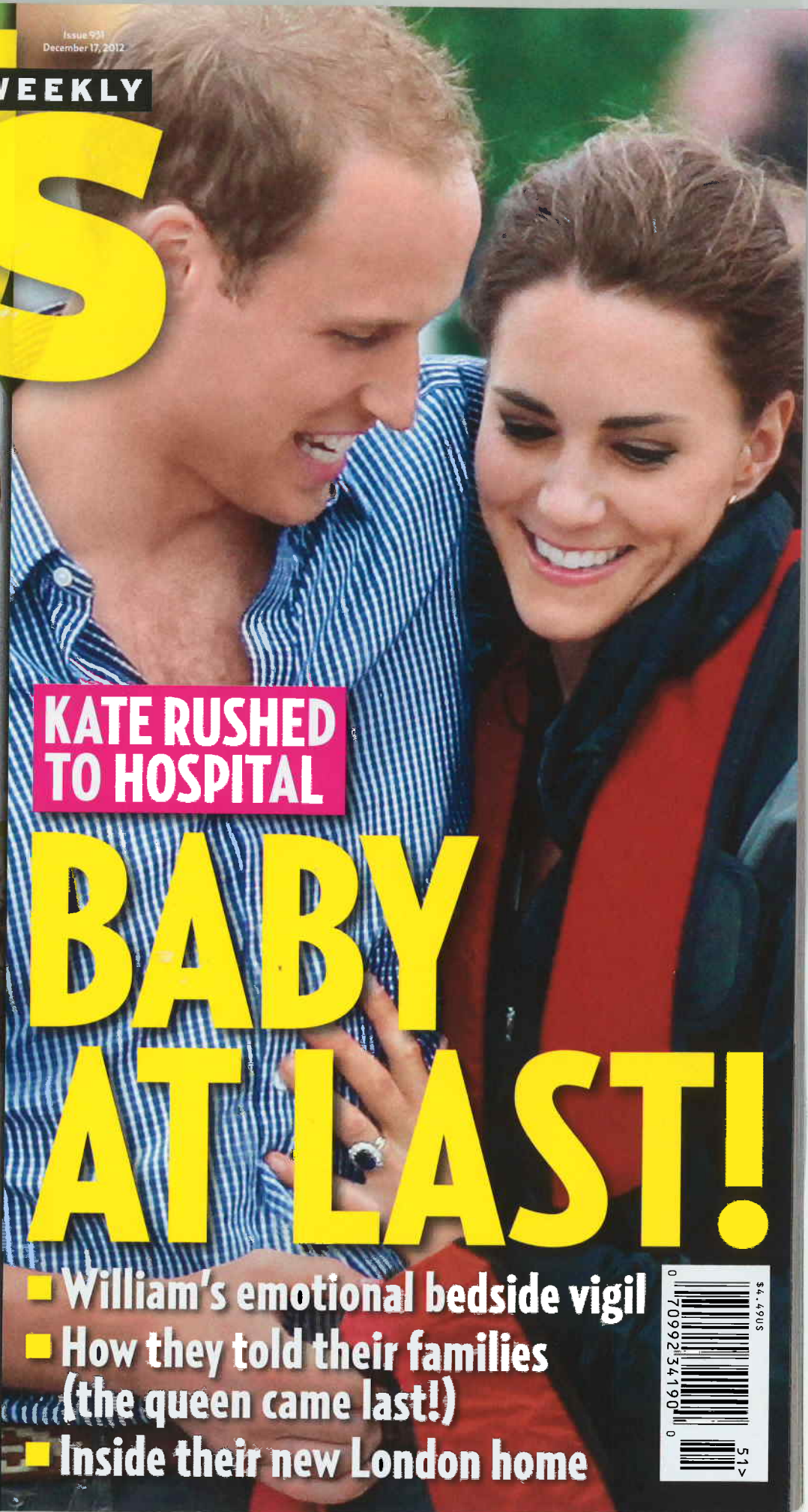
**J.P. & Ashley's Photo Album**



**HOT NEW COUPLE  
Taylor & Harry's Romantic Weekend**



**MARIO LOPEZ'S BEACH WEDDING**



**KATE RUSHED TO HOSPITAL**

# BABY AT LAST!

- William's emotional bedside vigil
- How they told their families (the queen came last!)
- Inside their new London home

0 7099234190 0

512

\$4.49 US

**1** LOOK BEFORE YOU EAT

**A**T PARTIES, HONE IN ON the healthiest offerings: shrimp cocktail, smoked salmon, light salsa. “Find the food that will give you the most bang for your caloric buck,” says NYC dietitian Rachel Berman. “Don’t sample everything!” Jessica Alba, 31, for one, chooses crudités. “I don’t reach for anything processed,” the 5-foot-7 Honest Company cofounder tells *Us*. Another tip: Accessorize your LBD with a clutch, suggests Berman. “You won’t be able to hold a drink *and* a plate piled with calorie-laden treats!”



Alba's crunch of choice: carrots.



**2** FOCUS ON FRIENDS

**S**HOW UP AT SOIREES with a mission: Meet three new people. “If you’re busy talking, you won’t station yourself next to the buffet,” explains Berman. Better yet, plan festivities that aren’t focused on food. Marissa Jaret Winokur recently shed nearly 60 pounds — in part by getting active with pals. “I’ve stopped going out for lunches with friends,” the 4-foot-11 *Retired at 35* actress, 39, tells *Us*. “When they want to hang out, I’ll say, ‘Let’s go for a walk or a hike.’ It’s multitasking!”

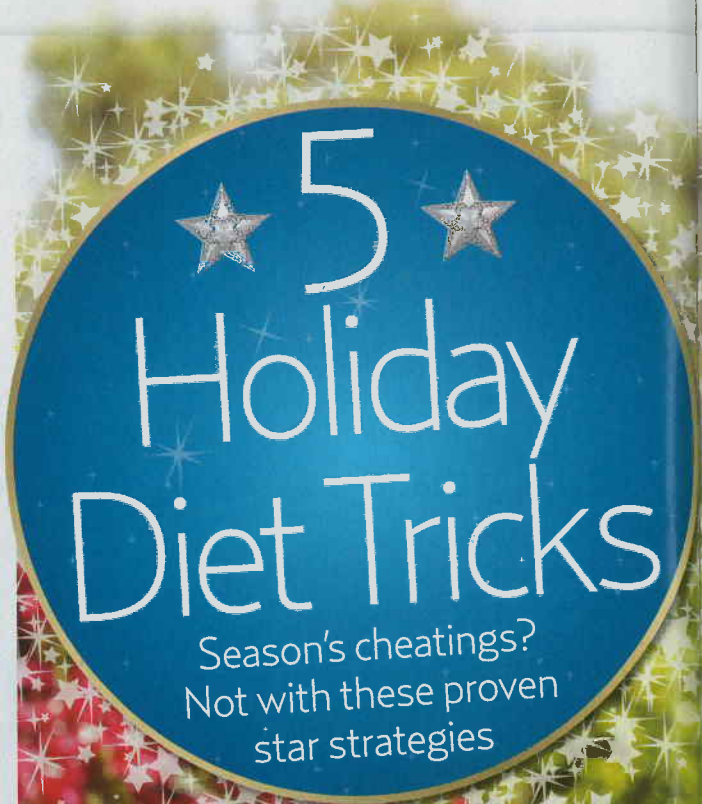


Winokur's go-to snack: "Popcorn!"

**3** INDULGE — A LITTLE

**S**ATIATE A RUMBLING stomach before heading off to a family feast — but save room for a pig in a blanket. “Have two turkey slices or a hard-boiled egg for satisfying protein,” suggests New York City dietitian Keri Glassman. “That way you won’t be too hungry and overeat heavy dishes.” Adds Berman of *CalorieCount.com*, “Try a broth-based soup.” A Penn State University study showed that having chicken soup within 30 minutes before a party may help you eat 20 percent less throughout the

night. Making allowances during the week can also give you wiggle room for treating yourself later. *Real Housewives of New Jersey's* Melissa Gorga, 33, indulges in thrice-weekly pizza dinners with her kids, but keeps the rest of her diet clean. She fills up on lean meats such as grilled chicken at dinner, snacks on berries and never drinks sugary soda. “If you ignore cravings, you’re going to want those foods all day long,” says the 5-foot-4, size-0 singer. “You have to find a balance.”



S



## 4 TRY A NEW EXERCISE



**H**O-HUM ABOUT THAT spin class? “Change your routine every 10 days” so the body doesn’t get stuck in a rut, says Tracy Anderson, who is helping former Pilates and running devotee Kim Kardashian, 32, lose 10 pesky pounds with two-hour dance workouts. Though the holiday social calendar may threaten, don’t cut out your workout — just cut it down. When Anderson’s client Jennifer Lopez, 43, is tight on time, says the pro, “we let the cardio go, and keep her leg- and armwork in the picture.”

**"It's intense!" 5-foot-2 Kardashian tells *Us* of her workout.**

## 5 DO THE MATH!

**T**IS THE SEASON TO GET tipsy. But that glass of vino costs you about 100 calories per 4-ounce serving. “Mix wine with seltzer and save 50 calories,” suggests Glassman, author of the upcoming *New You and Improved Diet*. As for those high-calorie sweets? Take it from Jennifer Hudson, 31, who dropped 80-plus pounds tallying her intake on Weight Watchers. “Find a concoction that tastes like what you’re craving,” she’s said. “If you eat cashews and an apple, it tastes exactly like a caramel apple!”



**The 5-foot-9 singer's party trick: "I carry snacks."**

CLOCKWISE FROM BOTTOM LEFT: MIKIC ROYCE/STEVEN BERENSON/WIREIMAGE.COM; ADAM OLSEVSKIY/GETTY IMAGES; JENNIFER HUDSON: JEFFREY MATTAR/REUTERS; TRACY ANDERSON: JEFFREY MATTAR/REUTERS; DESIGNS BY LEBRON; SHUTTERSTOCK (4)

BY SARAH GROSSBART & JENNIFER O'NEILL  
With reporting by Brianna Deutsch, Ingrid Meilan,  
Jennifer Peros, Ailsandra Puliti & Nakisha Williams