

NOVEMBER 2008

Good Housekeeping

Best ways to **SAVE**
18 Frugal & Fabulous Ideas

Perfect **PIES**
(There won't be a slice left!)

Thanksgiving COOKBOOK

24 yummy new recipes to mix & match

BONUS

CINDY McCAIN & MICHELLE OBAMA
Honest, open talk

YOUNGER-LOOKING EYES IN 15 MINUTES



EXCLUSIVE!
Jon & Kate Plus 8

The Gosselins on TV fame—and what keeps them close

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top right: LARA ROBBY/STUDIO D; Radius images/Jupiterimages; Christine Balderral/istockphoto

Drop 5 lbs

TIPS AND TRICKS TO TRY TODAY

Holiday Survival Plan

Make sure your holiday bulge doesn't stick around: Get a close friend to watch you step on the scale now and after New Year's. When researchers weighed 19 people before Thanksgiving and again mid-January, participants' weights stayed the same—even though they consumed 36 percent more calories a day, on average, over the holidays. Knowing they'd be held accountable motivated volunteers to shed the extra pounds, suggest researchers.



Photographs: clockwise from

QUICK TRICK TO GET MOVING List actions you can take to increase your cardio exercise, say researchers at Texas Christian University, and you're more likely to do it. The proof: When they asked 53 couch potatoes to think about either *why* cardio was good for them or *how* they could make themselves do it more, by study's end the "hows" were exercising 25 minutes more per week, on average, than those who contemplated the benefits.

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DO THE MATH 1 slice pecan pie (670 calories) = 5+ scoops of Edy's Slow Churned Butter Pecan Ice Cream (120 calories per 1/2 cup)



Fill Up on Flavor

The key to eating less may be right under your nose. Researchers at Chicago's Smell & Taste Treatment and Research Foundation asked 1,436 obese and overweight people to sprinkle everything they ate with calorie-free crystals designed to enhance the smell and taste of food. After six months, participants lost 30 pounds, on average—without changing other diet or exercise habits. Since 90 percent of what we perceive as taste is actually smell, the researchers speculate that participants found the foods tastier and more satisfying—hence, they ate less. Sensa Tastants are pretty pricey (\$59 for a month's supply at trysensa.com), so if you're on a budget, try seasoning your meal well, and take a whiff before you dig in.

Click Here Save calories! Find diet-friendly substitutions at goodhousekeeping.com/cravings