

450+ IDEAS FOR THE BEST GIFTS EVER

December 2012

marie claire

> CRAZY
GORGEOUS
HAIR

> PICTURE
PERFECT
MAKEUP

> READY
TO GO!

JESSICA
CHASTAIN

Secrets of
an overnight
superstar
("Wow, why
am I not
dating?!")

SIMPLE
STYLISH
SEXY

101 Ways
to Rock
Your Look

PLUS KILLER CLUTCHES,
STRAPPY HEELS &
PARTY-READY DRESSES

Eat,
Drink,
INDULGE!

OUR NO-REGRETS
HOLIDAY GUIDE

I WANT WHAT
SHE'S GOT
How jealousy
can help you

COCO
PEREZ



Health Monitor

Your monthly Rx for eating, thinking, and living strong

By Joanne Chen

MIGHTY MICROGREENS

Consider them super-veggies. Greens picked at seven to 14 days old have as much as 40 times more vitamins and nutrients than their more elderly (and conventionally eaten) counterparts, reports a USDA study. Their flavors really pop, too. Natalia Hancock, a senior culinary nutritionist with SPE Certified (a global nutritional certification program for health-minded restaurants), suggests topping off tomato salads with micro-basil, roasted chicken with micro-mustard-greens, and fish tacos with micro-cilantro.



What a nutritionist eats . . . at a cocktail party

Rachel Beller, dietitian and author of *Eat to Lose, Eat to Win*, shares the snacking strategy that keeps her weight in check over the holidays.

■ **PRE-PARTY.** "I always have an afternoon snack [150 to 175 calories] so I don't show up to a party hungry."

■ **DIP STATION.** "I skip the starches. Tortilla chips add up quickly. But I eat as much crudité as I'd like. If there isn't any, I find enough cherry tomato garnish to improvise a salad. I might also help myself to four pieces of shrimp, no sauce. I limit myself to 2 tablespoons total of hummus, salsa, or guacamole."

■ **PASS-AROUNDS.** "I never eat the puffs or flatbreads—they're usually 100 calories or more, a slippery slope. Instead, I allow myself two protein servings—four shrimp count as one. If the tuna tartar isn't smothered in mayo, I'll take one and throw out the crisp. Kebabs are also good."



HOT SHOTS

Mediocre on-the-run meals take a star turn with help from these travel-savvy omega-3 boosters:

■ **The Chia Co Vegan Chia Shots** add snap, crackle, and satiating fiber to your oatmeal, yogurt, sandwich, or salad (thechiaco.com.au; \$7 for pack of 10).

■ **Smoothie- and yogurt-friendly Coromega Omega3 Squeeze** packets source their EPA and DHA (the most effective forms of omega-3) straight from wild, deepwater fish—while trading the fishy taste for fruity flavors (coromega.com; \$22 for pack of 30).



MENTAL GETAWAY

SKI.COM
WHAT IT IS: A travel site that plans your slope-centric destination no matter what your budget or lead time. **HOW IT WORKS:** Select your mountain, input your budget, dream up your fantasy package ("I want a ski-in-ski-out resort with top double-black-diamond courses, spa menus, and hot tubs")—and you'll get a slew of filtered options. **WHAT'S COOL:** The lodging search includes not only hotels but also condos and private homes, which make up the bulk of options in powder-paradise locales. **BONUS POINTS:** The site also compares airfare prices among nearby airports while factoring in extra costs such as the price of car transfers.

2: THE NUMBER OF PRE-BEDTIME SLEEP HOURS SPENT VIEWING COMPUTERS AND TABLETS THAT WILL AFFECT QUALITY SLEEP.* (RELAX IN DIM LIGHT FOR 45 TO 60 MINUTES FOR MELATONIN LEVELS TO RETURN TO NORMAL.)

Speed Bump



Beyond ready to get pregnant? Vetted by M.D.s and founded by moms, the Make That Baby kit (\$48; pregprep.com) contains fertility vitamins, supplements with N-acetyl cysteine (it renders cervical fluid less sticky and easier for sperm to swim in), and a citrus-lavender bath oil—because, as we've all been told, you've got to relax.