



Out with pals? Order first and you'll order healthier. Easy trick!

HEALTH NEWS WE LOVE

10 Sneaky Ways to Lose Weight

Without, y'know, actually dieting.
By Gina Roberts-Grey

The first rule of weight loss: Do not talk about weight loss. "Let's be honest, nobody wants to hear about your thighs, your portion size, your fear of carbs, or your vegan-on-Friday rule," says Ramani Durvasula, Ph.D., a clinical psychologist and professor at California State University, Los Angeles. "It's a buzzkill—plus, having a super-restrictive attitude isn't sustainable." After all, she points out, you wouldn't dive into an Olympic-level workout right away—you'd start slow and then slowly build up your fitness. "Do the same with your eating habits, and you'll be less likely to get discouraged," says Durvasula. Here, 10 tricks that will make the process painless.

WHEN OUT WITH FRIENDS, ORDER FIRST

If you do, you're more likely to choose a meal that's in line with your healthy-eating goals. When groups of people eat together, they tend to select similar items, one study found. "We want to fit in with the people we're dining with," says lead researcher Brenna Ellison, Ph.D., a food economist at the University of Illinois. So if your friend orders cheese fries, you'll tend to do the same—even if you had the best spinach-salad intentions. If ordering first isn't an option, try steering the conversation away from discussions about food. Instead of saying "What are you having?" bring up work, the weather, whatever, and you'll feel less pressured to order a fattening meal.

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