

22 Quick Ideas to Get Healthier Today

UGLY BETTY's
Becki Newton
Inspires You to
Try New Things,
Be Daring and
Have More Fun!

YOU
AT YOUR
BEST

SELF

Sculpt Sexy Curves

Look Like You
Lost 5 Pounds!

The 7 New
Moves for...

- Incredible Abs
- Show-off Shoulders
- Lean Legs and More!

Clear Skin, Finally!
Your Custom Plan to End Breakouts

**POCKET \$656
EXTRA THIS MONTH**
PRECISELY HOW P. 146

Comfort Food
That Slims
Pizza, Pasta & Ice Cream
Included! (Plus: What
To Eat to Beat Stress)

PHOTO EXCLUSIVE

The Cast of Twilight
Kicks Back in Cozy-Chic
Clothes You'll Go Crazy For

SEX SPECIAL
Flirting,
Fantasies &
Facebook
What Women Are
Really Doing
Online





Pour one drink
a day to
stay healthy.

THINK GREEN Cool cocktails

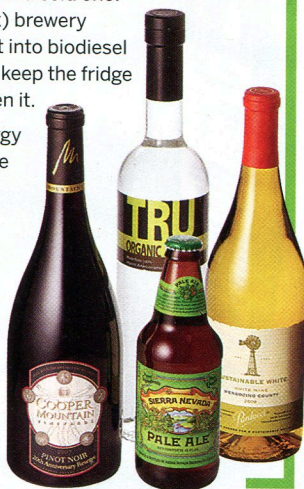
Stock up on sustainable sips and tips to make any fête more eco-friendly.

Responsible red The Cooper Mountain Vineyard composts grape skins and stems to nourish the soil naturally. Its Pinot Noir (\$25; CooperMountainWine.com) benefits your body, too: Organic reds have more antioxidants than conventional ones do. Post-party, send stoppers to TerraCycle (TerraCycle.net) to turn them into corkboards.

A better brew Fight global warming with a cold one! The Sierra Nevada Pale Ale (\$8 for six) brewery converts oil from its on-site restaurant into biodiesel for its trucks. Stash beer in a cooler to keep the fridge from losing its chill every time you open it.

Earthwise white Wind and solar energy power the Parducci Wine Cellars. Please your palate with its Sustainable White (\$11; Parducci.com) in enviro-chic cups, such as stemless glasses made from recycled car windows (\$22 for two; UncommonGoods.com).

Green spirits The maker of TRU Straight Vodka (\$35; TRUVodka.com) plants a tree for every bottle sold. Mix with juice from fresh, in-season grapefruit and garnish with a swirl of honey. —Catherine Ryan



THROW A SLIMMER DINNER PARTY

Make a healthy feast for friends! Join the new SELF Dinner Club at Self.com/community. Each month, you'll get a three-course menu, wine pairings, prep tips and a shopping list. Enjoy!

SMART COOKIES

Give dessert the go-ahead! For every bad-for-you biscuit, there is a calorie-savvy selection. Use our guide to pick out the trimmest treat from the tray.

Gingersnap

31 calories, 1 gram fat

Grab more than one of these spiced morsels—their small size makes them ideal for nibbling. Many recipes call for shortening, so choose types without partially hydrogenated oil, to avoid trans fats.

Pizzelle

63 calories, 2.5 g fat

Traditional Italian wafers are lacy and light. To add them to your cookie cache, invest in a pizzelle press (\$40; Cuisinart.com) and turn to page 14 for a recipe. Dust with a thin layer of confectioners' sugar for a snow-inspired pastry.

Chocolate chip

76 calories, 4.2 g fat

Part of the fat in these staples comes from stearic acid in chocolate, which doesn't raise LDL ("bad") cholesterol levels as other fats do, so they're not as harmful for your heart.

Sugar

94 calories, 3.7 g fat

These cookie-jar classics can be trouble, because sugar cookies are often served supersized. Split a big one with a friend; decorate homemade ones with sprinkles or sugar crystals, not frosting.

Coconut macaroon

106 calories, 4.7 g fat

The coconut in this sweet means almost all the fat is saturated. To make your own leaner variation, swap half of the shredded coconut for instant oatmeal.

Peanut butter kiss

109 calories, 5.6 g fat

The chocolate-and-PB combo is king, but it could wreak havoc on your waistline. Build in benefits by seeking versions with dark-chocolate centers to get a tasty dose of cardio-protecting antioxidants.

Chocolate-walnut

129 calories, 7.6 g fat

They tip the calorie scale, but these goodies are also plentiful in heart-helping fats from walnuts. Plus, their chocolate flavor is so decadent, it will satisfy your sweet tooth with no need for seconds.

Thumbprint

144 calories, 7.4 g fat

Don't be fooled by fruit filling! Butter in these baked goods adds a hefty amount of saturated fat. Replace up to half the butter with applesauce for an easy nutritional upgrade. —Merritt Watts

