

# 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

Eat, Drink, INDULGE!

OUR NO-REGRETS HOLIDAY GUIDE

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

PLUS KILLER CLUTCHES, STRAPPY HEELS & PARTY-READY DRESSES

\$3.99





## 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 crudites 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.

\*ACCORDING TO RESEARCH OUT OF RENSELAR POLYTECHNIC INSTITUTE IN TROY, NEW YORK. PHOTOGRAPHS, CLOCKWISE FROM TOP LEFT: JESSICA CRAIG MARTIN/ISTOCKPHOTO.COM; RICHARD MAURITZ/ISTOCKPHOTO.COM; COURTESY OF RED MOUNTAIN; COURTESY OF THE COMPANY; KELCO HIGGINS/ALAMY