

GOOD HOUSEKEEPING

GOOD HOUSEKEEPING
QUALITY ★ TESTED

genius
gifts
under
\$50

WE'RE
GIVING
AWAY...
475 PERFECT
PRESENTS!
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BEST COOKIES EVER

358 Festive Ideas
Make-Ahead Desserts
Quick Dinners
+ more!

EAT &
DRINK
Don't Gain
Weight

Delicious
Cookies
on Every
Page!

5-minute
CHRISTMAS
DECORATIONS

jp.

JEFFREY PHILLIP®

GOOD HOUSEKEEPING

DECEMBER 2016

GH
holiday
survival
guide



Portion Control Wine Glasses, \$20 for two, weightwatchers.com

healthy hints avoid a hangover

1 Start with a hearty meal. Having food in your stomach will slow the rate at which alcohol is absorbed into your bloodstream, says Keri Peterson, M.D. a New York City internist who works with Zocdoc. Also, down a glass of water between drinks to help prevent the electrolyte imbalance responsible for the worst symptoms.

2 Try a portion-marked glass. This will help you keep track of how many ounces you've knocked back. We like Weight Watchers' version (*above*).

3 Skip the Champagne. "The bubbles help you absorb the alcohol faster, causing higher blood alcohol levels," says Dr. Peterson.



wrap party!

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Gift-wrapping is a lot easier with a station that keeps everything you need within arm's reach.

Choose an area (an office or a corner of the basement) that has a sturdy wrapping surface like a desk or table. A fold-out card table also works.

Use an umbrella stand, a basket or a tall kitchen garbage can to store paper upright next to your station.

Employ a paper towel holder or wall rack to keep rolls of ribbon neat and ready to (un)roll.

Spring for a weighted tape dispenser. It allows you to easily tear tape one-handed so you won't have to let go of that perfect fold. It also works as a paperweight to keep gift wrap from curling as you cut it.

Arm yourself with fine-tipped Sharpies, in one color or an array of holiday hues—they won't smudge and ruin gift tags.

Stash everything in a large toiletries caddy if space is tight and you can't leave the station set up. Store supplies other than paper—ribbon, tags, bows—in the caddy and take them out when needed.

which is better? DRINK FACE-OFF

GH
NUTRITION
LAB



EGGNOG

VS.



MULLED WINE

WINNER: The wine. Eggnog is full of calories and saturated fat—7 g per glass, thanks to cream, whole milk and egg yolks. Mulled vino is sat-fat free, and the boozy combo of brandy and wine will lead you to sip, not slurp, so you're less likely to overdo it.