

How to eat like a man (...and still look like a woman)

Ever wonder how your boyfriend can eat whatever he wants and not gain weight? It's partly metabolism—but experts say that guys also tend to think about food in a healthier way than women do. Try stealing some of these manly habits:

✓ Don't starve yourself!

Too-strict eating plans backfire. "My male clients just aim to eat better; they don't go on 'diets,'" says fitness trainer Michael George, who works with stars such as Tobey Maguire and Reese Witherspoon. "That means they don't have the binge effect of going off a diet. Women eat one slice of pizza and say, 'I blew it, so I might as well eat until every slice is gone and start over again tomorrow.'"

✓ Eat because of hunger, not stress.

One in three women use food to cope with stress, while only one in five men do so, a new study by the American Psychological Association found. Philip Goglia, Ph.D., a trainer in Santa Monica, California, suggests taking a cue from the way many guys deal with their angst: Hit the gym instead of the fridge. "Half the time guys are grunting it out in the gym, they're grunting at their crappy bosses!" says Goglia.

✓ Skip "lite" and "diet" stuff.

How many men do you know who eat low-calorie or fat-free anything? People simply get more satisfaction out of eating "real" foods, says New York City dietitian Jackie Newgent, R.D. "When you eat small portions of rich food, it hits all the senses, including the way it feels in your mouth. Women may eat more of a diet food in search of that satisfaction, and as a result consume far more calories," she says.



✓ Trade snacks for a real meal.

Men often choose real meals, like a steak dinner, as comfort food, while women opt for sweets and other snacks, according to research at Cornell University in Ithaca, New York. Bad idea, experts say, because sugars and processed carbohydrates only leave you craving more food. Protein and fat, however, fill you up better.

✓ Banish the guilt.

Women have 50 percent more guilt after indulging than men do, the Cornell study found. And the guilt is often never-ending. "Women I've trained will start eating better, then blame themselves for not doing it sooner," says Goglia. "But a guy flexes in the mirror after one day and thinks he can already see a difference. Celebrate even the little stuff, like guys do—you deserve it."

—ERIC BUTTERMAN

Take a little pleasure in eating! He sure does.