

nutrition

Your eating habits can affect the way you feel and how well you deal with anything life throws at you—even a seating-chart disaster. “Eating well doesn’t have to be boring, and can actually help you function better in everyday life,” says Santa Monica, CA-based nutritionist Matt Mahowald.

That means setting up healthy habits months before the big day, not as a drastic measure in the last six weeks. Mahowald recommends eating a small meal or snack every three hours to avoid the low-blood-sugar dips that make you want to hide in bed with Ben & Jerry or seriously vent to your fiancé.

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January 18

2 p.m.-5 p.m. ET

tips

- Eat breakfast within 30 minutes of waking. Mahowald likes oatmeal or bran flakes, paired with protein like eggs or yogurt.
- Keep your body humming with two snacks a day. Try an apple with peanut butter or a cup of berries with a few almonds.
- Eat a light supper to get a better night’s rest, limiting yourself to protein and veggies. Fish and turkey both contain calming tryptophan, which will help you sleep.
- Don’t skip a meal if you veer off track (or after a calorie-rich tasting with the caterer). “Starving yourself will only make you more stressed, emotional and irritable,” says Mahowald.