

Actress Nina Dobrev with In-N-Out Burger at Los Angeles International Airport



## TIP DRINK SMART.

Order a tomato juice on the plane. It does have a fair amount of salt, but it will satisfy your appetite without a lot of calories.

# What to Eat While Traveling

## An Interview With Stephen Gullo

Gullo is a weight-loss expert and the author of *The Thin Commandments: The Ten No-Fail Strategies for Permanent Weight Loss (Rodale Books)*.

Traveling can be tedious, and when you're bored at the airport, food may become your entertainment. Find other ways to keep

busy—and when it's time to eat, here's how to avoid high-fat mistakes.

• **KNOW YOUR WEAKNESSES.** Visual cues are the strongest form of temptation. Many people can't step into a particular fast-food chain without ordering French fries, or into the airport lounge without going for the cheese. If you can't resist, don't go in.

• **CHOOSE WISELY.** If you don't go out of control in these chains, you can find healthy options. McDonald's Caesar salad with chicken is perfect if you lose the croutons and cheese (and swap the Caesar dressing for a vinaigrette on the side); also skip the

dried fruit or fried noodles in other salads. Even Dunkin' Donuts has an egg-white omelet. At Subway, the salads are a better bet than the sandwiches and wraps.

• **STOCK UP.** People get hungrier when they switch time zones. Protein bars are a quick fix, but grams of fiber should be in the double digits and grams of sugar in the single, as with those from GNU—any more sugar, and you're basically eating a candy bar. Hard-boiled eggs, GG crackers, Laughing Cow Lite cheese, and individual packets of peanut butter also travel well and satisfy most salty and crunchy cravings. If you're flying and want to avoid getting bloated, forgo carbohydrates. One gram of carbs equals three to five grams of water weight.

—INTERVIEW BY RACHEL STURTZ

# Hair Show

"How does so much adventure happen?" Vidal Sassoon asks at the start of *Vidal Sassoon the Movie*. The documentary, in theaters now, describes his rags-to-riches story and the way his geometric, wash-and-wear haircuts liberated women from weekly salon appointments. Here are five things we learned about the legendary 83-year-old stylist. —KATE SULLIVAN

**1 He lived in a children's home** from age 5 to 11. Sassoon's single mother visited him once a month (the maximum allowed) until she could bring him home again.

**2 He joined an antifascist group** during World War II and was once badly beaten at a protest. A teenager at the time, Sassoon was a shampooer at a salon in a Jewish neighborhood of London and told customers, "I tripped over a hairpin."

**3 He cut Mia Farrow's hair** in a boxing ring. More than a hundred photographers watched as Sassoon gave Farrow her gamine cut for *Rosemary's Baby* on the Paramount film lot in 1967.

**4 He had his own talk show** in the early 1980s, called *Your New Day With Vidal Sassoon*, for which he interviewed Jamie Lee Curtis, Bob Hope, and his own mother. It ended after 200 episodes.

**5 He's a fitness buff.** He was an early adopter of Pilates and can still touch his head to his knees.



## Screen Saver

Videoconferencing may make long-distance conversations feel more personal, but webcams are unforgiving. Makeup artist Maria Verel, who preps Diane Sawyer for Skype interviews, explains how to look good in cyberspace.

• **GO MATTE.** Shiny skin is amplified onscreen, but foundation can flatten features. "Dust a little bit of powder concealer under your eyes and on problem areas, and loose powder all over your face," says Verel.

• **WARM UP.** Bronzer is best for making skin look warm

and healthy; blush can make you appear too red.

• **KEEP IT SIMPLE.** Never forget eyeliner and mascara, but go easy on eye shadow: "Anything dark looks garish, and light colors wash you out," Verel says. For lips, choose a tinted balm a shade darker than your natural lip color.

• **WORK THE ANGLES.** Aim a light at your face from behind the computer. To prevent a double chin, position the monitor so you're looking straight at it. Then look at the camera—not at yourself on the screen, which can make it seem like you're avoiding eye contact. —ELIZABETH SIEGEL