

On-the-wagon wines

Tasty booze-free vino gives you a heart-health advantage for even fewer calories. We'll drink to that!

► Ariel Rouge

A mix of grapes, including Merlot and Cabernet Sauvignon, delivers enough deep flavor to complement rich meat and pasta dishes but lacks the bitter aftertaste that accompanies some reds. Plus, at fewer than 6 calories per ounce, you can indulge without regret. **SIP SPECIFICS** \$6, JLohr.com; 35 calories per 6 ounces



There are lots of reasons to try nonalcoholic wine—and lots of wines to try.

Im driving, so I'd better steer clear of alcohol

Not sure, but I think I may be pregnant.

The boss is here. I want to stay sharp

◀ Carl Jung White

This light, smooth refresher has hints of Pinot Grigio and pairs well with picnic fare such as chicken sandwiches and grilled-shrimp salad. All of the sippers that Carl Jung makes are in fact vegan (many winemakers use gelatin to remove excess tannins), so you can serve them to any guest without risking offense. **SIP SPECIFICS** \$6, CarlJungWines.com; 50 calories per 6 oz



◀ Fre by Sutter Home White Zinfandel

Buying several bottles at once won't break the bank—the blush-pink beverage is only 5 bucks a pop! Refreshing hints of citrus and a slight sweetness counterbalance spicy cuisine. Chill, then uncork this white Zinfandel when serving summer barbecue or Thai food. **SIP SPECIFICS** \$5, grocery stores; 54 calories per 6 oz



◀ Carl Jung Sparkling

Why wait for engagements and graduations? You'll want to toast every achievement with this light, dry bubbly, which is best before a meal or with a dessert like strawberry shortcake. This fizzy is made from grapes, so it tastes like Champagne—a nice change from sparkling cider. **SIP SPECIFICS:** \$8, CarlJungWines.com; 50 calories per 6 oz



—Catherine Ryan



REST-STOP RESCUE

Off on a road trip? A drive-through doesn't have to be a diet detour. We asked SELF contributing editor Janis Jibrin, R.D., to identify ideal meals at the standard grub joints so you can grab a bite without the guilt. —Merritt Watts

ORDER THIS

WHY IT WORKS

MAKE IT BETTER

Quiznos

Two Cantina Chicken Sammies (400 calories, 9 grams of fat)

By choosing oven-roasted chicken, you lose fat that comes with fast food sandwiches described as "crispy" and "fillet."

Toss an apple in your handbag to make these sandwiches a meal. It will add 4 grams of filling fiber, which is lacking in fast food.

Taco Bell

Fresco Bean Burrito with a side of guacamole (400 calories, 12 g fat)

The Fresco Menu replaces high-calorie cheese and sauce with salsa made of tomatoes, white onions and cilantro. Guacamole adds vitamin C and healthy fat.

Have water as your beverage. Like most fast food meals, this one is high in sodium (1,380 milligrams). Hydrating will help you prevent bloating.

Subway

Six-inch turkey breast sandwich on honey oat bread with Swiss cheese and a Veggie Delight Salad (440 calories, 11 g fat)

By opting for honey oat over regular wheat bread, you gain an extra gram of fiber. Adding the cheese gives this meal a much-needed calcium component.

The veggies in the salad (green peppers and tomatoes, in particular) add vitamin C. Dressing it with zingy red wine vinegar tacks on only a few calories.

McDonald's

Hamburger and a Premium Southwest Salad with Newman's Own Creamy Southwest Dressing (490 calories, 19.5 g fat)

The smallest burger on the menu isn't a bad choice if you're craving fast food—it's usually fairly low in calories, according to Jibrin.

Use half the dressing packet (or less) on the salad to cut fat. Add flavor by squeezing on juice from the lime that comes with the salad.

Burger King

BK Veggie Burger (420 calories, 16 g fat)

For less than half the fat and twice the fiber of the Whopper, you get fast food flavor sans sluggishness.

Peel an orange for dessert. The vitamin C will help you absorb up to six times more iron from the veggie burger.

Stay-slim soundtrack

Setting the mood for your meal with music? Choose your tracks wisely. Hearing background music may make you consume more calories and fat, a study from Georgia State University in Atlanta finds. "Songs may distract you, and if there's food around, that can lead you to overeat," says study coauthor Nanette Stroebele, Ph.D. But you don't have to dine in silence. "Relaxing music that doesn't vary much in intensity or volume is best," Stroebele says. Choose songs that you find soothing, or try SELF's selection of slow jams.

TUNES TO DINE BY

- "A Moment Lost" by Enya
- "Don't Give Up" by Peter Gabriel
- "Ever the Same" by Rob Thomas
- "Evening Rain" by Moby
- "Fields of Gold" by Eva Cassidy
- "I'll Be There" by Escape Club
- "Nightswimming" by R.E.M.
- "Summertime" by Dakota Statton
- "True Companion" by Marc Cohn
- "Walking Away" by Craig David

—Gina Roberts-Grey