

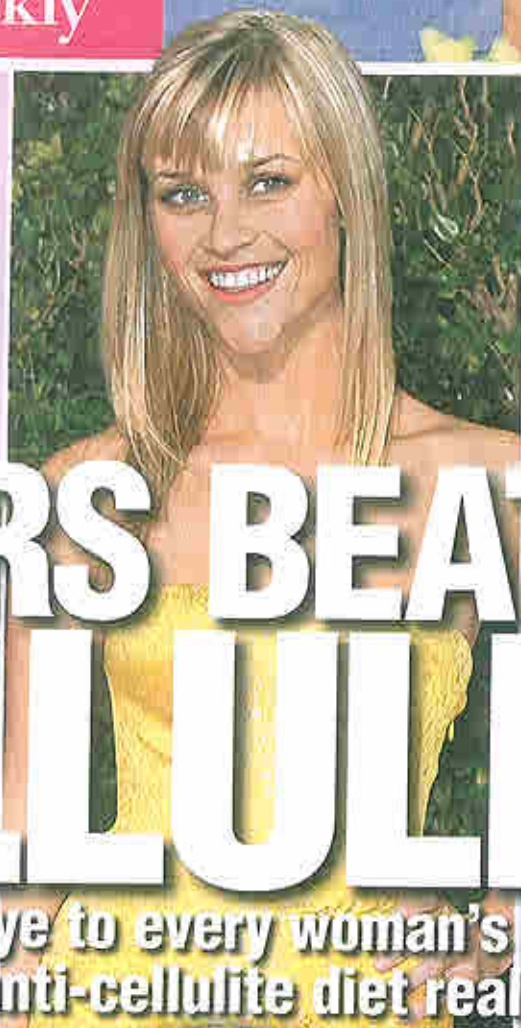
Life & Style

weekly

\$1.99

**BRITNEY'S
SECRET
DIARY**
DRUGS & WILD
SEX — HOW BAD
IT REALLY IS

**BABY
DRAMA**
IS NICOLE
EATING
ENOUGH?



STARS BEATING CELLULITE!

Celebs say goodbye to every woman's worst nightmare.
How the anti-cellulite diet really works!



EEEK!
MARIAH
HAD IT

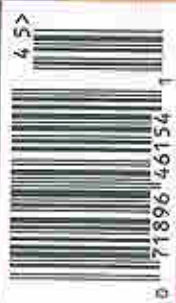


YIKES!
REESE
SUFFERED,
TOO



EVEN
JESSICA!

NOVEMBER 5, 2007



WHY ANGELINA WILL NEVER TALK TO HER DAD



WOW!

BEFORE: SKINNY

Nicole's gaunt frame startled fans last summer in Malibu.



NOW: HEALTHY

On Oct. 8, the seven-months-pregnant mommy-to-be munched on fruit salad in Australia, where fiancé Joel Madden is touring.



Nicole's eating like crazy!

Grilled cheese. Pumpkin pie. Burgers. Once scary-skinny, Nicole Richie is showing a new appetite along with her bump!

When Nicole Richie and her fiancé, rocker Joel Madden, turned up for the third time at Cha Cha Char, a bar and grill in Brisbane, Australia, on Oct. 14, the expectant starlet had the usual: an 11-ounce Wagyu rump steak. "Nicole looked very happy — she was just glowing," the eatery's maître d' tells *Life & Style*.

No wonder: Since announcing her pregnancy in July, the *Survivor*-skeletal star has been happily indulging her cravings for high-calorie foods. Nicole, who is currently touring with Joel and his band, Good Charlotte, has even forged a new reputation in LA as a foodie! "Nicole's in here all the time," says an insider at Hollywood health-food restaurant Real Food Daily. "She gets the burrito or the tacos entrée, and she always orders an appetizer and a dessert."

Eating for two

Whether it's scrambled eggs with cheddar cheese at Barney Greengrass in Beverly Hills or a grilled cheese at Joan's on Third in West Hollywood, the 5-foot-1 reality-TV star has been cleaning her plate.

Says an insider at LA's Sushi Nozawa, where Nicole, 26, orders the crab and lobster rolls, "Before she was pregnant, she'd pick the fish off the rice and leave the rice. Now she eats solid meals."

Weight watching

Experts agree that Nicole's healthier eating habits — and her new shape — suit her. "From before her pregnancy to now, Nicole looks like she's gained about 30 pounds, and she looks great," says Dr. Stacy Title, co-founder of NY Specialists in Medical Weight Control. "She looks healthy and rested."

And maybe Nic's finally letting go of the pressure to be tiberthin. "Pregnancy is the one time that women in Hollywood can relax and eat what they want without being judged," says Jackie Keller, a nutritionist and author of *Body After Baby*.

Guessing from her choices at Cha Cha Char, Nicole doesn't mind a healthy splurge. She and her doting fiancé didn't even turn down a complimentary pumpkin pie with "Enjoy Australia" written in chocolate, says the maître d', who adds, "They ate it all!"

Nicole's pregnancy diet



Breakfast

Nicole started her day with cereal and juice at the Hilton in Adelaide, Australia, on Oct. 15, says a witness. "It's healthy," says nutritionist Jackie Keller, who adds that whole-grain cereal with fat-free milk is best.

Healthy snacks

To avoid gaining too much weight, Nicole mixes in low-calorie munchies like fresh fruit, salad and veggies, which are packed with vitamins, fiber and antioxidants.



Lunch

Nicole grabbed a Hungry Jack's burger while dashing through Adelaide Airport on Oct. 16. What a smart choice, says Keller — the burger has just 318 calories and loads of protein!



Dinner

The expectant mom dug into steak while in Australia. "That's a rich dinner," says Keller. "If she's craving steak, she should limit it to once or twice a week and introduce more fish and veggies."

