

SUMMER BODY SPECIAL LOOK GREAT IN 2 WEEKS!

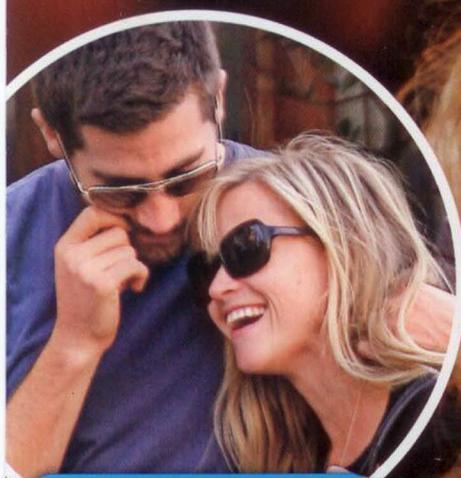
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ISSUE #21

WEEK
OK

\$1
less than
People!



Get **FERGIE'S** beach workout!



JAKE'S PROPOSAL PLANS



SHILOH'S ready to be a big sis



BRIT'S best Mom's Day ever!

Ready to wed!

Second time's the charm for Reese! Her kids adore him and his family loves her.

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Top 10 mira

Weight control isn't the only reason to maintain a healthy diet. There are some foods that can help you defy age and ward off disease — not to mention keep you satisfied and feel full. Celebrities like Kate Hudson and Denise Richards know exactly which edibles will keep them in top form. Here, OK! offers a smorgasbord of items that really pack a punch.

1 FLAXSEED You've heard of flaxseed oil, but the actual seeds are a better source of B vitamins, protein and zinc. Nutritionist Jackie Keller, founder of NutriFit, tells OK! the seed is rich in omega-3 essential fatty acids, magnesium, potassium and fiber, which fills



you up! It has medical benefits as well. Says Jackie, "It can reduce pain and swelling of arthritis." **Try this:** Add the seeds to your favorite cereal, smoothie or salad dressing.

2 ALMOND BUTTER Rachel Weisz loves this creamy spread. "It's really good!" she says. And it's a better choice than most peanut butters because "it's low in saturated fat and high in unsaturated fats," says Jackie. "It's also a good source of riboflavin, magnesium and zinc."

Try this: Have some with a sliced apple for a snack or spread it on multigrain toast for a nutritious breakfast.



3 MANGO According to Jackie, this juicy fruit "provides almost twice the adult Recommended Dietary Allowance (RDA) for vitamin A and 100 percent of the RDA for vitamin C. It's also high in pectin, a soluble fiber that is important in controlling blood cholesterol." And mangoes are in season right now!

Try this: Throw mango in a blender with your favorite fruits for a tasty smoothie, or just peel and enjoy!



Denise Richards could make her salad more nutritious by adding flaxseeds.

CELEBS: FROM LEFT TO RIGHT: CLARKE SAMUEL/SISTART/PHOTOS; PHOTO: DAVE HOGAN/GETTY IMAGES; GROOMING: JENNIFER WRENN/AGE; TODD WILLIAMSON/WIREIMAGE; STILLS: COURTESY OF MARANATHA; GETTY IMAGES/PHOTO

OK! reveals what your favorite celebrities eat to keep their bodies healthy and looking young

cele foods

4 AVOCADO Jackie says this fruit is a "rich source of monounsaturated fats, particularly oleic acid. These fats improve fat levels in the body and help control diabetes."

Best of all, they taste delicious!
Try this: Spread ripe avocado on toast as a butter substitute, or dice up some avocado with tomatoes, onions and cilantro for homemade guacamole.



8 KALE This green leafy vegetable gives spinach a run for its money! "Kale is an excellent source of beta-carotene, vitamin C, folate, calcium, iron and potassium," says Jackie. It also "contains bioflavonoids that protect against cancer."

Try this: Sauté it with olive oil and garlic for a nice side dish, or swap creamed spinach for creamed kale.



5 PINEAPPLE This tropical favorite "is a good source of manganese, which the body uses to make collagen, a tough, fibrous protein that may help ward off osteoporosis," says Jackie. So if you aren't sold on pineapple's disease-fighting components, load up on it to keep your skin looking young!

Try this: Put pineapple on skewers with your favorite meat and get grilling.

6 CINNAMON "Along with ginseng, cinnamon has been heralded most recently for its ability to increase insulin receptivity, which can help lower the risk of type 2 diabetes," explains Jackie. This sweet spice is really potent, so a little goes a long way. "Some studies have shown that half a teaspoon of cinnamon a day can increase insulin receptivity by more than 50 percent."

Try this: Sprinkle cinnamon on your cappuccino or put half a teaspoon in warm milk for a spicy treat.

7 GREEN TEA Skip that big mug of coffee and cozy up to green tea. This antioxidant-rich drink has been

shown to reduce heart disease and protect against cancer.

Try this: "I put a little Splenda in it and some lemon," says Oprah Winfrey.

"I love pineapple on pizza"

— Kate Hudson

9 SARDINES Move over, tuna, there's a new kingfish in town.

Canned sardines are full of all the rich omega-3s that salmon is known for.

"They are also a good source of vitamin D and calcium," says Jackie.

Try this: Add sardines to sauces or try them as a pizza topping. If you find you're really a fan, squeeze on a little lemon and eat them as they are. "I used to love sardine sandwiches as a kid," says Colin Farrell.



10 GARLIC This miracle bulb has been

used to treat various ailments for centuries. Jackie explains, "Garlic significantly lowers cholesterol, and the allicin compound that it contains changes the way in which the body uses cholesterol. It has several types of phytonutrients, which help destroy cancer-causing substances in the body."

Try this: Wrap peeled garlic in foil and throw it on the grill. Yum!



What I ate today... Brooke Burke

New mom Brooke has a "good balance of carbs, protein and fat," says nutritionist Keri Glassman, creator of Skin Appetit. Below, OK! breaks down Brooke's diet.

BREAKFAST

- Oatmeal made with water (1 cup = 160 cal.)
- A little brown sugar (1 tsp = 15 cal.)
- Coffee with milk and sweetener (60 cal.)

KERI SAYS: Substitute cinnamon for brown sugar. Add flaxseeds or walnuts to oatmeal. Skip the sweetener in the coffee!

SNACK

- Low-fat cottage cheese (½ cup = 80 cal.)
- Fresh pineapple (1 cup = 74 cal.)

KERI SAYS: Good snack — would love to add berries to the mix.

LUNCH

- Sandwich with:
- Chicken (6 oz. white meat = 180 cal.)
 - Lettuce (½ cup = 5 cal.)
 - Tomato (25 cal.)
 - Avocado (1 oz. = 50 cal.)
 - Cucumber (4 oz. = 10 cal.)
 - Whole wheat pita (150 cal.)
 - Dressing (approx. 150 cal.)

KERI SAYS: Well-balanced, healthy fats, but would prefer whole wheat wrap (more fiber than pita).

SNACK

- Protein shake with:
- Nonfat milk (1 cup = 80 cal.)
 - Banana (½ = 52 cal.)
 - Almond butter (1 tsp. = 101 cal.)
 - Whey protein (1 scoop = 104 cal.)

KERI SAYS: Good choice!

DINNER

- Filet mignon (3 oz. = 181 cal.)
- Caesar salad (578 cal.)
- Asparagus (1 cup = 27 cal.)

KERI SAYS: Caesar salad can be very fattening. Skip the dressing and have 2 tbsp. Parmesan cheese with balsamic vinegar instead.

