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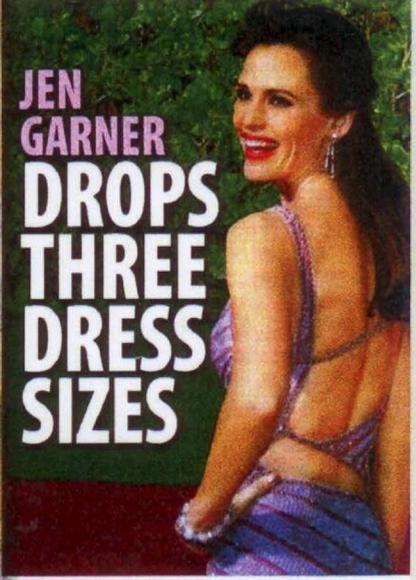
SURGERY GONE WRONG



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Simple cha

Kim Kardashian keeps her figure flawless with low-cal splurges.

Have trouble sticking to a hard-core diet? He

Trying to overhaul *all* your eating habits can be a daunting task. So *Life & Style* went to the experts for simple ways you can cut calories while still eating what you love. We promise you won't feel these changes — except in your slimming waistline.

1| Lose the calories, not the salty crunch

Kim Kardashian tells *Life & Style* that PopChips help keep her diet on track. Try a portion-controlled snack sized up to 120 calories, which can prevent you from mindlessly overeating. Neither baked nor fried, they have little or none of the saturated fat found in regular potato chips. "I can indulge without cheating," says Kim.



2| Go green for your morning pick-me-up

NutriFit founder Jackie Keller suggests ditching the latte for an antioxidant-packed cup of green tea. It can save you anywhere from 50 to 300 calories!

3| Try some bubbly — without the calories

Amanda Freeman, co-founder of VitalJuice.com, says that by simply swapping out your everyday glass of tonic water for seltzer or club soda, you can lose 9 pounds in one year. It will also save about 90 calories per vodka tonic. Cheers!

4| Say cheese to low-fat options

By trading one ounce of cheddar cheese for two teaspoons of Parmesan, Freeman says, you can save 75 calories and 6 grams of fat — and lose 8 pounds in a year.



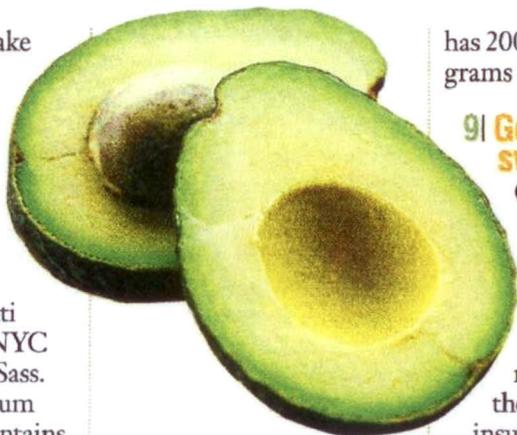
Changes, big results

Here are 20 easy menu adjustments that can lead to major weight loss

Plus, lowering fat intake helps lower cholesterol and reduce the risk of heart disease.

5| Fake it when it comes to pasta

When craving spaghetti, go for spaghetti squash instead, says NYC nutritionist Cynthia Sass. It's filled with potassium and vitamin A and contains only 40 calories per cooked cup, as opposed to 220 calories of low-nutrient pasta. And when you remove the inside of the squash, you'll



7| Put a ban on butter

Dry toast is a drag — but instead of drenching it in a 100-calorie tablespoon of butter, Sass suggests flavoring it with a 24-calorie tablespoon of pureed avocado. “Butter is loaded with saturated fat, while avocado contains heart-healthy monounsaturated fat, vitamin E (a serious antioxidant) and blood-pressure-controlling potassium,” she says.

8| Not all chocolate is created equal

Choose wisely while munching at the movies, says Freeman. She says to opt for Junior Mints (with 170 calories and 3 grams of fat per serving) rather than a box of Goobers (which

has 200 calories and 13 grams of fat per serving).

9| Go au naturel with sweeteners

Consider ditching sugar and artificial sweeteners for agave nectar, suggests nutritionist Philip Goglia. “It’s not refined sugar, so there’s a more subtle insulin response that results in fewer sugar cravings and energy stability.”



10| Find juices with less sugar...

Store-bought juices are usually loaded with extra sugar, but look for low-cal versions like Trop50, which is sweetened with natural plant extract. It has less than half the calories of a regular glass of Tropicana orange juice!

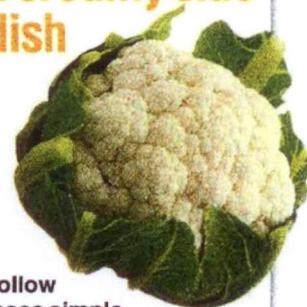
11| ...or cut out juices altogether

Goglia suggests reaching for a low-cal VitaminWater (like VitaminWater10) when you need to drink something flavorful. “It’s great for staving off cravings and prevents bingeing on sweets,” he explains.

12| Keep the texture, cut the carbs

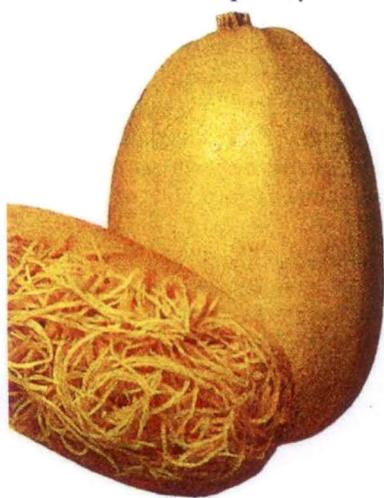
Satisfy an urge for mashed potatoes by cooking up some mashed cauliflower. It’s naturally low in calories and carbs!

Mashed cauliflower is a creamy side dish



Follow these simple steps for a potato-like mash that serves six.

- Steam a bushel of cauliflower florets until tender.
- Mash, then add about ¼ cup nonfat sour cream or nonfat Fage yogurt (adjust the amount depending on desired consistency), 1 tbsp. butter (optional), and salt and pepper to taste.
- To spice things up: Add your choice of roasted garlic or garlic powder, or chopped chives.



find it has the same noodlelike texture as the real thing — truly!

6| Mushrooms can be meaty

Replacing ground beef in tacos or burritos with sautéed chopped mushrooms is smart, says Sass. While 3 ounces of ground beef have 215 calories, the same amount of chopped mushrooms has only 7.5 calories — and lots of vitamin D.



Net Wt 4 oz (113 g)