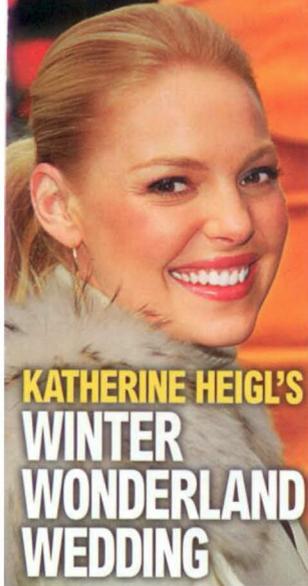


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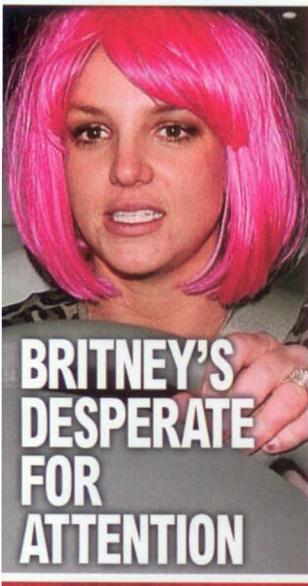
# INTOUCH



**KATHERINE HEIGL'S  
WINTER  
WONDERLAND  
WEDDING**



**MISCHA  
BARTON  
ARRESTED**



**BRITNEY'S  
DESPERATE  
FOR  
ATTENTION**



**DROP POUNDS IN DAYS**

# SLIM FOR THE NEW YEAR



**EXCLUSIVE TIPS FROM  
JESSICA SIMPSON  
AND LAUREN CONRAD**

JANUARY 14, 2008 \$2.99

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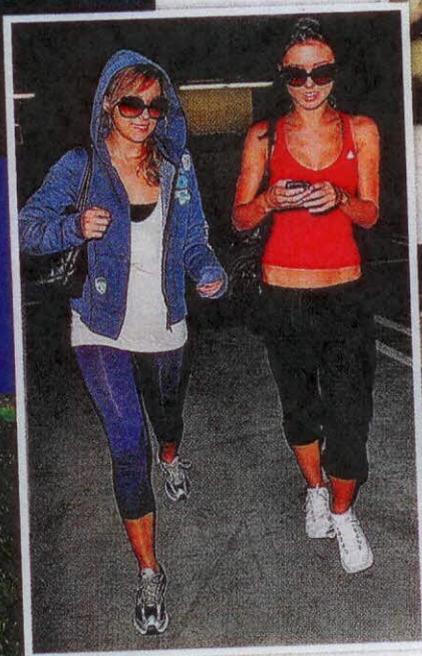
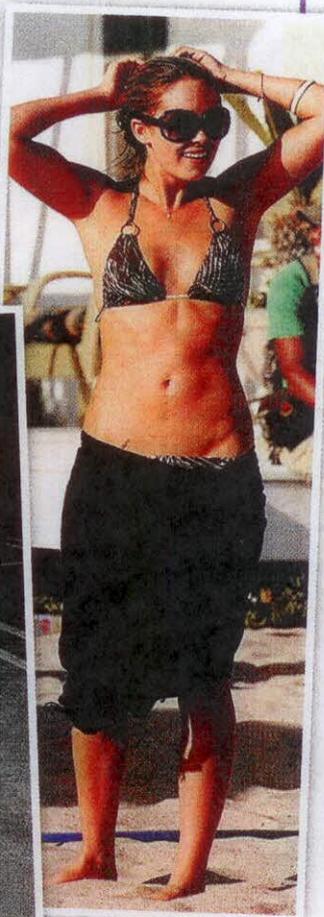
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# Star-tested get-

## How Lauren eats out without blowing her diet

Just like any 21-year-old, Lauren Conrad wants to go for dinner with friends without worrying about piling on the pounds. The *Hills* star reveals the calorie-cutting tricks that let her keep her social life and her slim figure. "The hardest thing for me is to not eat pasta," 5'5" Lauren tells *In Touch*. She controls her carb cravings by asking waiters not to bring the bread basket. "If it's not in front of me, I won't eat it." Whenever she can, she steers clear of fattening Italian restaurants, so she and pal Audrina Patridge go for sushi at places like Geisha House and Koi, and get ready-made meals from Whole Foods rather than fatty take-out. If she does eat pizza, she opts for thin crust with less cheese (cutting about 450 calories and 48 grams of carbs).

▼▶ Exercising with Audrina helps Lauren keep her 120-pound bikini body. "It's easier to work out with a friend when we're jogging."



PENELOPE CRUZ



STACY KEIBLER



EVA MENDES

## Yes, you

Made with sprouted grains, beans and seeds, but no flour, Ezekiel 4:9 bread is a nutrition-packed bread with more fiber per slice, and it doesn't cause blood-sugar spikes that lead to cravings like white bread. Harley Pasternak, author of *The 5-Factor Diet*, suggests the bread — available at grocery stores and [foodforlife.com](http://foodforlife.com) — to his celeb clients.

# slim tricks

Simple diet fixes can give you a new body for the New Year

## FOOD SWAPS



← INSTEAD OF →

**PENELOPE EATS HEALTHIER BARS**  
Made from fruit and nuts, 200-calorie Larabars taste sweet but don't have the sugar of chocolate bars.



← INSTEAD OF →

**STACY PREFERS QUINOA TO PASTA**  
Quinoa is a whole grain, so it has more fiber than starchy pasta. Plus, it's packed with calcium and protein.



← INSTEAD OF →

**EVA PICKS YAMS AS HER POTATOES**  
A complex carb, sweet potatoes contain more nutrients than white potatoes and stabilize blood sugar.

## can eat bread



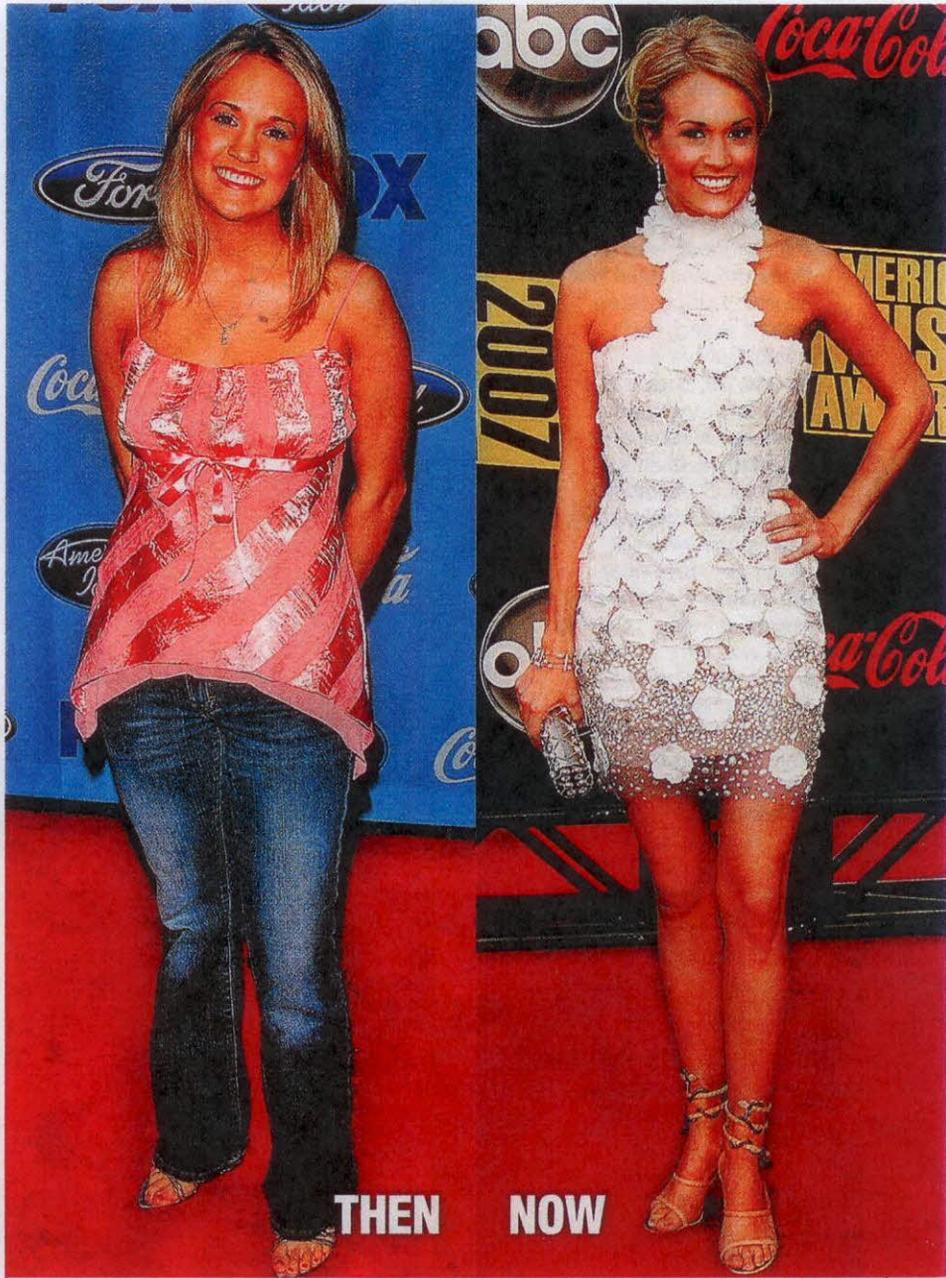
### 5-Factor french toast

- 2 slices Ezekiel cinnamon raisin bread
- 2/3 cup egg whites
- 1 cup blueberries
- 1 tsp. Splenda
- 1 pinch salt
- Cooking oil spray
- Sugar-free syrup

Whisk egg whites, milk, Splenda and salt. Soak the bread in the mixture. Heat skillet with cooking spray. Cook bread one slice at a time until light brown. Top with berries and sugar-free syrup.\*

\*An individual serving has 323 calories. Compare this with IHOP's stuffed french toast, at 1,500 calories.

LEFT PAGE: CLOCKWISE FROM FAR LEFT: JACOB CHOCCHI/GIULIO/SIPA; ALBERTO ORTEGA/RADIAL PRESS/STARTRAKS; LMARTINEZ/AFF-USA; BILL DAVILA/STARTRAKS; MIKE/FAVE PICTURES; JIMMYT/ONLINE; RIGHT PAGE: TOP TO BOTTOM: COURTESY OF LARA BAR; LEW ROBERTSON/STOCKFOOD; STHAN-LEE B MIRADOR/SHOOTING STAR; GOFF/INFPHOTO; BRAND X/JUPITERIMAGES; STOCKFOOD; BRAND X/JUPITERIMAGES; COURTESY OF EZEKIEL BREAD



## Carrie keeps a food diary

Carrie Underwood, *American Idol's* best-selling star ever, has a sizzling new figure to flaunt when she kicks off her U.S. tour with Keith Urban on January 31. Worried about her weight after she won *Idol* in May 2005, the Grammy winner devised a simple dieting trick. "I write down everything I eat," says Carrie, "and now I'm an estimated 115 pounds. "I started doing it last year and I've gotten more healthy and lost weight. I feel that I do things the healthy way." A food journal helps you understand your eating patterns and change bad habits, explains Jackie Keller of meal delivery service NutriFit. One of Carrie's calorie-cutting changes: eating sugar-free frozen yogurt instead of cookies.

## Naomi cleaned up her diet

Naomi Watts embraced her weight gain when she was pregnant. But after her son, Alexander, was born in July, she quickly got down to the business of losing an estimated 50 pregnancy pounds in time to start filming her new movie, *The International*, less than three months later. Her secret: "eating clean," one of Hollywood's healthiest habits. Naomi, 39, shops at a local farmers' market and chooses organic vegetables, fruit and chicken. By avoiding processed foods, stars like Naomi who eat clean get more fiber and nutrients without empty calories. "Getting slim was very important to her, and she did so in record time," reveals a friend. "She didn't love carrying that extra weight, so she stuck to her diet."



## Ricki gets healthy delivery

After losing more than 100 pounds, Ricki Lake was still 25 pounds above her goal weight, and she was determined to get the body of her dreams. "I was so committed — I just wanted people to notice me," says Ricki, 39. Her resolve paid off! Now 123 pounds, she has caught the eye of John Mayer, who's sent her flirtatious text messages. There's no magic to losing weight, says Ricki, who eats delivered meals of a total of 1,200 calories a day. "It's all about the right balance of foods, and eating every three to four hours," Cat Brassen-Jacobs of diet delivery service Fresh Dining says. Adopt Ricki's strategy by making a meal plan for every day of the week. It will help you make smarter choices, says meal delivery service NutriFit's Jackie Keller.