

InStyle

JESSICA
SIMPSON
HAS THE
LAST
LAUGH!

**HAIR &
MAKEUP
SECRETS** from
**The HOTTEST
STYLISTS**

Special
Mini
Beauty
Book

Stars Tell Us Their
Style Problems
...And We Solve Them!

JESSICA'S TRAINER'S PLAN
TO GET

**Your Best
BODY Now!**

PLUS: What
Hollywood Eats
(And How
They Cheat)

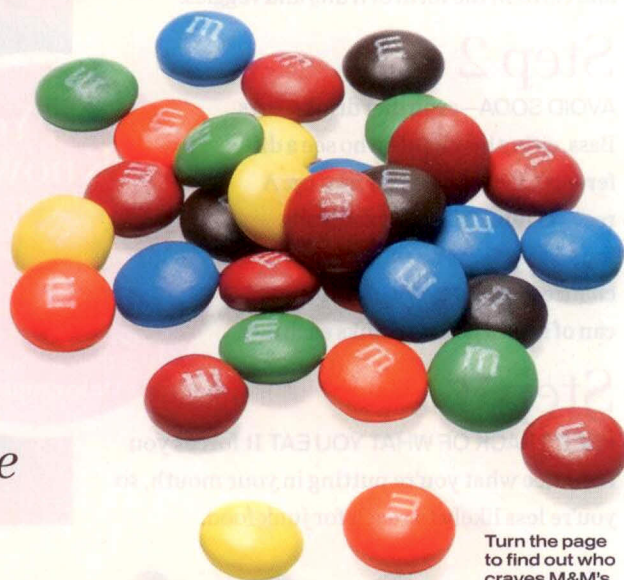
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InStyle



What Stars Eat ...and How They Cheat!

You don't have to deprive yourself of what you love. Hollywood celebrities reveal their best tricks for how to drop pounds, conquer cravings, and have your bagel and eat it too



Turn the page to find out who craves M&M's.

Jessica Biel turns her favorite snack into a healthier treat

EATS

"Jessica is already a pretty healthy eater," says her trainer Jason Walsh, "so she has been snacking on baked potato chips instead of regular ones." But Walsh has turned her on to an even better way to feel the crunch ...

CHEATS

For a better alternative, Biel opens up a box of Kashi TLC 7-Grain Crackers (kashi.com, \$3). They have fewer preservatives and are high in fiber, so she's satisfied with eating less. To add flavor, she dips them in hummus.

Before the Big Event

Want to know how **Cameron Diaz** drops pounds in just two weeks?

Step 1

CUT OUT WHITE FOODS Trainer Teddy Bass tells clients like Diaz to ditch bread, pasta and cookies. "They have high amounts of sugar, which means your body burns off the sugar first rather than the stored fat," he says. Instead, eat five small meals each day that have lean protein and carbs in the form of fruits and veggies.

Step 2

AVOID SODA—even diet drinks, says Bass, citing his clients who see a difference. Research backs him up: A recent University of Texas study found that there's a 65 percent chance of being overweight for each can of soda a person drinks each day.

Step 3

KEEP TRACK OF WHAT YOU EAT It forces you to notice what you're putting in your mouth, so you're less likely to reach for junk food.



Did You Know?

"Goji berries, high in vitamin C, are a super-food," says trainer Jeanette Jenkins, who has worked with Queen Latifah. For a salad: Mix 1 cup soaked goji berries, 2 cups diced apples, 3 tbsp raisins, 3 tbsp walnuts and 1 tbsp cinnamon.

They buy it ... Want to try it?

Hip sip Mix 1

Who likes it

Courtney Cox

Why This "drinkable meal" has 100 mg of polyphenol antioxidants, which offer the same healthy benefits as four cups of green tea (mix1life.com, \$2).



Hip sip Hansen's Diet Green Tea Soda

Who likes it

Jessica Alba

Why It's a guilt-free soft drink. Each can combines green tea with natural fruit flavors. But what's really great is what it doesn't contain: sugar, calories or caffeine (hansens.com, \$3/4 cans).



Uma Thurman



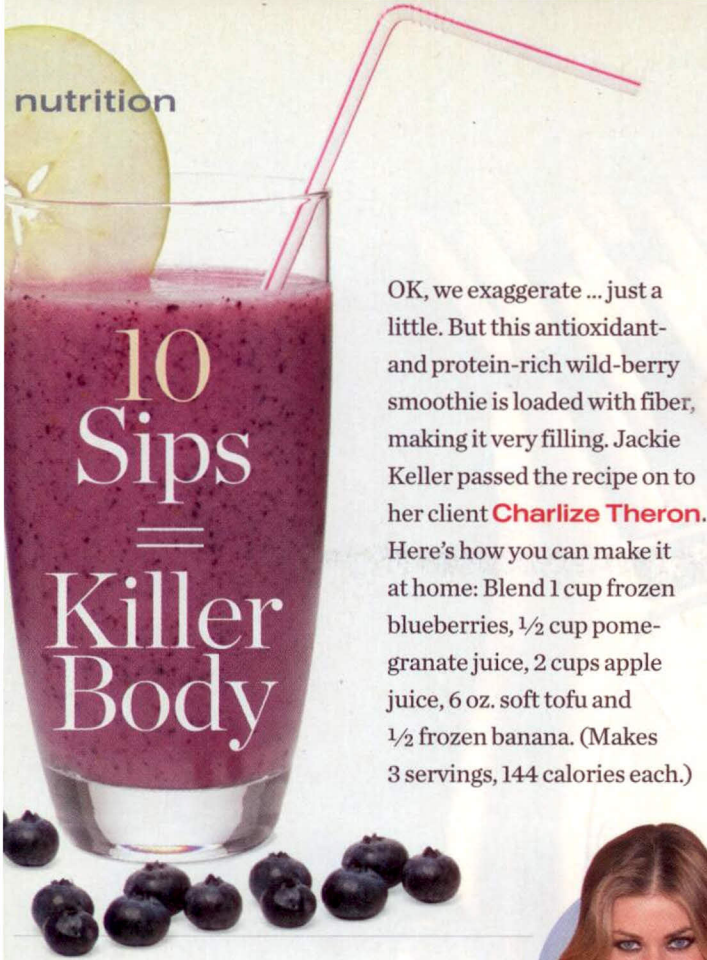
EATS

Thurman's big weakness is chocolate, according to nutrition coach Jackie Keller. Her favorite of all the sweet stuff: M&M's.

CHEATS

She trades these treats for a handful of semisweet chocolate chips (dark chocolate contains heart-healthy flavonoids).





10
Sips
=
Killer
Body

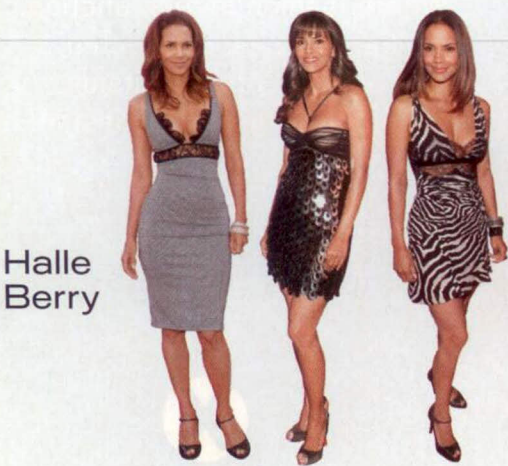
OK, we exaggerate ... just a little. But this antioxidant- and protein-rich wild-berry smoothie is loaded with fiber, making it very filling. Jackie Keller passed the recipe on to her client **Charlize Theron**. Here's how you can make it at home: Blend 1 cup frozen blueberries, 1/2 cup pomegranate juice, 2 cups apple juice, 6 oz. soft tofu and 1/2 frozen banana. (Makes 3 servings, 144 calories each.)



Carmen Electra asks ...

Q What's the healthiest thing to order at a fast-food place?

A "Stick with a salad with grilled chicken," says trainer Nancy Kennedy, one of the people responsible for Halle Berry's buff body. "They run anywhere from 220–320 calories with 6–10 grams of fat. Beware of salad dressings—they can have up to 100 calories per serving. A tablespoon or two of balsamic vinaigrette—about 40 calories—is best." Also fine: snack wraps with grilled chicken—about 270 calories and 10 fat grams.



Halle Berry

Diet Tricks of the Stars

Prep with a pre-party snack

Trainer and nutritionist Philip Goglia, who has worked with America Ferrera, suggests eating a tablespoon of almond butter or peanut butter before going out to dinner, to avoid bingeing on the basket of bread.

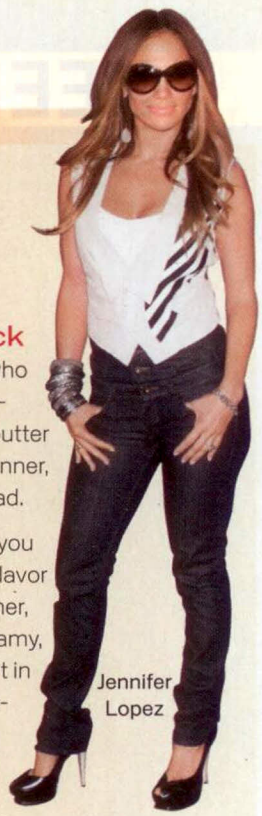
Change it up To make good-for-you veggies more appetizing, tweak their flavor and texture, says Jennifer Lopez's trainer, Gunnar Peterson. If you're craving creamy, sauté broccoli in olive oil and then dip it in a dollop of nonfat yogurt. Desire something spicy? Sprinkle lemon juice and cayenne pepper on cooked broccoli.

Divide and conquer

"When you sit down to dinner, draw an imaginary line down the middle of your plate," says trainer Kacy Duke, whose client list includes Julianne Moore. "Put the vegetables on one side, then cut the other side in half, putting the meat or protein on one quarter and a starchy carb on the other. You've got the perfect meal!"

Bag those goodies

For perfect portion control, try this tip from trainer Valerie Waters, who works with Jennifer Garner: Take a handful of munchies out of the big bag they come in, and drop them into a small ziplock bag. "We're trained to finish what's in the bag, which can be as much as 10 servings," says Waters. "This is a great way to fake yourself out."



Jennifer Lopez

Did You Know?

Cinnamon, green tea, and spicy foods (Tabasco sauce, for example) help speed up your metabolism, according to trainer David Kirsch, whose clients include Liv Tyler.

EATS

Berry loves munching on popcorn, but she isn't a big fan of all that butter and salt, according to her trainer, Nancy Kennedy.

CHEATS

Instead, she pops the kernels in an air popper, then sprinkles on cinnamon and a handful of fat-free Parmesan cheese.

