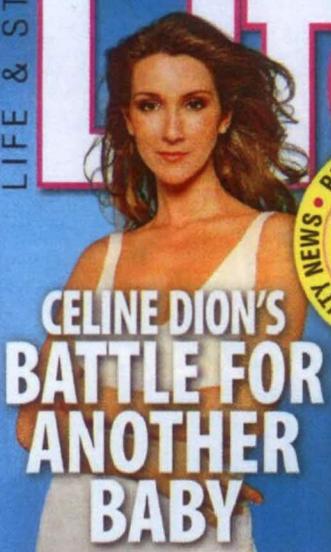


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CELINE DION'S BATTLE FOR ANOTHER BABY

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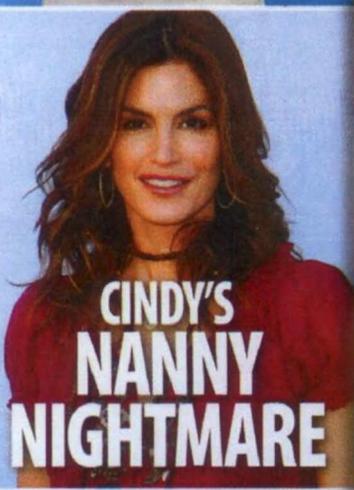


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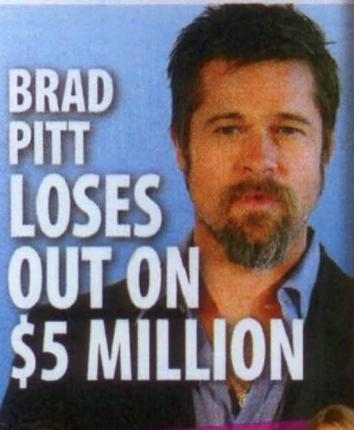
TEARS, JOY AND DRAMA AT THE BABY SHOWER

Kourtney's pregnancy almost rips apart the Kardashians. The family speaks out after the big fight with the baby's father

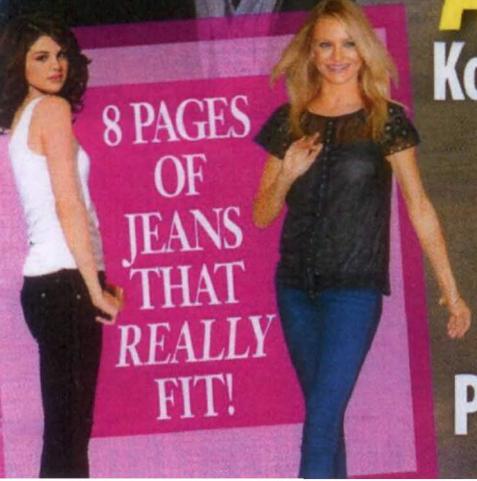
PLUS: SCOTT DEFENDS HIMSELF



CINDY'S NANNY NIGHTMARE



BRAD PITT LOSES OUT ON \$5 MILLION



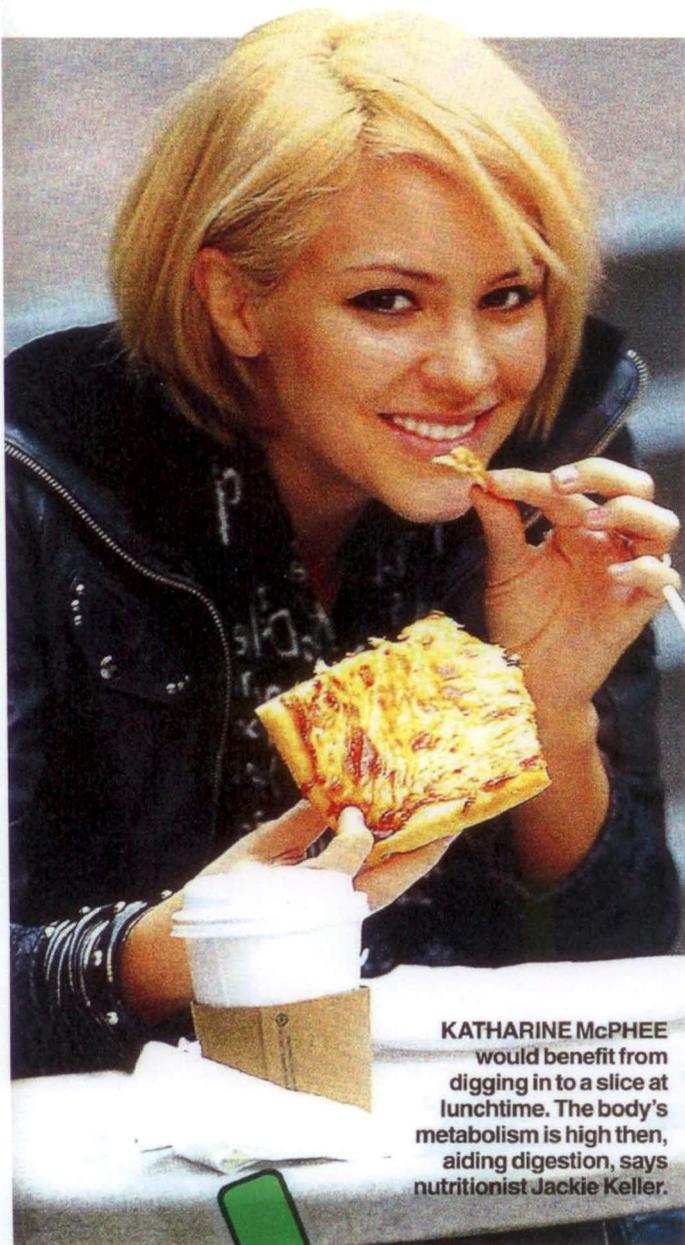
8 PAGES OF JEANS THAT REALLY FIT!

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You CAN eat



KATHARINE MCPHEE would benefit from digging in to a slice at lunchtime. The body's metabolism is high then, aiding digestion, says nutritionist Jackie Keller.

People watching their waistlines usually consider pizza to be the ultimate diet disaster. And though this typical diet no-no is a splurge, there's no need to leave the cheesy treat off the menu completely — as long as it's incorporated wisely. "With pizza, it's easy to go overboard with portion sizes and fatty toppings," nutritionist and NutriFit founder Jackie Keller (who has worked with A-listers like Reese Witherspoon and Charlize Theron) tells *Life & Style*. Like any indulgence, eating pizza is all in how you slice it. Here's how to treat yourself and still maintain your weight-loss goals. Your skinny jeans will thank you later for splurging smartly now.

STARTRAKS: STILL LIFE: HEBB

DITCH

EXTRA SODIUM

Watch out for what's hiding in the Papa John's Pan Crust The Meats Pizza. In addition to the thick crust's calories, the processed toppings on one slice — think pepperoni, sausage, bacon and beef — can add up to 1,400 mg of bloat-producing sodium.



TWO-SLICE SERVING: 920 CALORIES

FATTY ADD-ONS

This Domino's MeatZza Feast Pizza sounds almost lethal. Keller says meaty toppings add up to 200 to 300 calories per serving. Two slices with five kinds of meat and extra cheese derive 300 calories from fat — almost half their total calorie count!



TWO-SLICE SERVING: 720 CALORIES

TWO MEALS, NOT ONE

California Pizza Kitchen's Tostada Pizza with grilled steak doesn't skimp on the calories! It's piled high with beans, tortilla strips and two types of cheese, and it's drizzled with ranch dressing — making even half of this personal pie (three small slices) a diet don't.



THREE-SLICE SERVING: 838 CALORIES

pizza on a diet

The once-forbidden food is no longer off-limits — as long as it's sliced in a smart way

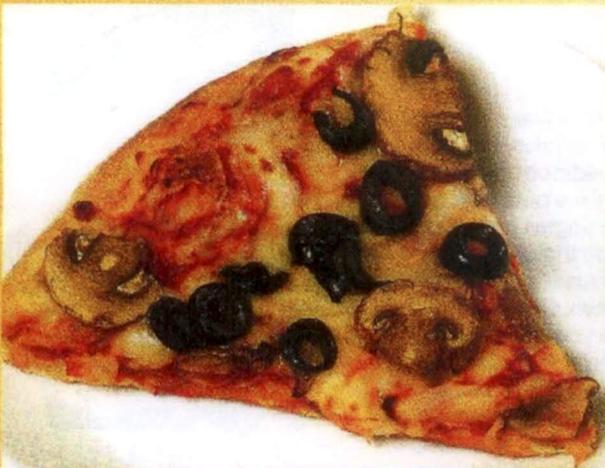
DIG IN



TWO-SLICE SERVING: 400 CALORIES

FILLING VEGGIES

Pizza doesn't have to be overly salty or topping-free. The fresh onions, olives and green peppers on the Garden Fresh Pizza from Papa John's contain fiber, which helps the body stave off hunger cravings later.



TWO-SLICE SERVING: 520 CALORIES

FRESH FLAVORS

Opt for a slice of Domino's that's loaded with good-for-you toppings instead of processed meats and fatty toppings. Healthy add-ons like mushrooms and vitamin C-packed tomato sauce amp up the flavor level — eliminating the need for extra cheese.



THREE-SLICE SERVING: 412 CALORIES

A THIN SLICE

A healthier alternative is California Pizza Kitchen's Thin Crust Traditional Cheese Pizza, which has half the amount of saturated fat as the Tostada Pizza. Looking to save a few more calories? Keller says to skip eating the crust.

HEALTHY HOME OPTIONS

Life & Style tested these frozen pizzas to find which best satisfied our cravings



Amy's Pesto Pizza with organic vegetables and basil packed a savory punch. And besides being delicious, this 310-calorie wheat-flour pizza was more filling than some of the other low-cal frozen pizzas we tried. ★★★★★



Weight Watchers Smart Ones Four Cheese Pizza definitely fulfilled our pizza urge! We were surprised by how good it tasted — and how stuffed we felt after the merely 370-calorie indulgence. Keep this one stocked in the freezer. ★★★★★



The Kashi Sicilian Veggie Pizza has only 220 calories, but this cheese-free meal, topped with eggplant, onions and peppers, felt more like a flatbread appetizer than a traditional pizza. Even the white bean tomato sauce lacked the classic tomato flavor. ★★★★★



The best part of this low-carb, 340-calorie Lean Cuisine Margherita Pizza was the sauce. The rest of it was bland. Plus, while we felt full at first, we ended up gorging on a sandwich two hours later, which made for a very unlean day! ★★★★★



Yum! This 350-calorie Healthy Choice Cheese French Bread Pizza was loaded with four cheeses and had enough tomato sauce to satisfy our taste buds. Plus, the fluffy French bread made us feel like we were splurging. ★★★★★