

Real

APRIL 2010

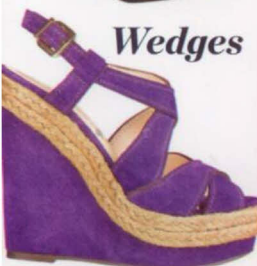
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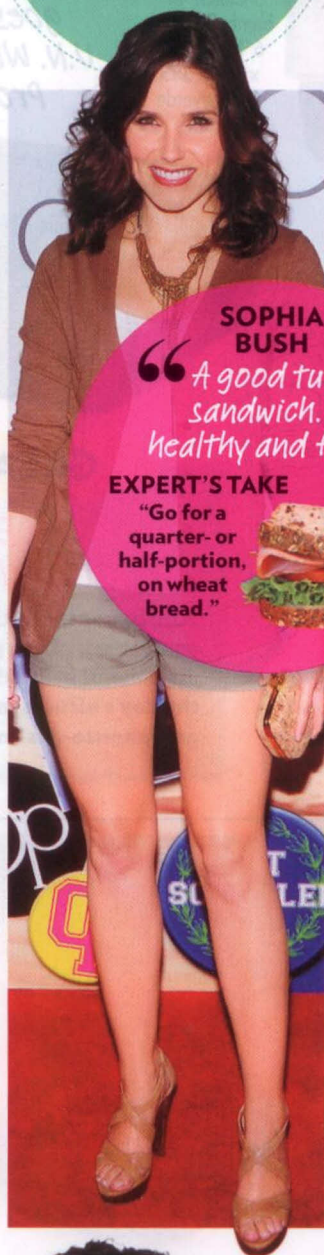
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StyleWatch Health



SOPHIA BUSH

“A good turkey sandwich. It’s healthy and filling!”

EXPERT’S TAKE

“Go for a quarter- or half-portion, on wheat bread.”



we asked! What’s your go-to snack?

Celebs shared their faves!
Nutritionist Jackie Keller weighs in on how the stars eat



ANGIE HARMON

“Veggie Straws from Whole Foods. They’re like chips, but they’re made with vegetables!”

EXPERT’S TAKE “Reasonably wholesome!”

365 Original Veggie Straws \$2.19; Whole Foods Market, www.wholefoodsmarket.com for stores



KATIE CASSIDY

“I try to eat healthy, so I always have almonds and Kombucha!”

EXPERT’S TAKE “Very healthy. You could even add a piece of fruit!”



GARCELLE BEAUVAIS-NILON

“There’s nothing better than Oreos and a glass of milk!”

EXPERT’S TAKE “Swap those Oreos for a Kashi Oatmeal Dark Chocolate cookie.”



KIM KARDASHIAN

“Chocolate-covered cranberries. They’re like Raisinets! They taste so good.”

EXPERT’S TAKE

“Dried cranberries have powerful antioxidants! Look for ones covered in dark chocolate, though.”

