

Diet Tips of the Stars

The experts behind your favorite celebs' diets share their secret weapons to keeping weight down and energy up all day long

By Emily G. W. Chau **fitbie**

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INFphoto

Giuliana Rancic

The slender *E! News* host keeps her energy up with healthy midday snacks, such as Greek yogurt and **Kashi TLC bars**. "I turned Giuliana onto Kashi bars," Avanti says. "With 5 to 7 grams of protein and lots of fiber, they're a good blend of protein, carbs, and fat." Even better, they're compact and portable, so you can nosh on them on-the-go during your busy schedule.

*Need an on-the-go snack? We've got tons of **afternoon snack ideas for weight loss**.*