Portia:

I SURVIVED ON 300 CALORIES A DAY

In her new memoir, *Unbearable Lightness: A Story of Loss and Gain*, actress Portia de Rossi, Ellen DeGeneres' wife, confesses that she once whittled her 5-foot-8 frame down to a shocking 82 pounds by living on just 300 calories a day. "The more effort I put into starving myself, the more satisfaction I would feel," writes Portia, who also used up to 20 laxatives a day at the time. Her wake-up call came in 2001 when she was rushed to the hospital after collapsing on the set of *Who Is Cletis Tout?* Portia, 37, learned then that she was suffering from osteoporosis, cirrhosis of the liver, organ failure and lupus, all the result of her eating disorder. Over the next year, the former *Ally McBeal* star shot up to a healthy 168 pounds and met Ellen, now 52. "Ellen," Portia writes, "saw a glimpse of my inner being from underneath the flesh and bone, reached in and pulled me out."

Portia looked scary-skinny in 2000.

WHAT'S 300 CALORIES A DAY?

"Living on 300 calories a day isn't recommended for health, weight loss or even detoxing," Christine Avanti, celebrity nutritionist and author of *Skinny Chicks Don't Eat Salads*, tells *Life & Style*. "When the body's deprived at such an extreme level, the brain and central nervous system begin to make you feel anxious, and you'll crave sugar and either carbohydrates or caffeine or both."

1 RED APPLE
90 calories

+

4 SLICES TURKEY
80 calories

+

8 UNSALTED ALMONDS
54 calories