



# MAKE STUBBORN PUDGE FINALLY BUDGE WITH TIPS FROM STAR PROS

BY RACHEL PAULA ABRAHAMSON

## 10 Easy Ways to

# SLIM DOWN FAST!

### 1: Eat less bread

"To save 160 calories, wrap your sandwich in lettuce rather than bread," says fitness pro David Kirsch, who works with **Anne Hathaway**.

**2: Try a new spaghetti** Replace white pasta with cooked spaghetti squash, suggests *Biggest Loser* nutritionist Cheryl Forberg. You'll reduce calories and get more filling fiber.

### 3: Sip a smarter drink

Water with lemon, which contains the appetite suppressant pectin, "kills cravings for sweets," says Dr. Lindsey Duncan (clients include **Demi Moore**). To prevent overeating, drink eight glasses a day, says Bruce Dagg, a vice president at Nutrisystem.

### 4: Do a swap

When making stew, "swap out half the usual beef for an equal weight of chopped mushrooms," says Ellie Krieger, author of *So Easy*. "You'll eat a more sensible portion of meat that's still satisfying."

### 5: Breakfast like a pro

Same old oatmeal? Yawn. Try a cup of quinoa cooked with  $\frac{1}{4}$  cup of skim milk and a tablespoon of chopped almonds, says Keri Glassman, author of *The O2 Diet*. The grain has more satiating protein.

### 6: Be a savvy snacker

Jonesing for fries? Try salt

and vinegar-flavored PopChips instead, says nutritionist Christine Avanti, who works with **Giuliana Rancic**. "A bag has just 100 calories."

### 7: Have a P.M. nosh

If you need to nibble at night, low-fat cottage cheese is your best bet, says trainer Jackie Warner, star of Bravo's *Thin-Tervention*. "It has the protein casein, which helps you sleep and helps burn fat."

### 8: Brighten lights

People consume more when they

can't see their food as clearly, according to Dr. Mehmet Oz, **Oprah Winfrey's** nutrition guru.

### 9: Spoil your supper

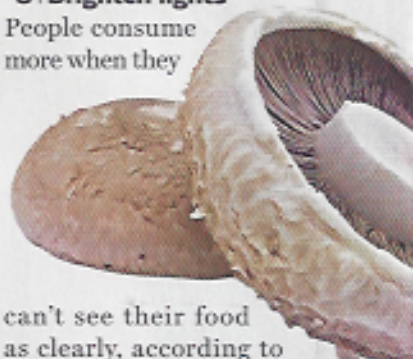
An afternoon snack with protein and fiber that's less than 200 calories "prevents you from being ravenous at dinner," says Tanya Zuckerbrot, creator of the F-Factor diet.

### 10: Trick taste buds

Curb a candy craving by chewing a stick of zero-cal licorice root. "It's naturally sweeter than sugar," says Duncan.



Hathaway



Rancic



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