

"I love Italian food. I love pasta.... A refrigerator full of water and Gatorade? Honey, that's just not gonna happen." — Queen Latifah

Glamour Health

Diet Till Dinner, Chow Down at Night?

This celeb fad just might be sane.

By Shaun Dreisbach

Celebrities have a way of leading us, like weight-loss lemmings, into whichever juice cleanse or baby-food diet helped *them* look hotter than ever. But the latest Hollywood trend has even nutritionists on board. Call it the "diet by day" plan:

You eat virtuously at breakfast, lunch, and snack time; then, at dinner, "you let loose," says celeb nutritionist Ashley Koff, R.D.

There are, of course, guidelines. "This isn't about throwing *all* the rules out the window," Koff says. How to do it right:

- Stick to low-cal choices by day, like fresh fruit and greens with grilled fish or chicken. (No skipping meals!)
- Pick a filling P.M. snack, like Greek yogurt or veggies and hummus.

Find loads of healthy recipes at glamour.com/health-fitness.

- Drink water—it'll help you feel full, says Milton Stokes, Ph.D., R.D., a dietitian in Stamford, Connecticut.

- At dinner, loosen up without going crazy. (If you overdo it, says Stokes, "you'll wake up full, skip breakfast, and double-down on lunch.") Start

with club soda or iced tea, not booze, to keep your appetite in check, then enjoy the fish tacos with guacamole

or a few slices of flatbread pizza with a glass of wine.

- Throw in the napkin at least an hour before bed. There's no magic time to stop eating, says Stokes, but it's good to have a cut-off so you don't keep going to the kitchen for more.



Go for it, Gaga.

Stars Who've Tried It



"My hobby is to go out to dinner," Sofia Vergara has said. "I try to eat healthy during the day so that when I go to dinner, I can kind of eat whatever I want."



"I'll eat healthy until dinner but then have what I want," Gwyneth Paltrow told *People*. "Last night I came home and had a fresh baguette and cheese. And a martini."



Nutritionist Kimberly Snyder shifted Drew Barrymore's diet so that "she still ate her favorite foods, but had her heaviest meal in the evening," she says.