

"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](http://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.