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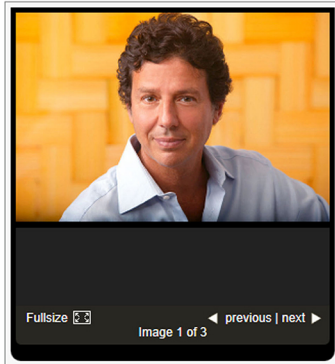
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LA VIDA LOCAL

## Nutritionist to the stars Dr Oz Garcia shares diet secrets

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Little-known fact about “nutritionist to the stars” **Dr. Oz Garcia**: Born in Havana, he spent some time as a child living in Miami Beach.

“We’re a real classic Cuban immigrant story,” says Garcia, who hosts a Wellness Weekend starting Friday evening at The James Royal Palm Hotel.

Garcia’s parents emigrated from the island when Garcia, now 62, was a little kid; he attended kindergarten through first grade in Miami Beach.

“Mom used to take me down Lincoln Road,” says the longtime New Yorker. “I have a lot of Miami nostalgia. I saw South Beach go from decrepit to beautiful.”

Mom and Dad retired down here about 30 years ago, so he’s still back and forth. Dad passed away, but Mom lives in Kendall.

One of Garcia’s favorite things to do while in town:

a daily four- to five-mile jog along the boardwalk.

The doctor, whose clients include celebrities like **Hilary Swank** (whom he helped gain 20 pounds of muscle for *Million Dollar Baby*), **Kim Cattrall**, **Karolina Kurkova**, **Sean Combs** and **Russell Simmons**, leads by example: “It’s simple: Make better food choices.”

A typical day’s menu Garcia starts out with green tea and a protein shake jam-packed with probiotic yogurt, coconut water and fruit.

A light lunch might be a kale salad with fish or chicken. Midday snacks are a “predictable handful” of mixed nuts like pecans, walnuts, cashews.

For dinner Garcia usually opts for a piece of broiled fish (dorado, salmon) with roasted vegetables and, if he wants a starch, quinoa, basmati or brown rice.

For dessert, his guilty pleasure tends to be a “a nice piece of dark chocolate —70 to 80 percent semisweet.”

Once a week, a glass of white wine is allowed. “Red is healthier, but I drink white.”

Learn from Garcia first-hand this weekend when he leads “nutrition boot camps” at the hotel’s renew the spa. On the agenda: power juicing/smoothie classes, sunrise meditation and anti-aging lectures.

Information: [jameshotels.com/miami/renew-the-spa](http://jameshotels.com/miami/renew-the-spa)