

# Do stars eat less than we do?

## WHAT I REALLY EAT

Karina Smirnoff, 32, may no longer be dancing with the stars — but she's still found a way to keep her starworthy body. As the new spokeswoman for Hydroxycut Advanced, she allows herself to eat what she wants — as long as she stays active and doesn't indulge *too* much. "I still fit into my jeans from 10 years ago," she tells *Life & Style*. Here, nutritionist Oz Garcia weighs in on Karina's daily menu.

### BREAKFAST

about 315 calories

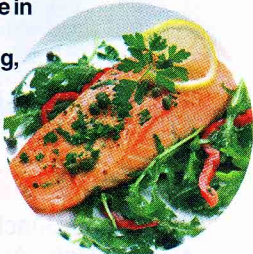
"I usually start the day with egg whites," says Karina. "Whether it's an egg-white omelet or scrambled eggs, it keeps me full longer than any other breakfast, so I don't have to snack before lunch." Oz Garcia says her morning start would be even better if she incorporated the yolks too. "They contain lecithin and healthy omega-3 fats, both of which can counteract the effects of a high-fat or high-cholesterol diet," he explains.



### DINNER

about 300 calories

Fish with a salad is Karina's go-to at-home meal. "My favorites are miso-glazed Chilean sea bass and salmon for the omega-3s," she says, adding that sushi and sashimi are her restaurant picks. And she does have at least a bite of dessert: "Pretty much anything sweet is worth a bite in my book." Garcia applauds her, saying, "Chilean sea bass is a good source of magnesium, and salmon is practically the perfect food."



### LUNCH

about 680 calories

Karina opts for a salad topped with chicken or mahimahi and light dressing, and she always fills up on fruit. "I prefer to have watermelon or pineapple," she says. "Watermelon is a diuretic, so it fills you up, gives you energy through fructose and prevents you from retaining water. Pineapple is great because it's sweet like dessert, but it's effective in breaking down stored fat too." Says Garcia of the combination, "Karina's lunch is nearly perfect."



### SNACKS

about 200 calories

"There's a large gap between lunch and dinner, especially when my days are super packed with meetings," says Karina. "Generally, I have a couple of slices of turkey breast, maybe an apple, and I do love tea and cookies." While Garcia thinks she could avoid the cookies, he says turkey slices, apples and green tea are smart choices. He adds, "She could incorporate a handful of nuts or mixed berries into her snack routine."



**TOTAL CALORIE COUNT: About 1,500**

### THE EXPERT'S FINAL WEIGH-IN

"Karina understands nutrition, and like every dancer, she knows her body and treats it well," says Garcia. "She has a diet rich in fiber, which slows down digestion, prevents wild swings in blood sugar and reduces insulin resistance."



*Life & Style's* diet rating ★★★★★

### HER SECRET ENERGY BOOST

"I help my energy level with Hydroxycut Advanced," says Karina. She credits the supplement with boosting her metabolism.

