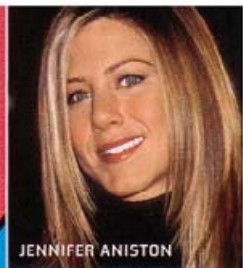


BEST FRIENDS: funny stories, cool guests, good hair days



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HAIR?
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PINK
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PERSONAL

THE NUTRITIONIST V

Oz Garcia, a nutritionist whose clients include Winona Ryder and Hilary Swank, lives by one mantra: You are what you eat. "Hair is made up entirely of protein, which means you have to include high-quality protein in your diet if you want strong, healthy hair," says **Oz**, who suggests about 75 grams of protein daily. For carnivores, try lean meats, poultry and fish; for vegetarians, a hearty dose of eggs, feta cheese, mozzarella, lentils or tofu. And if you want any shine at all, going the fat-free route won't work. "Eliminating too much fat has serious consequences, the least of which is dull, dry hair," says **Oz**. He recommends three to five portions of foods rich in omega-3 fatty acids (like tuna, salmon, walnuts or olive oil) each week.

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