

US

WEEKLY

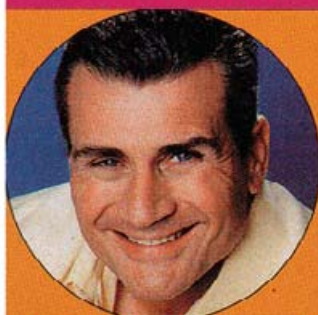
DIETS REVEALED

What Stars Really Eat!

Cover Story

Hollywood's Go-To Food Gurus

The stars flock to this trio for personalized diet regimes



Philip Goglia

Guru: Philip Goglia, L.A. nutritionist and coauthor of *Turn Up the Heat: Unlock The Fat-Burning Power of Your Metabolism* (Viking Press)

Clients: Kim Delaney, Owen Wilson, Laura Dern, Jeff Goldblum

Food philosophy: Eat right for your metabolic type. Goglia breaks down clients into three types, which he determines with a blood test: protein efficient (which means you shouldn't eat a lot of carbs), carb efficient (you process carbs easily) and dual (you metabolize carbs, fats and proteins equally well).



Larry Krug

Guru: Larry Krug, cofounder and CEO of the Eatwize Program and coauthor of *Get Fit in a Crunch* (Hatherleigh Press)

Clients: Donatella Versace, Estella Warren, Jeanne Tripplehorn

Food philosophy: Krug's clients fill out a questionnaire about their lifestyles and family history; he then formulates a personalized eating plan to help them drop about two pounds a week. Krug bases his diet on the 40-20-40 ratio, which is the ratio of calories among carbs, fats and proteins he says should be eaten at each meal.



Oz Garcia

Guru: Oz Garcia, New York nutritionist and author of *Oz Garcia's The Healthy High-Tech Body* (Regan Books)

Clients: Hilary Swank, Kim Cattrall, Robert De Niro, Winona Ryder

Food philosophy: Garcia prescribes what he calls a Paleotech diet, which is based on what our ancestors ate: fruits, vegetables, legumes, beans and lean meat (mostly seafood) – and no processed or artificially flavored foods. He believes that the modern-day diet is overloaded with fats and carbohydrates.