

June 18, 2012

OK! BODY & SOUL SPECIAL

STEAL THESE CELEB-APPROVED DIET TIPS!

KIM KARDASHIAN GIVES GLUTEN THE BOOT

It's the hot trend in Hollywood: Stars like Kim Kardashian, 31, are on the G-free bandwagon. Kim recently Tweeted, "Gluten free is way to be." Co-host of TLC series *Freaky Eaters* JJ Virgin tells OK! she may be right: "Gluten is addictive," JJ says of the protein found in certain grains, like wheat, so you can easily overeat and gain weight. Adds celeb nutritionist Joy Bauer, author of *The Joy Fit Club: Cookbook, Diet Plan and Inspiration*, "You'll be significantly reducing your calories if you wipe out gluten-containing foods." Just make sure not to OD on processed gluten-free replacements like gluten-free breads or baked goods.



EMMY ROSSUM GOES FOR FAVE FLAVORS NOT FAT AND CALS

Emmy, 25, doesn't eat bread or pasta, but she doesn't let that stop her from enjoying the flavors she loves — she just gets a little more creative! "I am allergic to gluten but I love the taste and flavors of pasta and pizza," says Emmy. So what does she do? "I love to scramble egg whites with tomato sauce and Parmesan cheese."



JANET JACKSON MAKES ROOM FOR DESSERT

The famous yo-yo dieter seems to have finally found a balance with her Nutrisystem plan, which lets her satisfy her sweet tooth. "It's about well-rounded healthy meals — which includes cake!" says Janet, 46.