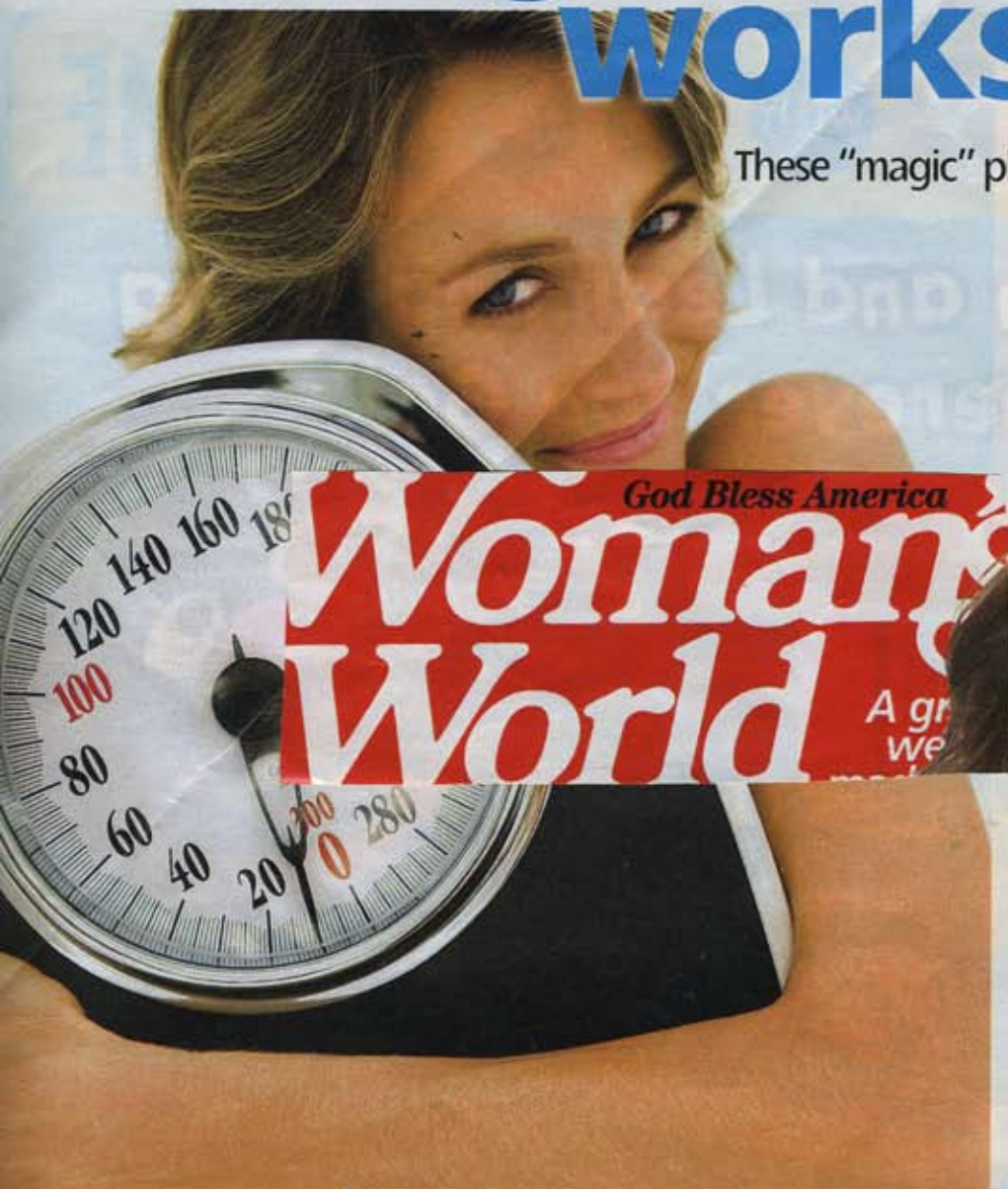


Hollywood diet works better

These "magic" plates melt off 30 lbs in 9 weeks! Eat all



Most of us are pretty good at making slimming food choices. We know, for example, that oatmeal is better than doughnuts and that grilled fish is better than fried. But when it comes to figuring out how much oatmeal or fish we should eat, "almost no one knows a proper portion size," says Lisa Young, Ph.D., R.D., author of *The Portion Teller Plan*. Studies show even nutrition experts routinely misjudge proper portions by 50%. "It's the big reason so many of us struggle with extra pounds," says Young. So should we start toting measuring cups everywhere? Not practical. Instead, suggests Young, try a hot new Hollywood trend...

Fact! Portion-control dieters are more likely to lose weight than those who count fat grams, says a new study.



Hollywood can help you!

"Every day, we get a request from a new celebrity," reveals Hollywood insider Paris D'Jon, who makes Portion Pals—portable plastic discs you hold next to food to ensure you're eating only the right amount. "Halle Berry had them hand-delivered before she got pregnant. Kelly Clarkson has a set, too. So do lots of stars who don't want people to know they're watching their weight." The gadgets are catching on fast because

Easy planning guide and sample menu

Portion-control gadgets let you enjoy slimming amounts of any food. Want more structure? Here's a simple meal guide, below, and sample daily menu, right. At each meal have:

- 1 serving lean protein or low-fat dairy
- 1 serving whole grain or starch
- 1-3 servings fruit or vegetables
- 1 dash oil, nuts or sauce (optional)

You should also add 1 fruit snack and 1-2 calcium-rich snacks daily

*Always get a doctor's okay to try any new plan.

Breakfast

- 1 serving scrambled egg substitute or fat-free milk
- 1 serving toast or cereal
- 1 serving fruit



Snack

- 1 serving fruit



Lunch

- 1 serving tuna or low-fat cheese
- 1 serving crackers or beans
- 2-3 cups mixed salad, drizzle vinaigrette

Lead photos: Pat Hill.
Hair: Algene/Sally Harior.
Makeup: Berta/Solo Artists.
Stylist: Cynthia LaMaide.
Other photos: Pixland/
Jupiter Images; Fred
Prouser/Corbis; Lee
Celano/Corbis; Food
Pix/Jupiter Images (2);
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diet secret than diet pills!

your favorite foods—and supercharge your weight-loss by 300%!

they work so well, adds D'Jon. "I personally lost 30 pounds in nine weeks. We haven't done any advertising and yet we keep selling out!"

While D'Jon restocks, there's also another trendy and effective option: portion-control plates and bowls. University of Calgary clinical trials showed that dieters using the special dinnerware—which are printed or molded to show you how much to serve yourself—were 300% more likely to lose a significant amount of weight than dieters using regular plates and bowls. As with portion discs, "people don't have to weigh, measure or count calories, and they have freedom to choose the foods they like," notes University of Calgary's Sue Pedersen, M.D. "Yet the plates were just as effective as some popular diet pills."



Hot portion-control options

GADGET	COST	MORE INFO
Portion Pals 	\$18	Silicone discs that double as cutting boards allow you to size up protein, grains, dessert and more; www.portionpal.com
The Diet Plate and Bowl 	\$64	Lines on this pretty plate-and-bowl set make it easy to eyeball proper portions. Comes with a user guide; www.dietplate.us
EZ Weight Plate 	\$20	This molded plate has indentations for perfect portions. Bonus for those on the go: it has a lid and is microwaveable; www.ezweightplate.com
Portion Doctor Portion Control 10" plate 	\$10	An affordable plastic plate that comes printed with easy portion guides; www.portiondoctor.com
Molded disposable compartment plates 	\$2.49 for 50	No-frills but functional. Pick up a pack at your local grocery store!

Steal this trick for free

If Portion Pals (\$18) or portion plates (\$10 and up) are too pricey, Young says you can simply use a molded disposable paper plate. At meals, fill the biggest section with fruit or vegetables, a smaller section with lean protein/dairy, and another small section with whole grain. Add an optional drizzle of sauce or oil or a sprinkle of nuts and you're done. No matter the technique you choose, studies show you'll eat up to 45% less and still feel equally satisfied. Readers testing options on these pages all lost weight—up to nine pounds in a single week. Finally, a sensible way to get slim eating foods you already love!



Dinner

- 1 serving turkey or veggie burger
- 1 serving sweet potato or whole-grain bun
- 1-2 servings vegetables
- 2 tsp. condiments

Snack 1 cup lite yogurt



Kelly Clarkson



Halle Berry

Trendsetters Halle Berry and Kelly Clarkson were among the first stars to discover hot new portion-control discs that work better than diet pills!

SUCCESS STORY

Melissa lost 2 sizes!



"Portion Pals shows you a healthy cheesecake portion!" says New York mom Melissa Noga, 30. "So I never feel deprived." Melissa enjoyed dessert, pizza and fries while losing two sizes in 10 weeks!