

WHY EVERYONE IN HOLLYWOOD IS EATING THESE FOODS

They're the top 10 must-haves for perfect-bodied stars who need to feel as great as they look

In their quest to remain camera-ready, stars continue to cling to popular diets, scarfing up almonds and egg whites, and banishing bread,

rice and even watermelon from their tables. Whatever they're doing, it's working. Hollywood has never looked so fit or felt so good.



JENNIFER ANISTON



The liquid lunch

Believe it or not, all the stars are stocking their refrigerators with good, old-fashioned soup. It's healthy, low-fat and easy to stockpile for convenience. Veggie broth passes muster with the folks at Weight Watchers, so WW spokesperson Sarah Ferguson spoons it up regularly. Oprah likes it, too. Jen Aniston keeps it pureed in her fridge.



The fill-you-up food

Oatmeal is a staple in everyone's diet (especially in The Zone, Atkins and Sugarbusters). That's because a half cup has just 150 calories, but fills you up. Pilates-guru-to-the-stars Mari Winsor, a Zone diet devotee, likes to add a little maple syrup for flavor. Not only is it great for digestion, it's loaded with vitamin A, calcium, iron and, of course, fiber.



The perfect snack

Stars avoid processed foods, so chips are out. The crunch-craver's alternative: almonds. Kristanna Loken, the new *Terminator*, eats them (12, to be exact) for a quick pick-me-up. They deliver a powerful punch: Almonds are rich in vitamin E, which is great for clear skin and shiny hair. One ounce (23 nuts) also has as much calcium as a quarter cup of milk.



A.M. protein fix

Ryan Seacrest stocks his Sub-Zero with cartons of egg substitutes because he's always traveling, and needs to know there's a protein supply on-hand when he comes home. Jennifer Garner and Tobey Maguire are also eaters of egg whites, which provide the high protein of eggs without the high cholesterol of the yolks.



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