

Issue 944
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WEEKLY

Us

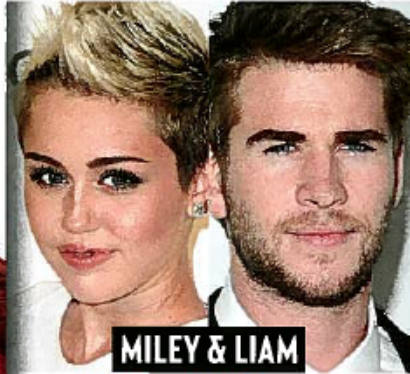


HOW I LOST 42 LBS!

SNOOKI'S EXTREME BODY MAKEOVER



BEFORE



MILEY & LIAM

Wedding Is Off!



ANNE HATHAWAY

Throws Diva Fit Over Dress



HOUSEWIVES SHOCKER

What Made Adrienne Quit

\$3.99US



11 >

OLD-SCHOOL DIET FOODS

Yup, they still do the trick! Celebs love these classic low-cal snacks



Electra

CANNED TUNA

Carmen Electra fills up with this protein. It's lean and has omega-3s, "which are good for heart health," says dietitian Rachel Beller.



Tisdale

GRAPEFRUIT

Make like Ashley Tisdale and snack on citrus. The fruit levels your blood sugar to prevent hunger spikes. And it has tons of antioxidants!



Rancic

RICE CAKES

Get a guilt-free carb fix with Giuliana Rancic's go-to snack (she tops it with seaweed). At only 35 calories a pop, you can crunch confidently.



COTTAGE CHEESE

This light dairy is super-satiating! "It's low in calories but high in protein, so it fills you up," explains Beller, author of *Eat to Lose, Eat to Win*. Blend in organic berries for a sweet treat or try it Chrissy Teigen's way. The model tells *Us*, "I add hot sauce!"



Teigen

With reporting by Marisa Berger, Brody Brown, Sarah Grossbart, Suzanne Marchese, Monique Meneses & Alli Rosenbloom

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