



FOODS Rescue

POWERFUL EATS SOUNDLY
VANQUISH VILLAINS FROM BELLY
BLOAT TO SLUGGISHNESS

SMIRNOFF

1 / Dark chocolate
Ginnifer Goodwin's indulgence, she raves, "is full of antioxidants!" The flavonoids "help regulate blood pressure," says New York dietitian Stephanie Middleberg. Benefit by reaching for a bar that is at least 72 percent cacao.

2 / Kefir
The dairy regularly swigged by **Stacy Keibler** has at least three times as many probiotics as yogurt. These healthy bacteria aid digestion and reduce belly bloat, shares NYC dietitian Keri Glassman.

3 / Goji berries
Among the 20-plus vitamins and minerals packed into the tiny fruits: vitamin A. Explains Middleberg: "It's an antioxidant vital to bone health and good vision."

4 / Kale
One cup of the leafy greens **Lucy Hale** eats has just 33 calories. But it boasts 2.5 grams of satiating fiber, plus vitamins A and C (they give you glowing skin!).

5 / Kombucha
The drink — made when yeast, bacteria and sugar ferment — is high in B vitamins, which can speed the metabolism, says Middleberg.

6 / Kimchi
Another fermented food, the Korean delicacy **Jessica Simpson** dices for salads "boosts gut health and is amazing for your immune system," says Glassman.

7 / Walnuts
Karlie Kloss tells *Us* she "loves" the protein-rich snack. Middleberg applauds the nuts' alpha-linolenic acid: "It helps protect against heart disease!"

8 / Raspberries
Nikki Reed is a fan of the fruits. Wise choice: With 8 grams per cup, they have the most fiber of any berry.

9 / Apples
The phytonutrient quercetin in **Ashley Greene's** favorite nibble slows the digestion of carbohydrates, says Middleberg.

10 / Olive oil
The cooking staple (**Giada De Laurentiis** even drizzles it on oatmeal) boasts monounsaturated fats. They've been linked with blasting belly bulge.

11 / Figs
"I grew up eating them!" **Karina Smirnoff** tells *Us* of the fruits stocked with potassium and bone-building calcium.

12 / Kelp
These sea greens "are loaded with minerals," says Nutritious Life founder Glassman. The iron and manganese supply **LeAnn Rimes** with energy.

13 / Avocado
Vanessa Hudgens' daily nosh has the antioxidant glutathione "that may block the absorption of fats," explains Glassman.

14 / Almond butter
"Almonds have the most nutrients per ounce of all nuts," says Middleberg. One standout: magnesium, which eases muscle cramps.

15 / Blueberries
L.A. dietitian Rachel Beller dubs the fruits **Katie Holmes** buys "brain berries" because their antioxidant anthocyanins aid memory.

16 / Hot peppers
Spicy foods "can reduce appetite," reveals Glassman. And peppers' capsaicin, adds the pro, "gives your metabolism a slight boost."

17 / Chia seeds
These seeds (eaten by **Miranda Kerr**) expand in the stomach, absorbing up to 12 times their weight, says Beller: "They're appetite curbers."

18 / Quinoa
Kate Walsh cooks these seeds with broccoli for supper. The protein (8 grams per cup) "helps squash hunger," explains Glassman.

19 / Jicama
With 6 grams of fiber (nearly a quarter of your daily need!), a cup of these root veggies can reduce the risk of heart disease and obesity, says Beller. Eat up!