

body

Last minute

# slimdown secrets

WEEKLY  
**INTOUCH**

## ▶ HILARY EATS FAT-FIGHTING FOODS

Hilary Swank gets diet advice from nutritionist Oz Garcia, who recommends eating lots of lean protein (such as chicken and fish), substituting squash for starches like potatoes and filling up on high-fiber vegetables (kale, cabbage, asparagus or eggplant). Adding more fiber to your diet is a great way to jump-start weight loss.

