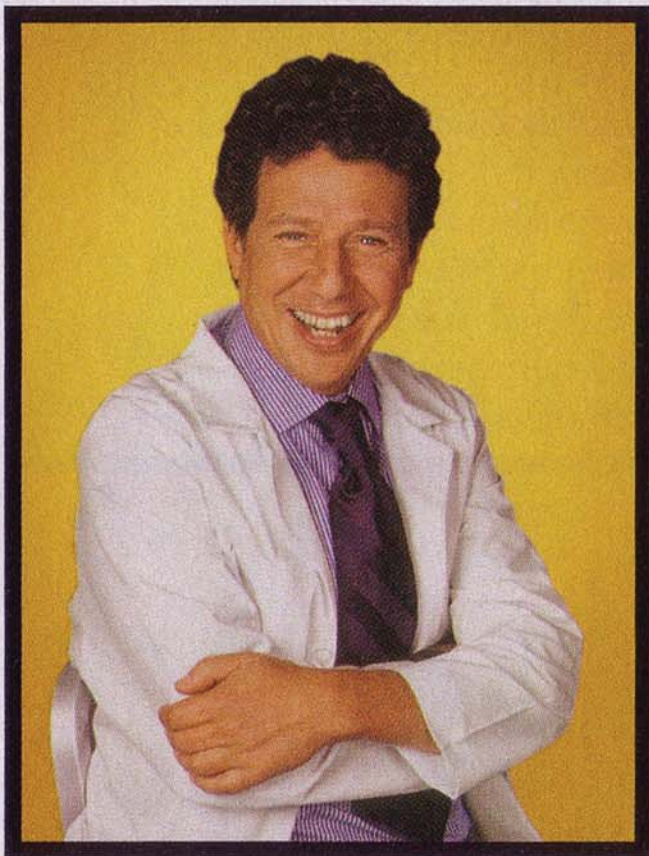


the diet docs' crash diets

BY CAROLINE BOLLINGER

top
weight loss
gurus reveal
their safe
slim-down
fixes





Oz Garcia PhD

nutritionist and author of Look and Feel Fabulous Forever

What gets me off track My love affair with carbohydrates. I crave the Cuban food I grew up on—rice, beans, and fried bananas—and I also love high-quality chocolate desserts.

Crash diet plan A low-carb, high-seafood diet. Fish is high in protein and low in saturated fat, and it's rich in a nutrient called DMAE, which is good for your brain. I cut out all starch such as potatoes, bagels, cereal, and pasta. I grill fish, lobster, and shrimp in olive oil, because I don't worry if there's a little fat in my

diet—as long as it's not saturated fat from butter or red meat. I'll balance the fish with a fresh Greek salad or a salad made with roasted vegetables and firm stir-fried tofu.

Maintenance plan Lots of simple, fresh ingredients and fewer processed foods. If I'm craving starch, I'll have basmati rice or a seven-bean soup instead of bread, because these foods are lower on the glycemic index, meaning they'll stick with me longer. I also try to keep up the fish diet by having sashimi (sushi without rice) for dinner a couple of nights a week. I reach for healthy snacks such as nuts and dried fruit. The linchpin of this whole routine is walking to and from work—4 miles a day—then heading to the gym two or three times a week for upper-body training and some ab work on a stability ball.

