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LAST INTERVIEW

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- His 85-pill-a-day addiction
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DIET NEWS

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Roxy Olin is Whitney Port's sidekick on *The City*, but she gets her big acting break on this season of *Brothers & Sisters*. Surviving the new challenge of long days of filming requires nutrient-rich foods — and her daily M&M's fix. "I try to eat healthy food all day because I swear it turns midnight and I'm all about sweets!" Roxy tells *Life & Style*. Here, nutritionist Oz Garcia weighs in on the actress' menu.

HER SECRET SWEET TOOTH

Roxy can't resist stocking up on popcorn, Popchips, M&M's and sugar-free Red Bull. If she cuts out wheat and coffee, she may not need the Red Bull boost, says Garcia.

FINAL

TOTAL CALORIE COUNT: About 1,885

THE EXPERT'S FINAL WEIGH-IN

"It seems that Roxy knows what foods are good for her, but she sometimes munches on snacks that aren't very healthy," says Garcia. "With a few tweaks, Roxy will see her energy increase and her cravings decrease."



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Do stars eat less than we do?

WHAT I REALLY EAT

Roxy Olin is Whitney Port's sidekick on *The City*, but she gets her big acting break on this season of *Brothers & Sisters*. Surviving the new challenge of long days of filming requires nutrient-rich foods — and her daily M&M's fix. "I try to eat healthy food all day because I swear it turns midnight and I'm all about sweets!" Roxy tells *Life & Style*. Here, nutritionist Oz Garcia weighs in on the actress' menu.

BREAKFAST

about 250 calories

"I always have a coffee, usually with yogurt and granola," says Roxy. "But if I have some time before work, I'll make eggs. While coffee is "comforting and warm and temporarily decreases hunger," says Garcia, "after the caffeine buzz goes away, you and your insulin levels crash. Swap it out for green tea, which has a tremendous amount of antioxidants, increases energy, cuts hunger and is a natural diuretic."



LUNCH

about 310 calories

Roxy usually has a turkey sandwich with light mayonnaise, lettuce and tomato on wheat bread, or she'll munch on a salad topped with chicken and balsamic dressing. "Turkey and chicken are great lean proteins," says Garcia, "but I'd suggest cutting out the bread — even if it's whole wheat. Instead, have your chicken or protein with vegetables sautéed in olive oil."



DINNER

about 825 calories

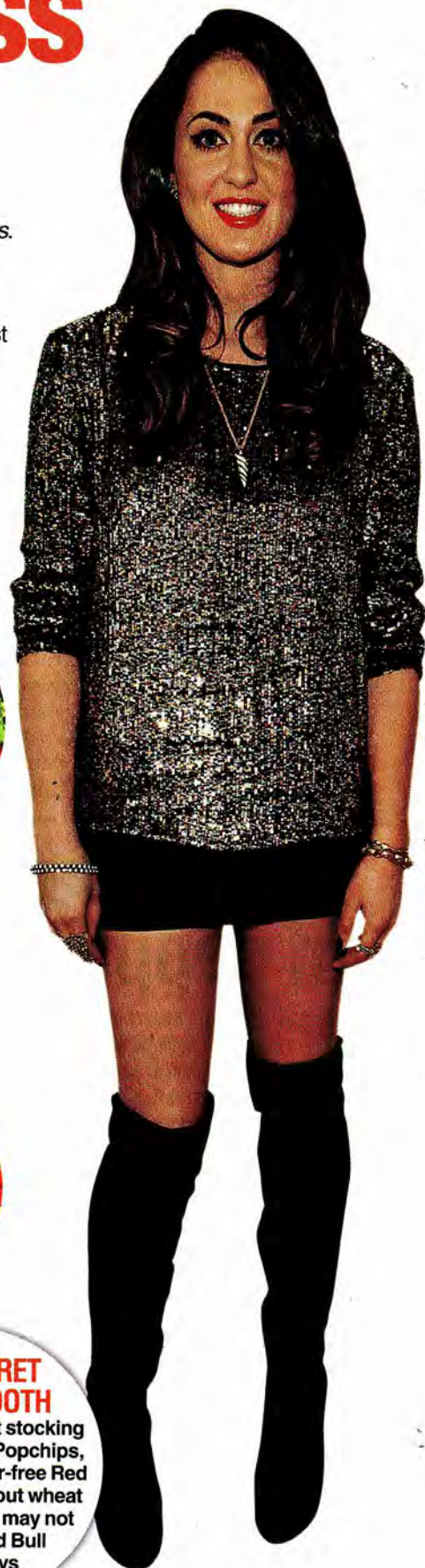
"I love to cook salmon or chicken and broccoli or pesto pasta after work — though I also love treating myself to a big sushi dinner!" says Roxy. Garcia applauds the choice of salmon or sushi: "Everyone should have fish at least four times a week." But he does warn against Roxy's pesto pasta option: "Pasta can destroy your energy level, accelerate the aging process and cause bloat."



SNACKS

about 500 calories

"I always carry a Fiber One bar in case I need a snack," says Roxy. But at night, she admits to giving in to her sugar cravings. "Since I was a little girl, I've had a weak spot for chocolate, and M&M's are my favorite," she says. "I'm down to like 1½ packets of M&M's a night." Garcia says to opt for dark chocolate instead of milk chocolate M&M's, which are loaded with high-fructose corn syrup.



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Life & Style's diet rating ★★★★★