

# Katie: WHAT SHE REALLY EATS

OK! HAS THE REAL SKINNY ON KATIE HOLMES' DIET

Since **Katie Holmes** had daughter Suri in 2006, pals have periodically fretted about her weight, or lack of it. As recently as this spring, many wondered whether, at 32, Mrs. Tom Cruise was entering into scary-skinny territory. "She was so gaunt," a pal tells *OK!* "Friends said, 'Katie, you look so much older; you need to put flesh on your bones!'"

## AN EXTREME DIET AT TIMES

Katie has gone to great lengths to be thin, like eating a raw-foods diet. "When she wants to slim down for a role, she eats only unprocessed raw vegetables," says the source. "Because of the sugar content, she tries not to eat fruit; if she does, she usually sticks to berries, because they have the lowest glycemic index."

On a typical raw-foods day, "she'll have carrot soup and a yam for lunch and broccoli for dinner, and she'll keep a handful of raw almonds for a snack," says the source, who adds that the diet is

extreme. "She doesn't sustain it for long."

## IT'S A BALANCING ACT

"After shooting, Tom will take her out so she can pig out and get some much-needed protein," says an insider. It's another favorite of Katie's. "She does a lot of low-carb, high-protein. She and Tom love meat. They have steak houses, like Mastro's and Cut, in Beverly Hills that they hit regularly. Katie starts with an iceberg wedge and then gets a lean cut of steak."

Another insider says Katie also eats "mostly organic food, avoiding anything processed. White flour and sugar are out, unless she's treating Suri."

And what she's doing is working. "Katie appears to be around 130 pounds," celeb nutritionist Oz Garcia, Ph.D., who doesn't work with Katie, tells *OK!* "She's in a healthy BMI."

Ultimately, it's about balance. "She is a pretty level-headed Midwestern girl," her pal tells *OK!* "In the end, it makes sense that she chooses health."

## HER SECRET WEAPON IS BROCCOLI!



"For Katie, the superfood broccoli is the key," says a pal, who says the actress eats it daily. But she balances it with her favorite treats, such as popcorn,



But she snacks, too!

## HER LIFESTYLE: A CALORIE-BURNING



### SHE TREATS HERSELF

After her morning workout, Katie joined a girlfriend for coffee and a stop at Teuscher Chocolates.



### RUNNING IS A PASSION

Katie says she's always been a runner. Since Suri's a bit older now, her mom has been making more time to enjoy a good run and build up lean muscles.

