

BAZAR

Harper's

Best Beauty Eating Diaries: How I Stay Slim

We asked three fit and trim women to reveal their diet and exercise habits. Read on to find out what you can learn from them

Photograph by Donna Trope



Delicious red shades on lips and nails are a fiery combination. Get the look with Pure Color Lipstick in Maraschino (\$22) and Pure Color Nail Lacquer in Jungle Red (\$18). Both, **Estée Lauder**. See [Where to Buy](#) for details

BEST BEAUTY

The (Mostly) Vegetarian

Trenesa Stanford-Danuser, VP of global communications for Origins, mid-30s

"I eat dairy, eggs, and seafood, but no other animal products. I really don't have time for the gym, so I get my exercise by keeping active."

DAILY DIET AND EXERCISE

Consumes approximately 1900 calories

8:45 A.M. Brisk five-minute walk to the subway; climb several flights of stairs during my commute. Other exercise includes walking a lot, running around playing with my daughter, and a Pilates or yoga class on occasion.

9:30 A.M. One egg scrambled with low-fat Swiss cheese, three slices of vegetarian Canadian bacon, one dropperful of Dr. Weil for Origins Plantidote Mega-Mushroom Supplement, one Rhodiola supplement [an herb said to increase energy and improve immune function].

11 A.M. Cup of coffee with half-and-half and stevia or Splenda [both sugar substitutes]; 16 oz. bottle of water (one of several that I drink throughout the day); cup of green tea with stevia, Splenda, or honey.

1 P.M. Romaine salad with tuna, tomato, Parmesan cheese, peas, corn, walnuts, and vinaigrette dressing; sparkling water.

3 P.M. About 30 lime-chili-flavored pistachio nuts or one low-carb Pria bar.

7:30 P.M. Broiled or baked codfish with cabbage and chickpeas, side of kale and shiitake mushrooms sautéed in organic olive oil, one medium green salad with ranch dressing, lemon-ginger iced tea.

8:30 P.M. One or two oatmeal cookies.



WHAT THE EXPERTS SAY

NUTRITION Lisa Young, R.D., nutrition consultant in NYC, adjunct assistant professor at New York University, author of *The Portion Teller: Smartsize Your Way to Permanent Weight Loss*; portionteller.com: "Vegetarian-based diets run the risk of being short on iron, but Trenesa gets enough from fish and dark greens, which keep her energy up. She also chooses good fats (nuts and olive oil) and consumes them in small portions, though she should replace no- and low-calorie processed foods, such as artificial sweeteners and health bars, with real-food alternatives, which will better satisfy her cravings. Trenesa's protein-filled breakfast gives her sustained energy, though she should have just one piece of vegetarian bacon because it's processed. The half-and-half in her coffee is high in calories and has almost no calcium; she should swap it for skim or 1 percent milk. The tuna in her lunchtime salad is a good source of protein, but because it contains mercury, she should have it just twice a week and substitute with salmon or tofu. Her low-cal, fiber-rich dinner is great. Since Trenesa eats so healthfully during the day, she can reward herself at night with a little ranch dressing on her salad and a cookie."

FITNESS Cameron Shayne, L.A.-based private trainer who works with Jennifer Aniston and Courteney Cox, Equinox fitness consultant, founder of Budokon exercise method, budokon.com: "Trenesa eats well and is constantly on the move, so she doesn't have excess calories or fat that she needs to burn off, but she still needs at least one hour of physical activity three days a week to keep her cardiovascular system strong. A young mother like Trenesa who's short on spare time can try exercises that involve her daughter, such as a mother-child yoga class or DVD. On the weekends she should play a sport with her daughter, such as kicking around a ball in the park. Whatever the activities are, the most important thing is to do them regularly."



The Cupcake Lover

Cynthia Rowley, fashion designer, mid-40s

"I've been the same weight since high school, so I'm lucky. I'm usually too busy to think about eating right and at the same time every day."

DAILY DIET AND EXERCISE

Consumes approximately 3000 calories

8:30 A.M. Six-block sprint to work; walk up and down the stairs of my five-story office building about 10 times a day.

8:45 A.M. Egg and cheese on a baguette, large coffee with whole milk.

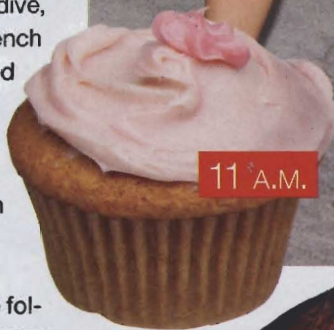
11 A.M. Two or three cookies or half a cupcake, drink water continually throughout the day.

2 P.M. A few pieces of French bread with butter; beet salad with shallots, endive, and vinaigrette dressing; a side of french fries; unsweetened, freshly brewed iced tea.

5 P.M. Cup of cheese popcorn mixed with a half cup of caramel popcorn from Garrett Popcorn Shops.

7 P.M. Twice a month I complete the following routine at the gym: 15 minutes on elliptical or rowing machine; glute machine, 75 reps for each leg; thigh machine, 75 reps for each leg; sit-up/abdominal machine, 60 reps; obliques machine, 60 reps; squats, 60 reps. I also play a sport every weekend for as long as possible, including surfing, waterskiing, tennis, and skiing.

8 P.M. Spaghetti Bolognese with Parmesan cheese, a few pieces of bread with olive oil, green salad with vegetables, one glass of white wine, small portion of cookies-and-cream ice cream, cup of coffee with whole milk.



WHAT THE EXPERTS SAY

NUTRITION Says Young: "Cynthia can enjoy her favorite foods with some tweaks that will significantly cut back on fat and calories. For breakfast, she should ditch the white-flour baguette, which is empty calories, for a whole-wheat English muffin or toast, which has fiber to fill her up and help quell her late-morning appetite for sugar. A little fruit midmorning will help suppress Cynthia's sweet tooth; everyone needs two to three cups of fruit a day for antioxidants, fiber, and healthy sugar (which keeps you from craving white bread). If she has whole-grain bread at breakfast, she can splurge on *one* piece of French bread at lunch. Beets are a great source of antioxidants, but Cynthia should replace the fries with some protein (either fish, chicken, or beans) to fill her up and give her long-lasting energy. If she likes to snack on popcorn, she should use natural kernels popped in an air popper without salt or oil. A pasta dinner can be made healthier by switching to whole-wheat pasta with marinara sauce and Parmesan cheese. But if you have pasta, skip the bread. A small, rich dessert is all right if you don't indulge every night; Cynthia should swap it for fruit a few times a week."

FITNESS Says Shayne: "There's a difference between being fit and being healthy. Cynthia looks fit, but she may not be as healthy as she could be. A high-fat diet releases a lot of toxins into the body, and with no regular cardiovascular stimulation, her body can't flush them out sufficiently, which means that when she reaches her 50s and 60s, she could lose a lot of the energy she has now. Everyone needs at least one hour of exercise three days a week, and women on the go like Cynthia can get their cardio and resistance training all at once by doing exercises that work with their own body weight, such as yoga, Pilates, kickboxing, or Budokon (a mix of martial arts, yoga, and meditation). If Cynthia's schedule is too erratic for her to attend classes, all these exercises are available on DVD [try *Budokon Beginning Practice*, \$14.99; budokon.com]. >

The Health-Food Fan

Christie Brinkley, CoverGirl spokesmodel, early 50s

"I believe in eating continually throughout the day so that my metabolism stays steady."

DAILY DIET AND EXERCISE

Consumes approximately 2500 calories

7 A.M. Coffee with milk and stevia; handful of raw, unsalted walnuts.

8 A.M. Cup of raw wheat germ, raw oats, blueberries, raspberries, blackberries, and walnuts mixed with low-fat soy milk.

9 A.M. Decaf green tea with stevia all morning, large bottle of water.

9:15 A.M. Three times a week: 15 minutes on Total Gym, an at-home body-resistance exercise machine, followed by a two- to three-mile outdoor run; 90 minutes of tennis twice a week; two-hour yoga class once a week.

11 A.M. One or two pieces of low-fat string cheese, a few unsalted walnuts.

2 P.M. A salad with arugula, radicchio, romaine, spinach, parsley, basil, bell peppers, half an avocado, tomato, balsamic-vinegar dressing, and occasionally low-fat feta cheese; large bottle of water.

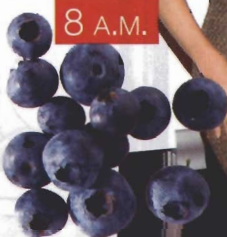
3 P.M. Cup of decaf green or ginger tea, large bottle of water.

4 P.M. One piece of dark chocolate.

7 P.M. Grilled salmon and fennel; kale sautéed in olive oil and garlic; squash; one glass of white wine; tiramisu-like dessert from *The South Beach Diet* book made with low-fat ricotta, cocoa powder, Splenda, and vanilla.

8:30 P.M. One or two cups of decaf tea.

8 A.M.



2 P.M.



7 P.M.



WHAT THE EXPERTS SAY

NUTRITION Says Young: "Christie's diet is well-rounded and rich in antioxidants, fiber, protein, and water, but she's not consuming much dairy, so her soy milk should be calcium-fortified. Christie's lunchtime salad is a high-fiber, low-calorie choice, but she should add in chickpeas, beans, or low-cal feta cheese for some protein to satiate her. She could also have a piece of whole-grain or whole-wheat bread. People think bread is the enemy, but the starch in a piece of bread will help ward off cravings."

FITNESS Says Shayne: "Christie's routine is good for her age and lifestyle. But in your 50s, you need to do resistance work using your body weight to strengthen bones and prevent osteoporosis, so Christie should increase her yoga to 90 minutes, three times a week. She'll find she won't need as much cardio because yoga will make her body even stronger."

As told to Victoria Kirby