

#6

The 'never

**Before**

"Left to her own devices, she'd eat huge portions of bad food," an insider says about Kelly, here on Sept. 6.

**After**

"Kelly's been working up a sweat onstage," an insider says about the 10-pounds-trimmer star, here on Nov. 8. "She feels better when she eats light and healthy."

Former American Idol Kelly Clarkson, 25, has had a year of ups and downs, including a public dispute with her then-manager, poor record sales and yo-yoing weight. But the 5-foot-3½ showstopper (who has admitted to having eating issues in the past) looks like she's put her problems behind her, dropping 10 pounds since starting her My December tour in October.

And she did it by sticking to an old mantra. "I don't do the whole diet thing," Kelly has said. "It's all about portion control. If you deprive yourself, you'll just go nuts and eat too much." In fact, says an insider close to the star, portion control (and traveling with a personal chef) is key for Kelly: "She stops eating before she gets full and never finishes everything on her plate."

Fit tip!

Nonstarchy veggies (like eggplant, peppers and spinach) are guilt-free — so fill up without measuring!

Diet by the numbers

Lisa R. Young, registered dietitian and author of *The Portion Teller Plan*, says Kelly (who was reportedly sent one company's portable portion-control guide) has the right idea. By sticking to rational portions, dieters can drop pounds and maintain their weight without completely depriving themselves — and without feeling like they're dieting. **Young** suggests having three or more servings of veggies, two to four servings of fruit and four to

say no' diet

Kelly Clarkson slimmed down *without* giving up her fave foods!

eight servings of healthy grains and starchy veggies daily. If a morning muffin or bagel is on the menu, Young says to simply scale down its size (since the average muffin equals about six servings of bread—a whole day's worth!): "You can eat 1 ounce, which means half a scooped-out bagel, half an English muffin or half a muffin top. If you have an entire bagel or muffin, it should count as almost all your breads for the day."

Next, add two to three servings of fish, poultry, meat or a meat alternative (such as eggs, nuts or soy), two to three servings of dairy and one to three servings of healthy fats (like nuts and peanut butter). The hard part? Sticking to zero to two servings of treats and sweets. "You can eat out, eat in, eat often and feel completely satisfied," says Young. "Just keep one thing in mind: Size matters."

Sweet tooth splurges

"I'm a big chocolate fan," Kelly says. And that's okay, says Young, as long as the pop star limits treats (in these portions) to once or twice a week:

- 1 biscotti
- 2 cookies
- 1 mini cupcake
- 2 small York Peppermint Patties
- 4 Hershey's Kisses
- 2 licorice twists
- 10 potato chips
- 1 frozen fruit pop or fudgesicle
- ½ cup ice cream

A 'picture this' way to packing a plate

The key to Young's program is learning how to visualize portions. But instead of painstakingly measuring or trying to guess what a 1-ounce serving or ½ cup looks like (and probably overestimating), Young's clients learn how to picture the perfect amount.



3 ounces **A deck of cards**
PROTEIN-PACKED MEAT AND FISH
 Forget the supersize steak. A small serving of meat, fish or chicken should be the size and depth of a deck of playing cards.



½ cup **A cupcake wrapper**
STARCHES AND GRAINS
 Make sure ½ cup of good carbs (like rice or pasta) fills only a cupcake wrapper—and doesn't go over the top!



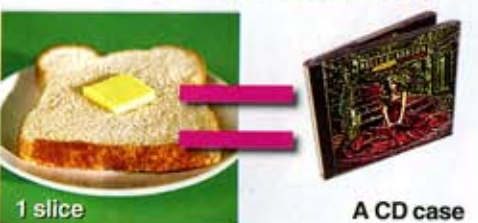
¼ cup **A golf ball**
NUTS, DRIED FRUIT AND GRANOLA
 Limit a portion of these fiber-filled (but calorie-laden) foods to the size of a golf ball.



1 teaspoon **A postage stamp**
BUTTER
 One teaspoon of butter (a splurgeworthy dairy) should be limited to the dimensions of a postage stamp.



2 tablespoons **A shot glass**
SALAD DRESSING
 Pouring a shot glass of dressing helps dieters avoid saturating salads with more than two tablespoons of this healthy fat.



1 slice **A CD case**
BREAD
 This one must be easy for Kelly to visualize: One slice of bread should be the size of her *My December* CD case.



1 cup **A baseball**
BERRIES
 Avoid too much of a good thing by limiting a serving of fruit to the size of a baseball.



2 ounces **8 dice**
HARD CHEESE
 Limit hard cheese (like cheddar or Parmesan) to a 2-ounce portion, about the dimensions and height of eight dice.

CLOCKWISE FROM LEFT: FILMAGIC; FVINEE; PHOTOLIBRARY (7); ALAMY; NEWSCOM; ALAMY; PHOTOLIBRARY (2); GETTY; PHOTOLIBRARY (3)