

# DIETS THAT WORK

## Jordin's 50-Pound Slimdown The Portioning- With-a-Purpose Plan

Nasty splits from Jason Derulo in 2014 and Sage the Gemini in 2016 could've had Jordin Sparks reaching for the Ben & Jerry's. But the 2007 *American Idol* winner stayed focused, managing to keep off the 50 pounds she lost after the singing competition. Over a period of 18 months, the star had shed the weight by being mindful of her portions and her reasons for eating, filling up on fiber-rich fruits and vegetables when she was hungry and reducing her sugar intake. Jordin, 26, also took the critical step of cutting out carbs after 5 p.m. and all foods within two hours of going to bed. The formula worked — and it's still working.

### ARE YOU REALLY HUNGRY?

Emotional and mindless eating is a thing of the past for Jordin. "She started asking herself if she was hungry, which is im-

portant because so often we shovel in food just because it's there," says Lisa Young, Ph.D., R.D., an adjunct professor of nutrition at NYU and author of *The Portion Teller Plan* (who has not worked with Jordin). "She also found ways to eat what she loves by watching her portion sizes. The thing about portion control is it doesn't mean you have to have puny portions of everything. Have small portions of the wrong foods and big portions of the right ones." In addition to changing her eating habits, Jordin began working with a trainer, who helped her build muscle and tone up with bicep curls, shoulder presses and tricep extensions and get into walking, hiking and Zumba-style dance classes. These days, Jordin's weight fluctuates between 155 and 161 — a range that she says, as a nearly 6-foot-tall woman, "feels really good." **LS**



**Before:  
Fuller-  
Figured**

"I was comfortable with how I looked," Jordin says of her pre-portion control days. But she made changes because she wanted to "focus on becoming healthier."


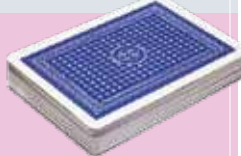




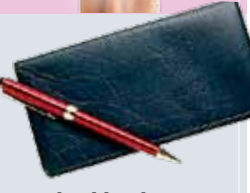


**Now:  
Fit and  
Fabulous!**

"I've never counted calories," Jordin reveals. "I go by how I feel."





## PICTURE YOUR PORTIONS

There's no denying that it's hard to visualize proper portion sizes. But it becomes much easier if you use everyday objects as a guide. Here are some useful examples:

	=	
3 ounces of cooked poultry or meat		a deck of cards
	=	
1 cup of pasta, potatoes, rice or yogurt		a tennis ball
	=	
1 cup of cut-up fruit		a fist
	=	
3 ounces of fish		a checkbook
	=	
1 tablespoon nut butter		an adult thumb tip

CLOCKWISE FROM TOP RIGHT: ALAMY; GETTY (4); SHUTTERSTOCK; GETTY (3); ALAMY (3); GETTY

## EAT LIKE JORDIN — AND LOSE THE WEIGHT FOR GOOD

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
<b>Eat This</b>	 Parfait: 1 cup low-fat Greek yogurt, 1 cup berries and ½ cup whole-grain cereal, sprinkled with ½ tsp. chia seeds (350 cal.)	 Salad of 3 cups greens, ½ cup bell pepper, ½ cup hearts of palm, 1 cup mushrooms, 3 oz. salmon, vinaigrette; apple (450 cal.)	 Grilled shrimp (4 to 6 oz.) and 2 cups sautéed broccoli, onions, zucchini, peppers, spinach, snow peas, over ½ cup quinoa (500 cal.)	 An easy-to-grab and satisfying fruit-and-nut combo: 1 cup blueberries, raspberries, blackberries, plus 12 almonds (160 cal.)
<b>Why It Works</b>	The combo of protein, fiber and healthy fats is filling and provides high-octane energy to start the day.	Fiber-rich veggies and lean protein make this a power lunch. The key is to go big on the salad, small on the fat.	While veggies and quinoa offer filling fiber, the seafood provides lean, quality protein.	The dynamic duo of produce and protein delivers quick energy and a sustained rise in blood sugar.
<b>Other Options</b>	2 poached eggs with a large tomato (sliced), 1 slice whole-wheat toast; 1 cup pineapple chunks (330 cal.)	Whole-grain pita pocket stuffed with lettuce, tomato, shredded carrots, grilled chicken (3 oz.) and 1 to 1½ tsp. vinaigrette (425 cal.)	4 oz. broiled chicken breast (topped with 2 tsp. teriyaki sauce), 1 medium sweet potato, 1 cup steamed broccoli (500 cal.)	• 1 small banana with 1 tbsp. almond butter (190 cal.) • 1 cup baby carrots, 1 cup snap peas with ¼ cup hummus (160 cal.)

### Star Swap



Swap a bagel for a whole-wheat English muffin

You'll save 200 cal with this switcheroo — which leaves room to add 1 tbsp. of your choice of topping (jam, peanut butter or cream cheese) and still come out ahead!