

DIETS THAT WORK

How Amber Rose Slimmed Down: The Portion-Control Plan

Model and reality TV star Amber Rose famously shed a lot of weight after having a baby in 2013 during her short-lived marriage to rapper Wiz Khalifa. Last year, she lost 10 more pounds while competing on Season 23 of *Dancing With the Stars*. For the 5-foot-8 stunner with platinum hair and dramatic curves, the M.O. has always been to spend more time breaking a sweat — with kickboxing, running, aerobics classes and yoga — so she doesn't have to skimp on food. Rather than going on a strict diet, Amber, now 33, has consistently relied on portion control while consuming a higher protein intake to help her slim down.

But every now and then, she still indulges in some of her favorite foods (like the Philly cheesesteaks and cheese fries she grew up with).

SIZE MATTERS

Though registered dietitian Lisa Young, Ph.D., an adjunct professor of nutrition at NYU and the author of *The Portion Teller Plan: The No-Diet Reality Guide to Eating, Cheating and Losing Weight Permanently*, didn't work with Amber, she says, "I like the fact that she practiced portion control, drank lots of water and ate her favorite foods in smaller, sensible portions — it's realistic. You can eat everything you like in the right size portions, which

makes you feel like you're not on a diet. But portion control doesn't mean you have to control your portions of everything — you do need to watch starches, red meats and fats. Fruits and veggies are freebies. No one ever got fat from eating too many carrots." As an added bonus, Young says, if you regulate your portions the way Amber did, you don't need to count calories, which is liberating. Just ask Amber, who's said, "I love to eat and I don't believe in denying myself." Young agrees: "This is an approach that can work for everyone and it's totally sustainable, which helps you stick with it for the long term and make it a lifestyle." **LS**

Healthy Curves

It wasn't easy, but Amber got her body back after having a baby. "[I was] just trying to eat right and exercise and [the weight] finally came off," she's said.

YOUR MAIN SQUEEZE

THE SKINNY ON WAIST TRAINERS

One of the slimdown strategies Amber Rose swears by: wearing a waist trainer, a corset-like device that enhances a woman's hourglass figure. The strategy has become the go-to waist-whittling hack for numerous celebrities, including Jessica Alba, Kim and Khloé Kardashian, Brooke Burke-Charvet and others.



BUT DOES IT WORK?

On a temporary basis (say, for a hot night out on the town), it does — but it's not a long-term fix. "The idea that you can train the waist to keep that hourglass figure is totally ridiculous," says nutrition, weight loss and obesity expert Christopher Ochner, Ph.D., director of research at the Kendall Regional Medical Center in Miami. "Fat is squishy, and it goes back to where it was after it loses support."

What's more, there are risks associated with these contraptions: Because they're so tight, they can constrict your breathing, which can make you feel light-headed or even cause you to pass out, Ochner notes. Plus, if you're wearing a waist trainer "to support your body, you don't need to use the core to do that — the muscles [there] could atrophy," Ochner adds. That's the opposite of what you want.

BOTTOM LINE: There are definitely better ways to trim and strengthen your midsection for the long haul.

DROP POUNDS WHILE EATING YOUR FAVORITE FOODS*

Eat This

Breakfast

½ whole-wheat bagel, topped with 1 tbsp. low-fat cream cheese, 2 slices of smoked salmon and 2-3 slices of tomato; 1 orange



Lunch

Tuna melt: 1 whole-wheat English muffin with 3 oz. tuna mixed with 1 tbsp. each honey mustard and mayo, tomato slices, part-skim cheese; 1 cup carrots/celery



Dinner

1 cup miso soup served alongside 4-5 oz. chicken teriyaki with 1 cup assorted cooked veggies and 1 cup cooked brown rice



Snack

A.M.: 1 cup low-fat yogurt with ¼ cup mixed raisins and nuts
P.M.: 3 cups air-popped popcorn with 1 tbsp. Parmesan cheese



Why It Works

Having a healthy starch and some protein plus fruit in the morning will kick-start your energy and curb hunger for hours.

The combination of lean protein and whole grains keeps your metabolism revving; adding veggies pumps up the meal's volume.

Getting enough lean protein helps maintain muscle mass and stoke your body's calorie-burning furnace.

Planning out your healthy snacks in advance is good for your mind and helps curb hunger and fuel energy between meals.

Other Options

1 whole-grain waffle topped with 1 tbsp. peanut butter and 1 cup banana slices; 4 oz. low-fat yogurt or milk

1 slice whole-grain pizza (topped with spinach, tomato, broccoli or other veggies); 2 cups salad of lettuce, tomato, cucumber

3-4 oz. broiled sirloin steak, 1 cup broccoli florets sautéed in 1 tsp. olive oil, ½ cup cooked couscous, 2 cups mixed salad

• 1 tbsp. peanut butter either on or alongside 2 graham crackers
• 1 piece string cheese with a small apple

*For more info and recipes, check out *The Portion Teller Plan: The No-Diet Reality Guide to Eating, Cheating and Losing Weight Permanently* by Lisa R. Young, Ph.D., R.D. (Harmony, 2006)

CLOCKWISE FROM MAIN: GETTY; @AMBERROSE; GETTY (6)

Star Swap



Instead of a bowl of French onion soup, opt for a bowl of miso soup



You'll save more than 200 calories and gain traces of iron and calcium in the exchange.