

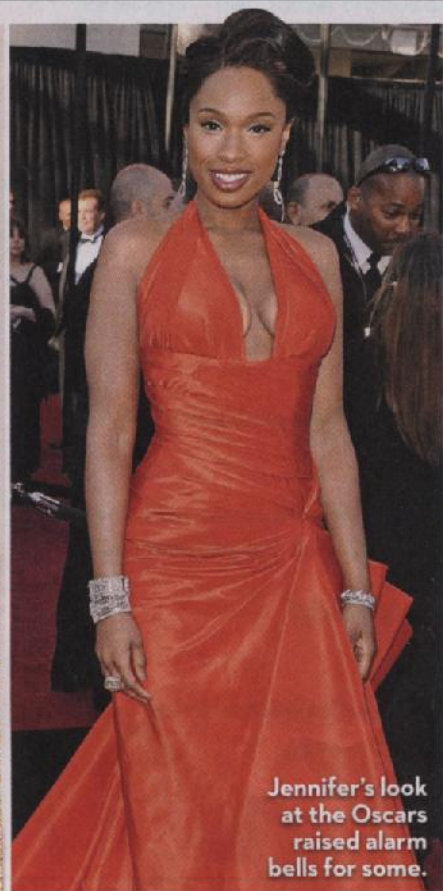
THE BIG DEBATE

Is the public too hard on thin stars?

Gwyneth Paltrow raised eyebrows when she wore a teeny bikini in February, and **Megan Fox** is at the center of a “scary skinny” uproar after posing in underwear for an Armani ad. Meanwhile, **Jennifer Hudson’s** slimmed-down look at the Oscars caused commentators to wonder if she’d taken Weight Watchers too far. Even **Kate Middleton** isn’t immune: During a recent trip to Belfast, a person in the crowd told her “not to lose any more weight” before her wedding to **Prince William**, causing the tabloids to erupt.

What gives? It seems stars can’t win: They’re too fat or too thin — and they get flack no matter what. We asked the experts: Are we too critical of skinny stars? Their thoughts, at right.

Kate’s recent appearance in Belfast spawned panicky headlines.



Jennifer’s look at the Oscars raised alarm bells for some.

Yes. Not everyone has a problem

We are definitely too hard on thin celebrities. A slender and stunning star steps out in a bikini and people automatically assume she has an eating disorder — even if she doesn’t. It’s ridiculous.

Some people are just born thin, while others take healthy measures to look that way. And, yes, others are thin

because they’ve made unhealthy choices — but **since we have no way of knowing what’s going on, we shouldn’t assume the worst.** People need to quit speculating and focus on their own well-being.

— **Dr. Lisa R. Young**, adjunct professor of nutrition at NYU and author of *The Portion Teller*



WE CAN'T STOP TALKING ABOUT...

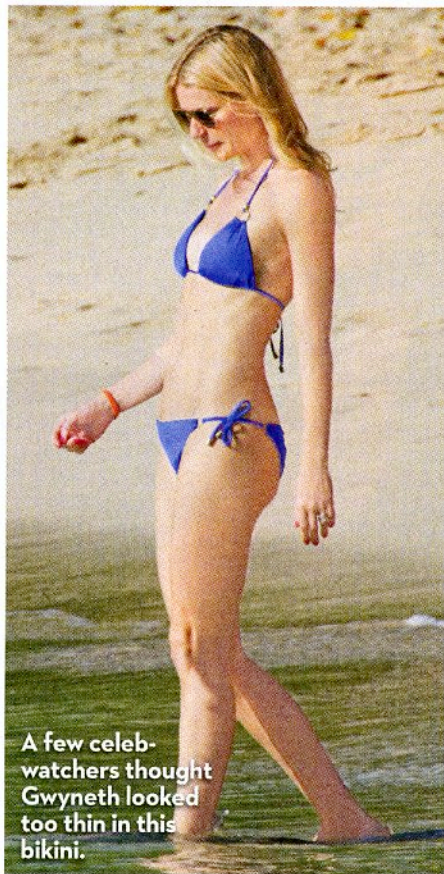


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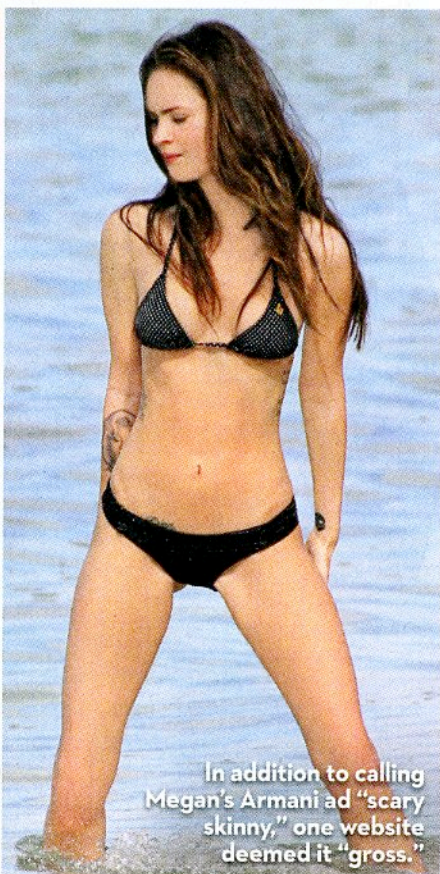
THE MAGAZINE THE STARS TRUST



WHERE DO YOU STAND ON TODAY'S HOTTEST TOPICS?



A few celeb-watchers thought Gwyneth looked too thin in this bikini.



In addition to calling Megan's Armani ad "scary skinny," one website deemed it "gross."

No. Sometimes skinny isn't normal

The advantage of being so popular is that stars can be role models, but they're not role models when their fad diets or bad eating habits or way-too-thin bodies are being held up as ideal or — even worse — as the norm.

I think oftentimes it's quite helpful for the media and others to point out that these stars' bodies are not typical,

and that their bodies are not necessarily something to aspire to.

People — and especially kids with self-confidence issues, who might hope to emulate skinny stars — need to hear that being *that* thin isn't realistic.

— Bonnie Taub-Dix, NYC-based weight-loss expert and author of *Read It Before You Eat It*



...the news that great white sharks may be an endangered species soon. This is a terrible thing, clearly. Then again, so was the shark in *Jaws*.



...the man who had Julia Roberts' face tattooed on his body 82 times. And we thought our Kanye West obsession was intense — yikes!