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Lisa De Fazio, MS, RD

Lisa De Fazio is an articulate, entertaining spokesperson and television host who was born and raised in Hollywood, California. Her interest in communication mediums began with her BA in English from California State University Northridge. She then interned at Maverick Television Company researching story ideas and writing script coverage. Lisa next became a Certified Registered Dietitian and also earned a Masters in Nutritional Science from California State University Los Angeles.

Shortly after graduation, Lisa studied at the Pritikin Longevity Center & Spa, conducted research projects at Cedars-Sinai Medical Center and was employed by Kaiser Permanente as a Health Educator. Here, for eight years, she presented health and nutrition lectures to patients and hospital staffs.

Lisa's career in television began when she was asked to be a Nutrition Consultant for CBS' Big Brother series. She has been a nutrition expert for Us Weekly Magazine, KFWB 980 AM Talk Radio, various website blogs, and other media sources. Today, she furthers her media endeavors by polishing her hosting with Marki Costello's Become A Host Academy in Los Angeles.





AREAS OF EXPERTISE

1 2 3 4 5 6 7 8 9 10 11 12 13 14

- Diet and Nutrition Expert
- Restaurant & Grocery Shopping Reporter
- Host Cooking & Entertainment Shows
- Newscaster
- Anchor
- Expert Celeb Diets
- Media Health Educator
- Nutrition Consultant for Reality Shows
- Corporate Spokesperson
- Guest Speaker
- Television Host





"Dining With The Stars"

Weekly, Dietitian Lisa De Fazio will greet a celeb or movie star couple at a famous Southern California restaurant and then dine with them! There will be small talk about current projects celebs are working on, what the celeb does to stay in shape, their diet and workout regimen, and Lisa will also make healthy choices from the menu. After meals are ordered, Lisa and her guest might even meet the chef or restaurant owner and tour the kitchen to view food preparation. Episodes may include Dining at Wolfgang Puck's restaurant "CUT" with Jennifer Aniston, or "Dolce" with Ashton Kutcher or "Beso" with Eva Longoria. Many celebs own restaurants, and it will give them the opportunity to showcase their restaurant as well as their upcoming movies and projects! The biggest temptation will come when desert is ready to be ordered. What will Lisa allow?





“The Diet Cop”

The Diet Cop's mission will be to get people to think about eating healthier at home and in restaurants. She will bust individuals dining in restaurants and maybe even just knock on doors too. Sometimes she will bust celebs and personalities in delis and famous, lavish restaurants to local diners and coffee shops around town....eating high calorie, fat laden meals and 500 calorie deserts. Our Diet Cop will then give healthier food choices....and maybe reorder and send food back? This is only the beginning, because our Diet Cop will be also be doing pantry and refrigerator makeovers, throwing out the bad stuff and.....taking participants on grocery shopping sprees and giving their refig and freezer a full tummy of healthier foods.

“Eating in Style”

This Style Network program will take us on a tour of restaurants with atmospheres and food presentations fit for a king and queen. Host, Dietitian, Lisa De Fazio will also be a guest for either lunch or dinner...and make healthy selections from so many tempting choices on menus.





“Celeb Diets Live”

Tabloids, women's magazines and entertainment news programs are the usual mediums for breaking reports on conventional and extreme diets of the stars. Some celebs even endorse supplements. However, Style Network's refreshing approach will bring you personalities live to discuss diets and nutrition programs which keep them fit and ready to film. Some interviews will be done in studio while others will be shot on location in celebrity homes.



“Dash, Dine & Diet”

Ever wonder what's best for you to eat, whether you are dining Chinese, Mexican, Thai ...or grabbing a bite from a fast food burger stand? Host, Nutritionist, Lisa De Fazio will be dashing around town and giving you her top ten healthy choices at each stop.



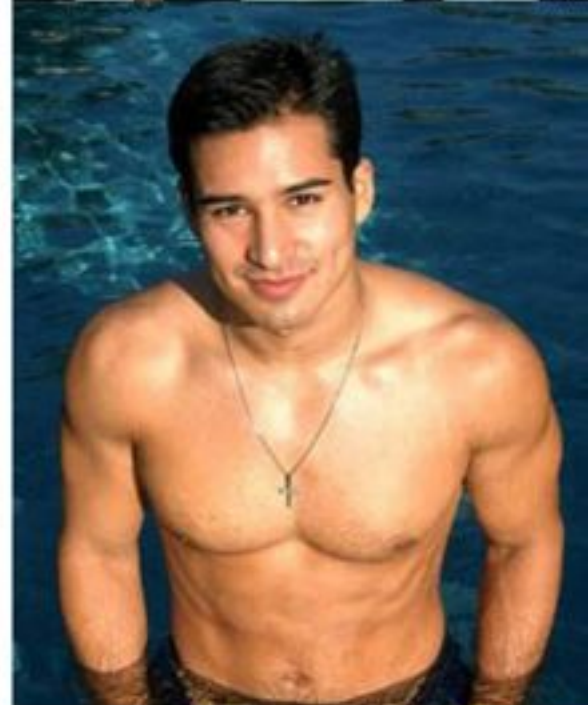
“Eye Candy”

This studio show will have several segments.

The first segment will have Registered Dietitian, Lisa De Fazio, holding up tabloid magazine photos and stories, making comedic and sarcastic remarks about who is on what new extreme diet---and then comment on possible concerns. Remarks would be made about those rear end bikini shots in the tabloids...with the best Eye Candy and worst mentioned. "There is no way Quick Trim made Kim's booty look like Eye Candy." Viewers would be asked to send in questions too for diets and exercises to make their figures look like Eye Candy.

The next show segment would have a guest noted for her/his toned figure and looking like Eye Candy, Like Kim Kardashian and Jennifer Lopez...or a male personality like Mario Lopez. Let's chat about how they do it and perhaps show footage of them working out at home or in a gym, or a go to their home checking out what they keep in their refrigerator and pantry to eat healthy!

The third show segment has several options. A celebrity chef from television or a famous restaurant (Bobby Flay, Wolfgang Puck) might show Lisa how to cook up a healthy entree? Or, a celeb trainer might demonstrate to Lisa, in workout attire, some upper and lower body exercises. Lisa could also do a studio intro and then go to footage shot in the trainer's gym. Lisa will cook with the Chef or Workout with the trainer!





THE BITTER SWEET FACTS ABOUT JUNK FOOD

I am often asked, "Why are junk foods so unhealthy to eat?" Well, here is why you should stop eating them. Junk foods often contain alarming levels of salt, sugar, saturated fats and countless other additives such as monosodium glutamate (MSG, a flavor enhancer) and tartrazine (to add yellow coloring). In addition, they are lacking in fiber, protein, vitamins and other healthy nutrients

Junk foods are very profitable for manufacturers to distribute to stores, because they are cheap to produce, have a long shelf life and often do not require refrigeration. They are extremely popular with consumers around the globe, since they are easy to purchase, require no or little preparation, are convenient to consume and tasty. Eating junk foods has been linked to obesity, heart disease, Type 2 diabetes and dental cavities. But the biggest concern is that marketing targets children and young adults.

LIQUID DIETS THAT CAN BE REAL KILLERS

The Master Cleanse or Lemonade Diet

What is it? Allowed only is a concoction of water, cayenne pepper, lemon juice and maple syrup---all day, every day. Why is this harmful? Inadequate nutrition for the body to function can lead to nausea, dizziness, fainting, electrolyte imbalance, weakness, fatigue, gallstones, and in an extreme cases, cardiac arrest. You might be driving when you experience these symptoms. You also gain weight when you begin eating normal again.

The Cabbage Soup Diet

What is it? High protein and low carbs. On day one, only fruit is allowed. On day two, only vegetables. But by the end of a week, meat and dairy can be consumed. Consume unlimited amounts of a "gassy" cabbage soup of tomatoes, water, onions and cabbage, YUM. Why is it harmful? Can lead to dizziness, nausea, potassium depletion; in extreme cases, cardiac arrest...and you will gain the weight back when you eat again.

Meal Replacement Shakes

What are they? Sold in bottles or cans to replace meals. These shakes often have four major ingredients: sugar, cocoa, milk



and fructose. In short, these milk shakes are merely an overload of sugar which will definitely cause your blood sugar level to reach its all-time high. They also contain 12 grams of protein and 38 grams of carbohydrates (20 grams more than that contained in a fat-free milk). Taking into consideration the nutrients that milk contains, it would be better to drink fat-free milk than these milk shakes.

Why is it harmful? The caloric level in the meal replacements is very low, and it will cause the loss not just of fat but also of lean tissues, a.k.a. muscles. Our muscles burn calories, even during non-activity. Remember, that muscle is directly proportional to metabolism--meaning, more muscle equals higher metabolism, and less muscle equals lower metabolism rate. Dizziness and nausea at times.

**The Grapefruit Diet**

What is it? There are quite a few different Grapefruit Diet Plans, but the principle behind each and every one of the diets is the same i.e. eat half a grapefruit before every meal, to enjoy the benefits of the fat-burning enzymes. The calorie intake is limited to not more than 800 per day. The Grapefruit Diet causes rapid weight loss, due to loss of body fluids. Why is it harmful? Calorie content may be very low and is insufficient for daily nutrition. Signs of dizziness and upset stomach, possibly from the combination of coffee and so little food. Low in protein, and several important vitamins. The diet is strictly short-term. It doesn't help in changing usual eating habits, which is actually needed to maintain weight loss.

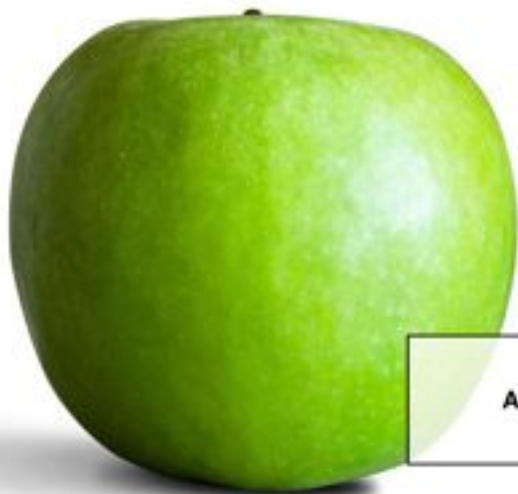


TOP TEN HEALTHY SNACKS

The key to eating a perfect snack is to combine proteins with carbohydrates. This will help you to maintain a steady blood sugar level and keep you satisfied longer as well. Now these are my Top Ten that I always have around for my family and myself to snack on.



**RAW VEGGIES
(I.E. CARROTS, CUCUMBERS,
CELERY) WITH HUMMUS**



**SLICED APPLE
AND ONE STICK OF
STRING CHEESE**

**TWO LARGE RICE CAKES
WITH ONE SPOONFUL
OF ALMOND BUTTER**



**WHOLE WHEAT CRACKERS
AND ONE STICK OF
STRING CHEESE**



**BAKED TORTILLA OR
PITA CHIPS WITH
HUMMUS AND SALSA**



**SMALL BOWL OF
HIGH FIBER CEREAL WITH
SOY OR LOW FAT MILK**



**LOW FAT YOGURT
AND
10 ALMONDS**



**SLICED PEAR
AND 10 ALMONDS**



**SMALL BANANA
AND ONE SPOONFUL OF
NATURAL PEANUT BUTTER**



**LARGE SCOOP OF
COTTAGE CHEESE WITH
SLICED BANANA OR BERRIES**





DINING HEALTHY SOUTH OF THE BORDER

The next time you are in a Mexican Restaurant, think twice before you order a carne asada steak washed down with two Cadillac Margaritas....and eat two baskets full of those fat laden tortilla chips. There are other options.

Top Ten Healthy Choices

- Tortilla Soup
 - Table Side made Guacamole with soft corn or flour tortillas and fresh salsa
 - Grilled fresh fish Fajitas with side of rice and frijoles
 - Chicken and/or Cheese Enchiladas with rice and frijoles
 - Chicken Soft Tacos with rice and frijoles
 - Veggie Burrito Dry with guacamole, cheese, veggies and frijoles. Hold red sauce on top.
 - Grilled shrimp or chicken breast Fajitas
 - Grilled chicken Caesar Salad
 - Chile Relleno with Rice and Frijoles
 - Grilled Chicken or Fish Burrito with rice and frijoles. Served without red sauce on top.
- *Any combo of the above entrees with rice and frijoles.

Limit: Butter; Hard fried tortilla chips; Minimum use of high carolie red sauces; Red meats; Alcohol; Anything fried; Refried beans; Fried corn or flour tortillas; Mexican sweet desserts



HOW WATER AFFECTS AN ATHLETE'S PERFORMANCE AND KEEPS US HYDRATED

Most biochemical and physiological reactions in our body's cells depend on H₂O or water and electrolytes such as calcium, chloride, magnesium, potassium, phosphorus and sodium in balance. This equilibrium is vital for maintaining life and affects physical and mental performance as well. Carbohydrate metabolism is necessary too, in order to keep us going.

Water is the greatest part of our body and makes up about 60% plus of its weight. Many of our muscles and organs contain from 72-80% water. On a normal day, our body loses about 6 glasses of water from kidney filtration and another 3-4 glasses through respiration and sweat. Beware that, alcohol, milk, caffeinated drinks and carbonated beverages will dehydrate you.

It has been said that plain water is the best hydrator, but some individuals become bored of it and others need more; it does not have carbohydrates for energy or glucose replacement nor does it always have the right balance of electrolytes. A few options for hydration are Gatorade, soup, tea, juices, smoothies, vegetables, Popsicles, decaf coffee, fruits, sports drinks and crystal light drink mixes. Many of these will contain electrolytes and carbohydrates.

The average person requires from 8 to 9 glasses of water a day for hydration to replace normal water loss and maintain our body's physical, physiological and mental performances. However, daily fluid intake needs vary depending on clothing, weather, presence of illness and both exercise duration and intensity.

Mild dehydration or a 1 liter water loss may cause a reduction in muscle performance. Early dehydration symptoms are drowsiness, headaches, irritability, dry eyes and a lack of concentration. At 2% dehydration, an athlete's performance is seriously affected. In one demonstration of low levels of dehydration from 1-3%, the time for a 10 K was reduced by 2.5 minutes.

Muscle cramps are also signs of inadequate fluid replacement and electrolyte loss---especially for calcium and magnesium. Thicker blood, increased heart rate and changed in blood pressure are other symptoms for moderate to severe dehydration. However, if your urine is clear or pale, you should be adequately hydrated.

Scientists found that high temperatures were affecting athletes' performance, because they lacked key nutrients required to weather heat...and were not just dehydrated. Heat depletes an athlete's body of carbohydrates and electrolytes ...thereby triggering heat related illnesses and symptoms. Gatorade replenishes what's needed in an athlete's body to help them to perform better and longer in hot temperatures.

Gatorade contains measured sugars which provide athletes with the right amount of carbohydrates that give them energy and replaces lost blood glucose. But, drinking too high of a carbohydrate content, as seen in juices and sodas during exercise and physical activities, will cause upset stomachs. The balanced amount of carbs in Gatorade enables it to be absorbed more quickly – thus keeping athletes

HOT TOPICS

1 2 3 4 5 6 7 8 9 10

energized, hydrated and continuously playing even in extreme heat.

Water replacement is necessary, because athletes sweat. But they also lose electrolytes--which include sodium and potassium. Electrolytes keep athletes energized and hydrated. Athletes become prone to heat related illnesses such fainting, vomiting and at times heat stroke, when electrolytes are not replaced quickly enough.

There are many Sports Drinks on the market for hydration as well as maintaining our body's need for carbohydrates and electrolytes during activities and exercise. A few are Gatorade, Powerade, Propel, All Sport and Vitamin Water. Key is to find the right balance of carbs and electrolytes, which you can stomach, depending on the duration, intensity and type of your fitness program.





For Exercise & Fitness...

- Take 20 minute walks daily.
- Do 30 Sit-ups watching TV.
- Morning walks will increase your desire to eat better.
- Start today and your clothes will be looser in four weeks!
- Exercise decreases fat and sugar cravings.



For Safe Snacking...

- Munch on lots of baby carrots.
- Eat veggies with fish or chicken
- For salt cravings, try pretzels, baked potato chips or salted almonds.
- For sweet cravings, try dried fruit or chocolate covered protein bars.



For Hydrating Yourself...

- Drink zero calorie beverages.
- Avoid regular sodas.
- Drink water whenever possible.



For Positive Thinking...

- Take charge of losing your weight
- Bounce back the next day after you eat junk food
- Do not think! Just put on your shoes and walk.
- Once you begin exercising five times a week, you will feel and look your best!





HOW I STAY IN SHAPE



WALK: 1 hour 3 days per week



ELLIPTICAL: 45 minutes 2 days per week



STAIRMASTER: 1 hour 1 day per week



FREE WEIGHTS (5 LBS): Arms, 2 days per week



SIT-UPS: 2 days per week

When people find out that I am a Nutritionist, they ask me "How do I stay in shape and lose weight?" There are hundreds of ways to lose, and practically all diets work to get the weight off initially. The problem is that with virtually all diets, the weight comes back when you go off the diet.

The bottom line with weight loss is about how many calories you take in. Eat fewer calories than what you burn (or need to live, breathe and exercise), and you will lose weight---whether you are eating bread, carrots, cookies or grapefruit. Now, I am not saying go ahead and eat cookies all day, but you must understand that the bottom line is calories. The balance of nutrients and foods, such as protein (fish), carbohydrates (rice), vegetables, fats (oil), and fruit will determine how you FEEL and how much ENERGY you will have during your weight loss program.

My Daily Workout: I have been working out since I joined my first gym when I was 14 years old. That is when my passion for fitness and nutrition began. Ever since then, I have been on a regular 5 days per week exercise program, and I love the way it makes me feel too: calm, focused, happy and able to manage life.

TURKEY MEAT LOAF

This is a favorite for our family gatherings on Sundays....served with pasta, salad and a side of spaghetti sauce. An easy way to make a to-die-for pasta sauce is to simply bake it slowly for 1 1/2 to 2 hours at about 325 - 350 degrees! Stir occasionally. You can use any over the counter sauce or make your own....with tomato sauce, tomato paste and crushed tomatoes. Season to taste with salt, a pinch of oregano or some basil. Experiment...and soon you'll discover recipe which suits your family's tastes. Now, let's make some Turkey Meat Loaf!

INGREDIENTS:

1 1/2 lbs lean ground turkey	1 Tbs. Worcestershire Sauce
1 package of turkey sausage; remove skin	1 Tbs. Mustard
1 chopped onion	1 Tbs. Salt or to taste
1 c. bread crumbs	1 tsp. black pepper
1/2 c. oatmeal or cornflakes	1 tsp. garlic powder or to taste
1 (8 oz.) can of tomato sauce	3/4 cup spaghetti sauce
1 raw egg	Add crushed red Chile to taste in your sauce

In a large mixing bowl, blend all ingredients by hand or stir with a fork. Transfer the mixture to an ungreased meatloaf or bread loaf pan. Bake uncovered at 350 degrees for 1 1/2 to 2 hours. Drain water occasionally. Turn down heat to 325 degrees if getting too brown. Pour spaghetti sauce over meatloaf the last 30 minutes---and continue to bake. When done, slice and serve with either pasta or in sandwiches.



SEAL THE DEAL RICE PILAF

I made this traditional Middle Eastern dish called Pilaf (rice), when I was dating my husband. After Roy's first spoonful, he smiled, proposed, and asked me to be his wife. That is why we call it "Seal the Deal Pilaf." Ladies, always remember that diamonds may be a girl's best friend, but the way to a man's heart is through his stomach!

*I have modified the recipe to make it lower in fat.

INGREDIENTS:

2 cups (16 oz) of chicken broth (regular or low sodium)
Vermicelli noodles (they look like Angel Hair pasta)
1 cup long grain rice (I use Uncle Ben's)
Trans fat free margarine (I use Smart Balance)

1. In a large pot, add 2 Tablespoons trans fat free margarine.
2. Begin melting the margarine on low heat.
3. Take a handful of vermicelli noodles and break apart (1-2inch pieces) into the pot with margarine.
4. Gently stir the vermicelli and cook until golden brown.
5. When vermicelli is golden brown, add 1 cup of rice.
6. Stir the rice and vermicelli until all rice is covered with margarine. (Key step!)
7. Add 2 cups chicken broth. To make the rice less salty, use low sodium chicken broth or use 1 ½ cups regular chicken broth and ½ cup water.
The key is to use 2 cups of fluid per 1 cup rice. Too much fluid will make the rice mushy!
8. Cover pot. Turn up the heat and bring to a boil.
9. When boiling, turn it down to low, and simmer for about 20 minutes or until all fluid is absorbed and gone. You can check to see if fluid is absorbed by taking the lid off and with your wooden cooking spoon, making a hole in the center of the rice to see if there is fluid at the bottom of the pot.
10. When all fluid is gone, turn off heat. Lift lid, lay a paper towel across the top of the pot and put the lid back on, securing the paper towel under the lid. **IMPORTANT!** The paper towel will absorb excess moisture from the steam of the hot pilaf and prevent the rice from getting too mushy. The texture of the rice will be just right!!
11. Let it "rest" for 15 minutes or so.....
12. When ready to serve, Remove lid and paper towel, stir gently over low heat.
13. Serve Hot. Enjoy!

*It is delicious with chicken or beef, and also makes an impressive holiday side dish with turkey or ham. I make it every Thanksgiving, and when my husband has "earned" it! *Serves 3-4 people. Double or triple the recipe for larger groups, but always remember the 2 cups fluid to 1 cup rice ratio.

MOM'S HOLIDAY HUMMUS

Since I am half Italian and half Armenian, I would like to give you a favorite Middle Eastern recipe of mine. During the holidays and for birthday parties, my Armenian mother often makes a big bowl of Hummus for our family to dip pita bread in. This tasty dish is a very popular Middle Eastern appetizer. Hummus, on warmed pita bread, makes a great healthy snack and can also be used to replace mayo on sandwiches. Tahini, is like peanut butter, but made from sesame seeds; it is one of the most important parts of a hummus recipe and should never be substituted. However, it can be omitted if you like; but, then you won't be serving authentic Hummus...with warm pita bread either!

INGREDIENTS PER 15 -16 Oz. Can

1 can chickpeas, strained; save liquid
1/4 cup of freshly squeezed lemon juice (more to taste)
1/4 cup of Tahini
1 clove of garlic, crushed
1 tablespoons of olive oil
1/2 cup of chopped parsley
pinch of paprika

Drain chickpeas and set aside liquid from can. Combine remaining ingredients in a food processor. Add about 1/4th cup of liquid from chickpeas or more to thin out. Blend until very smooth. Garnish with chopped parsley around edges of the serving plate, drizzle more olive oil on top of hummus and sprinkle pinch of paprika for color if desired.

* Serves from 3 to 4 people. Double or triple ingredients for larger parties!

CHA CHA'S TURKEY PASTA

This International recipe is quick, healthy and tasty. I make it a few times a month for my family, and I made it often when I was single too! The leftovers are great for lunch the next day. You can also take it to work, heat it in a microwave and be the envy of co-workers!

INGREDIENTS:

1 pound box of Italian Penne or Rotini pasta
1 pound ground Turkey (7-10% fat)
(Turkey with 4% fat or less will make the dish dry)
Olive Oil
Garlic Salt
Black Pepper
All Spice

1. Place 2 Tablespoons olive oil and ground Turkey in a large, deep pan over medium heat.
2. Break up turkey into small pieces with wooden spoon, and cook until turkey is light brown. Keep it covered, uncovering to stir occasionally.
3. While turkey is simmering, boil a big pot of water for pasta. Add pasta to boiling water and cook until done al dente (not too mushy!).
4. Drain pasta.
5. Season turkey meat with 2 teaspoons (a few shakes) of All Spice, 1-2 teaspoons garlic salt to taste and 1 teaspoon black pepper. Use more or less of any of these seasonings and spices according to your taste!
6. Add pasta to the pan that has the seasoned ground turkey.
7. Gently stir pasta and turkey until thoroughly combined. Add more olive oil if it appears a bit dry.
8. Cover and let the mixture heat together for 15 minutes.
9. Serve hot in a large plate or pasta bowl.
10. Sprinkle with parmesan cheese (optional)
11. Serve with a salad for a complete meal!

Bon Appetit! (My mouth is watering already!)

PS: When I was a baby, my father nicknamed me Cha Cha. So in a way, this dish is dedicated to him.

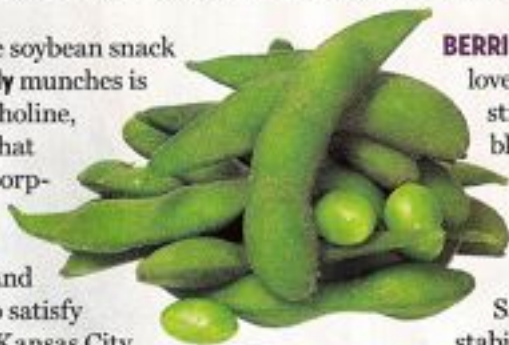


COVER STORY

10 Foods That Fight Fat

These healthy bites — some of Hollywood's faves — curb cravings and help any pudge finally budge

EDAMAME The soybean snack that **Blake Lively** munches is packed with choline, a compound that blocks the absorption of fat. "Plus, they have protein and fiber that help satisfy hunger," says Kansas City nutritionist Mitzi Dulan.



BERRIES **Paula Patton** loves to load up on strawberries and blueberries, which, along with raspberries, are loaded with filling fiber. Says Dulan, "They stabilize your blood sugar and prevent insulin spikes, which lead to abdominal obesity."



SWISS CHEESE This calcium-rich food can prevent the release of a hormone that causes the body to store fat, says Dulan, coauthor of *The All-Pro Diet*. Good news for **Kellan Lutz**, who piles it on his sandwiches.

EGGS **Kristin Cavallari** starts off her day with whole eggs. Thumbs up, says Dulan: "The combo of protein and fat in an egg takes longer to digest, so you stay satisfied."



SWEET POTATOES "I love sweet potatoes," **Diane Kruger** tells *Us*. One perk of the healthy carb? "They're high in vitamin C and fiber," De Fazio says. "They'll prevent hunger spikes."

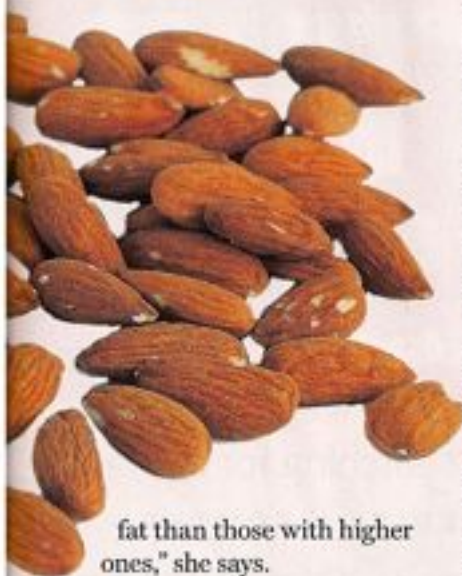
APPLES *The Hills* star **Lo Bosworth** tells *Us* she preslices the fruit so it's ready for snacking. L.A. nutritionist Lisa De Fazio (lisadefazio.com) says they're a smart pick because the fiber and pectin (the white part) "can lower cholesterol and fat."



SALMON Dulan credits the omega-3 fatty acids in the fish (**Khloé Kardashian** and **Kate Walsh** are fans) with decreasing levels of leptin, a hormone that influences appetite and metabolism. "People with lower leptin levels burn more



"I eat a lot of fruit," berry fan **Jessica Alba** tells *Us*.



fat than those with higher ones," she says.

ALMONDS The healthy nut is **Kellie Pickler's** top nosh. "I just love them!" she tells *Us*. What's the benefit? Dulan credits the high concentration of linolenic acid. "It helps you feel more satisfied so you can stop eating and reduce your calorie consumption."



ORANGES **Paula Abdul** likes to snack on the tangy fruit, which is high in fiber. Another bonus, according to Dulan: "The citrus contains compounds that can help you metabolize fat quickly."

YOGURT Dulan advises dieters to follow the lead of **Kristen Bell**, who snacks on Greek yogurt. "It's lower in calories and sugar and higher in protein than regular varieties," Dulan says. Adds **De Fazio**, "Its calcium reduces fat-producing enzymes." Spoons up!



NEW DIET TIPS FROM A TOP TRAINER

WANT TO DROP A FEW pounds? Steal a trick from Toyko. In his new book, *The 5-Factor World Diet*, star trainer **Harley Pasternak** (who helped Jennifer Hudson get her better-after-baby bod and coached Milla Jovovich through losing 62 pregnancy pounds) shares 120 new recipes plus the most successful stay-slim strategies from nations around the world. A few:



Don't clean your plate In Japan, diners never stuff their stomachs. Rather, Pasternak says, "they walk away when they're 70 percent full."

Focus on fresh foods "It's all about the ingredients," he says of meals in Italy. "If you have a piece of fish, there aren't heavy sauces. It's simple, clean food."

Ban excess carbs A sandwich doesn't require two slices. "In Sweden, it's always one piece of bread," Pasternak says. "You have the same taste with a lot less calories." (5factordiet.com)



"I walk 45 minutes to an hour every day," Hudson tells *Us* of her postbaby slim-down. "And I cut out sugar!"

FROM LEFT: TORRES/GETTY IMAGES; KEVIN MAZUR/WIREIMAGE.COM; PHOTOS: JESSICA BACCI/REX USA

Harley Pasternak's Slimming Salmon Serves 2

- | | | |
|--------------------------------------|---------------------------------------|------------------------------|
| 1/4 cup reduced-sodium soy sauce | 1 tbsp peeled and minced fresh ginger | 2 salmon fillets (4 oz each) |
| 2 tbsp mirin (Japanese cooking wine) | 1 tbsp minced garlic | 4 oz soba noodles, cooked |
| 2 tbsp agave nectar | | |



In a small saucepan over medium-low heat, bring soy sauce, mirin, agave nectar, ginger and garlic to a simmer. Reduce heat and cook for 5 to 7 minutes, stirring often. Allow to cool. Pour mixture into a resealable plastic bag and add salmon. Refrigerate at least 30 minutes. Preheat oven to 400 degrees. Lightly spray an ovenproof skillet, set over medium-high heat and cook the salmon for 4 minutes on one side. Turn fish, transfer skillet to the oven and cook for 4 minutes. Serve over noodles.



**EXCERPTS FROM LISA'S
RADIO INTERVIEW ON
KFWB'S "THE BIKINI CHEF"**

ON EATING HEALTHY AT FAST FOOD RESTAURANTS:

I think the main thing is to make that commitment initially that you're going to do it, and you do whatever it takes. Places like McDonald's do have salads on the menu. They have a snack wrap that's really great because you can just eat it and drive if you're not in the mood for a salad. Of course, Subway has their popular \$5 footlongs. And they have the salads. Subway will put everything you would have on the sandwich in the salad. And they have a new flatbread, which is like a flour tortilla, so it's a little bit lighter, and you can hold that while you're driving. And even Taco Bell has a new al fresco menu, which is all of the protein and the veggies and the salsa without the cheese and the sour cream and the guacamole.

ON CHILDHOOD OBESITY:

It's a huge issue these days, childhood obesity. But, you know, our kids are following what we do. I think it's really important if we start taking our lunches and eating healthy. The kids aren't driving, we're the ones taking them to the fast food places. I've had a lot of patients, and I will simply tell them, "Instead of going for pizza when you get home, stop off at Subway and everyone can have their healthier options."

ON EATING HEALTHY AT GAS STATION MINI-MARTS:

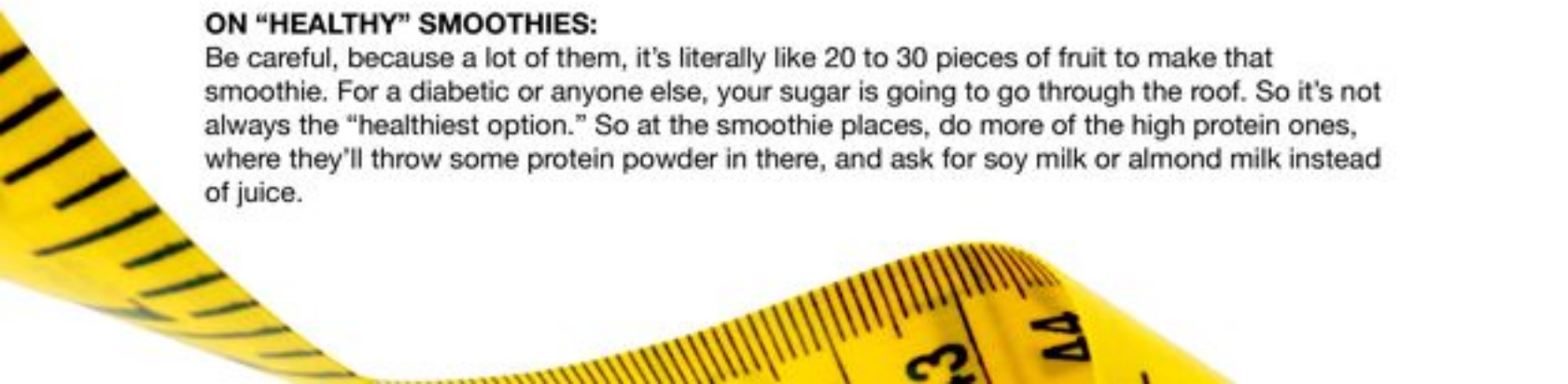
Desperate times call for desperate measures. I'm telling you, it's possible to make it happen. Trail mixes are pretty good because you have the protein and you have the raisins. A lot of time they're going to have the packaged string cheese or yogurt or cottage cheese. Just think protein, protein, protein. Believe it or not, there's even something called turkey jerky. Sometimes they'll have fruit like a banana. Protein bars. I really like Balance Bars, Zone Bars.

ON MEAL REPLACEMENT DRINKS:

The downside of a lot of the meal replacement drinks is a lot of them are loaded with sugar. And you do need sugar for energy, but some of them are higher than others. Now, I actually use Ensure. They're pretty well balanced with not a lot of sugar. I'll actually grab one of them for breakfast if I'm in and out the door. But when checking the labels on meal replacement drinks, make sure they're high in protein and have less sugar.

ON "HEALTHY" SMOOTHIES:

Be careful, because a lot of them, it's literally like 20 to 30 pieces of fruit to make that smoothie. For a diabetic or anyone else, your sugar is going to go through the roof. So it's not always the "healthiest option." So at the smoothie places, do more of the high protein ones, where they'll throw some protein powder in there, and ask for soy milk or almond milk instead of juice.





EXCERPT FROM LISA'S INTERNET RADIO INTERVIEW FOR THE "GET INSPIRED" PROJECT

Lisa, when you think of that word inspiration, who do you inspire and how does that happen?

Lisa: Well, I think in inspiring people based on my profession, being a nutritionist, I try to lead a healthy lifestyle and I think leading by example is one big way to inspire people. And I find that my friends and family, even people at the grocery store when they see I'm buying healthy food, it kind of gets them motivated to living healthy and living right.

How does that happen? Do you educate people? How do people find out what you're doing and how you're maintaining that healthy lifestyle?

Lisa: Well, I was a health educator for Kaiser Permanente for a long time, so oftentimes when I was teaching classes — and I do try to maintain my figure because being a dietician I think you need to be a role model — people will come up to me and they'll say "Wow, you know, you have a son?" I do have a four-and-a-half-year-old little boy now as well, which it's difficult as a mom to keep it all together. And they just seem to come towards me and say "How are you maintaining your figure? What do you eat? What do you exercise?"

I walk frequently in my neighborhood, and some of the people they drive by and they see me every day out there walking, and you know, I'm really disciplined with my regimen, but it's also because I love what I do. I turned my hobby into my profession. So just seeing the way I live my daily life, it just sort of stands out, and people are drawn to that and motivated and inspired to say "Hey, I need to start taking care of myself too."

How do you think living that lifestyle or just following your lead as an example, how do you think that you might help other people to explore their own potential?

Lisa: Well, I do really encourage some of my girlfriends who are also moms and have busy lives to put themselves first sometimes. I think a lot of people, especially women, we tend to be martyrs and sacrifice ourselves day in and day out for the husband, the family, the kids. And a lot of times people are "yes" people and take on all of these responsibilities, and we really need to stop and take time for ourselves and exercise or go get a massage and pamper ourselves.

I just find myself reiterating that to people if they're complaining that they're tired or just coming to me for nutritional advice. It's really important to take care of yourself so you can take care of everyone around you. So I encourage people to ... encourage them to eat right, exercise, take control of their diet, their weight, their health, and I find that when people take control of their health, all other aspects of their life come together, and they take control of their life.

So it's really making sure that everything's in alignment.

Lisa: It's true. And when they start taking care of themselves and feel better about themselves, their full potential eventually comes out. It kind of, as you probably know, it starts within and it starts with yourself. And I think whether it's taking care of yourself spiritually and having the time to go get a massage or meditate, or go out for a walk — and I'm not talking hitting the gym and being really aggressive with your workout, even a relaxing one-hour walk to kind of meditate and get some air and focus on yourself is so important. And many people aren't doing that with their crazy lifestyles of work and taking care of family.



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