



On her blog, Sims raved about Goodman's cleanse, calling it "AH-mazing."



JACKFRUIT

Elissa Goodman applauds Aimeé Teegarden for piling the fruit on pizza. (See her 2016 Instagram, right.) Its texture "is porklike," she says, "and it absorbs sauces like crazy." But with less than 1 gram of fat per cup, and no cholesterol, it only tastes like meat!

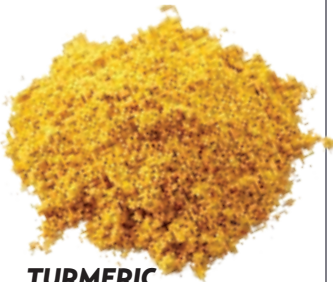


WHY YOU SHOULD
EAT THESE FOODS

Nutritionist **Elissa Goodman** gives *Us* the skinny on trendy new fare

SKYR

Made from skim milk, this Icelandic yogurt "is super-high in protein," raves the *Cancer Hacks* author. (One serving can yield up to 19 grams!) The crucial nutrient aids the brain and muscles, says the pro: "We need it to function."



TURMERIC

Curcumin in this herb, says Goodman, "lowers inflammation," which studies have shown can help fight diseases such as cancer and arthritis. **Gwyneth Paltrow** mixes it with almond milk, ginger, coconut sugar and coconut oil to create a latte.

FERMENTED VEGETABLES

Beneficial bacteria in these veggies (**Padma Lakshmi** loves them!) aid digestion and can help shed pounds. Says the L.A. pro, "Studies show the probiotics lower sugar cravings and help with weight loss."



TEFF

The gluten-free grain favored by **Victoria Beckham** is packed with starches that control blood sugar levels (translation: fewer hunger spikes) and bone-building calcium. One cup has the same amount as a half cup of spinach!

CAMU CAMU

This fruit is "massively" high in vitamin C, says Goodman, whose five-day organic cleanse is loved by **Kate Hudson** and **Molly Sims**. "It has 60 times more than an orange!" That key nutrient builds up the immune system.



FROM LEFT: XAVIER COLU/IMAGE PRESS/SPLASHNEWS; COURTESY OF AIMEE TEEGARDEN/INSTAGRAM; JON KOPALOFF/FILMMAGIC (INSET); STILL LIFE: SHUTTERSTOCK (6)