

# SUPERFOODS

## to the Rescue

POWERFUL EATS SOUNDLY VANQUISH VILLAINS FROM BELLY BLOAT TO SLUGGISHNESS



HALE



GOODWIN



SMIRNOFF

**1 / Dark chocolate**  
Ginnifer Goodwin's indulgence, she raves, "is full of antioxidants!" The flavonoids "help regulate blood pressure," says New York dietitian Stephanie Middleberg. Benefit by reaching for a bar that is at least 72 percent cacao.

**2 / Kefir**  
The dairy regularly swigged by Stacy Keibler has at least three times as many probiotics as yogurt. These healthy bacteria aid digestion and reduce belly bloat, shares NYC dietitian Keri Glassman.

**3 / Goji berries**  
Among the 20-plus vitamins and minerals packed into the tiny fruits: vitamin A. Explains Middleberg: "It's an antioxidant vital to bone health and good vision."

**4 / Kale**  
One cup of the leafy greens Lucy Hale eats has just 33 calories. But it boasts 2.5 grams of satiating fiber, plus vitamins A and C (they give you glowing skin!).

**5 / Kombucha**  
The drink — made when yeast, bacteria and sugar ferment — is high in B vitamins, which can speed the metabolism, says Middleberg.

**6 / Kimchi**  
Another fermented food, the Korean delicacy Jessica Simpson dices for salads "boosts gut health and is amazing for your immune system," says Glassman.

**7 / Walnuts**  
Karlie Kloss tells *Us* she "loves" the protein-rich snack. Middleberg applauds the nuts' alpha-linolenic acid: "It helps protect against heart disease!"

**8 / Raspberries**  
Nikki Reed is a fan of the fruits. Wise choice: With 8 grams per cup, they have the most fiber of any berry.

**9 / Apples**  
The phytonutrient quercetin in Ashley Greene's favorite nibble slows the digestion of carbohydrates, says Middleberg.

**10 / Olive oil**  
The cooking staple (Giada De Laurentiis even drizzles it on oatmeal) boasts monounsaturated fats. They've been linked with blasting belly bulge.

**11 / Figs**  
"I grew up eating them!" Karina Smirnoff tells *Us* of the fruits stocked with potassium and bone-building calcium.

**12 / Kelp**  
These sea greens "are loaded with minerals, says Nutritious Life founder Glassman. The iron and manganese supply LeAnn Rimes with energy.

**13 / Avocado**  
Vanessa Hudgens' daily nosh has the antioxidant glutathione "that may block the absorption of fats," explains Glassman.

**14 / Almond butter**  
"Almonds have the most nutrients per ounce of all nuts," says Middleberg. One standout: magnesium, which strengthens muscles!

**15 / Blueberries**  
L.A. dietitian Rachel Beller dubs the fruits Katie Holmes buys "brain berries" because their antioxidant anthocyanins aid memory.

**16 / Hot peppers**  
Spicy foods "can reduce appetite," reveals Glassman. And peppers' capsaicin, adds the pro, "gives your metabolism a slight boost."

**17 / Chia seeds**  
These seeds (eaten by Miranda Kerr) expand in the stomach, absorbing up to 12 times their weight, says Beller: "They're appetite curbers."

**18 / Quinoa**  
Kate Walsh cooks these seeds with broccoli for supper. The protein (8 grams per cup) "helps squash hunger," explains Glassman.

**19 / Jicama**  
With 6 grams of fiber (nearly a quarter of your daily need!), a cup of these root veggies can reduce the risk of heart disease and obesity, says Beller. Eat up!