



BODY BEAUTIFUL
EAT
Well,
LIVE
Well

Show your body some love with Ilana's incredible nutri-facts and health tips!

Important Nutrition Questions – Answered!

POPSTAR! Resident Nutritionist ILANA MUHLSTEIN believes a healthy lifestyle can be achieved with ease. She herself has lost 100 pounds – and kept them off. And this nutrition expert is here to help us on our journey to fab!

Eat well, live well. That's the goal. It's something we all strive for, every day. But in order to do right by our bodies, we have to know just how to do it right.

I recently did a feature for *Reader's Digest* addressing some of the most frequent questions people ask about nutrition and health & well-being. Let's all empower ourselves on our journey to wellness by empowering our minds, too. As they say, knowledge is power!

What's your opinion on crash or fad diets?

I've been a dietitian in private practice for long enough to see waves of fad diets come and go – Atkins, South Beach, intermittent fasting, juicing, cleansing, Octavia, Paleo, and now of course, Keto. My initial reaction is always to tell people that it's just “the thing of the moment,” and so too shall pass. These diets are designed to be easy to follow in the short term and nearly impossible to sustain, so they have a very strong, yet quick, turnaround time. There's more than a 99% chance of gaining weight back, and you'll just likely feel miserable and deprived in the interim.

Is it true that too much kale is bad for you – or that eggplant and peppers cause inflammation?

There are countless studies and historical



data proving that vegetables lower risk and help combat debilitating chronic diseases like certain cancers, heart disease, diabetes and even mental health disorders. Vegetables have also been shown to promote longevity and an overall sense of well-being. If

someone is working with a doctor and dietitian and sees a particular symptom arise when consuming such vegetables that is one thing, but the general public should be eating more of these vegetables for improved health, certainly not avoid them.

What should I order?

This is one of my favorite questions! I always say, “Water first” -- so even if ordering wine or a cocktail, I want people to start with water. There is typically an appetizer that makes sense to start with like a minestrone soup or something veggie-based, like stuffed mushrooms or blistered brussels sprouts. I let the client lead and start with whatever food is speaking to them. If they are interested in a steak, I may recommend that they get a smaller cut and ask the waiter to substitute the starchy side, like mashed potatoes, for an extra veggie side, like garlicky green beans. I always cater my responses to their situation whether it is a business lunch or a pool-side meal on vacation.



PHOTO COURTESY OF SCOTT GIBBS (ILANA MUHLSTEIN)

POPSTAR! Resident Nutritionist **ILANA MUHLSTEIN, M.S., R.D.** is a Registered Dietary Nutritionist in Beverly Hills, California. The creator of the 28 Mindset Weight Loss Program, she sits on the Executive Leadership Team for the American Heart Association Go Red For Women campaign, and is also a busy and active mom who loves music, fashion, yoga, and delicious food. She passionately advocates an effortless approach to living a healthy lifestyle.