


Search ▶

6/1/2008

[Register](#) | [Sign In](#)  
[Manage Newsletters](#)[Health A-Z](#) [Drugs A-Z](#) [Specialists](#) [Support Groups](#) [News](#) [Recipes](#) [Toolkit](#) [Videos](#)


Track your calories online with  
**My Calorie Counter** [Start Now!](#)



## Burns Up To 500 Calories In Less Than An Hour!

Introducing The New NiteTrim Weight Loss System\*

An Easy and Convenient Way To Lose Weight

[Try it FREE NOW](#)

Advertisement



Star Secrets

## Hollywood's Healthiest Snacks

How celebs satisfy their cravings without packing on the pounds.

By Gerri Miller



CBS

Page 4 of 11 [« Prev](#) | [Next »](#)

### Raw Power

While she isn't a big snacker, *Insider* reporter **Victoria Recano** chooses vegetables when she's hungry between meals.

**Fave Snack?** "I love raw broccoli, carrots, asparagus, and celery."

**Snack Facts:** One cup of broccoli contains 22 fat-free calories plus protein and potassium. A cup of asparagus contains 25 calories and loads of Vitamins A and C. Two celery stalks contain 20 calories and Vitamin C. All these veggies are excellent sources of fiber!

Source: [My Calorie Counter](#)

Next Photo:

[Culture Vulture](#)



Learn More!

everyday  
HEALTH

### Diet and Nutrition In-Depth

- [Diet and Nutrition 101](#)
- [Weight Management](#)
- [Meal Planning](#)
- [Food & Mood](#)
- [Vitamins & Meds](#)
- [See all Diet & Nutrition articles](#)
- [See all Diet & Nutrition Q&As](#)
- [Get helpful tips on Diet & Nutrition](#)

advertisement



WHAT IS THIS BOY DOING?

PLAYING PIANO WITH HIS NOSE  
HEADING SOCCER BALLS  
LOOKING FOR HIS HOUSE KEYS  
SNORKELING

### Healthy Eating Tools & Tips

- Find [Healthy Recipes](#)
- Make [5 Simple Diet Changes](#)
- See our Photo Gallery of [13 Superfoods](#)
- Here's the [Skinny On Fats](#)
- Get Your [Meal Planner](#) Now!
- [See all Photo Galleries](#)



**Burning Fat Has Never Been So Easy!**  
**Drink 2 Teas A Day! Simple As That!**  
**Lose Weight Fast + Feel Great! Try FREE!**

100% All Natural! Patent Pending!

Get 2 Weeks Free Over \$60 Value!

[Click Here](#)

Advertisement

### Everyday Solutions sponsored content

- [ADHD Family Resource Center](#)
- [Everyday Solutions for ADHD](#)
- [Everyday Solutions for Allergies](#)
- [Everyday Solutions for Household Allergens](#)
- [Living with Diabetes](#)
- [Living with Asthma](#)
- [Living with Bipolar](#)
- [Bottle-Feeding Guide](#)
- [Chemotherapy Support Center](#)
- [Living with Crohn's Disease](#)
- [Living with Migraines](#)
- [Nighttime Oral Health](#)
- [Living With Psoriasis](#)

#### From Our Sponsors:

- [New Hope for Alzheimer's](#)
- [About Your Heart](#)
- [Depression Resource Center](#)

### Explore Everyday Health

**Common Topics:** [ADHD](#) | [Allergies](#) | [Alzheimer's Disease](#) | [Anxiety Disorder](#) | [Arthritis](#) | [Asthma](#) | [Bipolar Disorder](#) | [Back Pain](#) | [Breast Cancer](#) | [Cardiovascular Health](#) | [Cholesterol](#) | [Cold & Flu](#) | [Dental Health](#) | [Depression](#) | [Diabetes](#) | [Diet & Nutrition](#) | [Digestive Health](#) | [DVT](#) | [Emotional Health](#) | [Epilepsy](#) | [Family Health](#) | [GERD](#) | [Headache & Migraine](#) | [Healthy Home](#) | [Heart Disease](#) | [Hypertension](#) | [Incontinence](#) | [Irritable Bowel](#) | [Kids' Health](#) | [Longevity](#) | [Men's Health](#) | [Menopause](#) | [Osteoporosis](#) | [Pain Management](#) | [Senior Health](#) | [Schizophrenia](#) | [Skin & Beauty](#) | [Vision](#) | [Weight Management](#) | [Women's Health](#)

**Resources:** [Cancer](#) | [Dementia](#) | [Epilepsy](#) | [Men's Health](#) | [Pregnancy](#) | [Skin Health](#) | [Stomach Pain](#)

**Specialists:** [Allergies](#) | [Arthritis](#) | [Cancer](#) | [Cardiovascular Health](#) | [Diabetes](#) | [Digestive Health](#) | [Emotional Health](#) | [Senior Health](#) | [Weight Management](#) | [Women's Health](#) | [See All](#) | [Find a Healthcare Provider](#)

**Support Groups:** [Arthritis](#) | [Asthma and Allergies](#) | [Diabetes](#) | [Diet & Nutrition](#) | [Dental Health](#) | [Digestive Health](#) | [Emotional Health](#) | [Heart Health](#) | [Managing Pain](#) | [Senior Health](#) | [Women's Health](#)

**Partners:** [South Beach Diet](#) | [WhatToExpect.com](#) | [My Calorie Counter](#) | [Five Factor Diet](#) | [Dr. Weil's Vitamin Advisor](#)

**More:** [Recipes](#) | [Health News](#) | [3-Minute Health Check](#) | [Video Library](#) | [Glossary](#) | [About Us](#) | [Mission Statement](#)

THIS SITE IS POWERED BY



Copyright © 2008 Waterfront Media, Inc.

[Need Help?](#) | [Privacy](#) | [Terms of Use](#) | [Disclaimer](#) | [Ad Policy](#) | [Advertise With Us](#) | [Link To Us](#) | [Feedback](#)

The material on this web site is provided for educational purposes only, and is not to be used for medical advice, diagnosis or treatment. [See additional information.](#) Use of this site is subject to our [terms of service](#) and [privacy policy](#).



We comply with the [HONcode standard for trustworthy health information](#): [verify here.](#)