



Us WEEKLY

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THIS MINUTE

YOU WANT TO KNOW ABOUT...

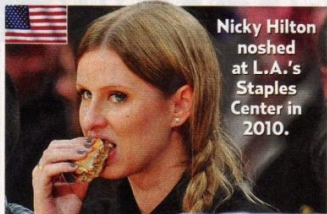
BODY BUZZ

What to Order When Dining Out

Today show health expert Joy Bauer gives *Us* the skinny



Bethenny Frankel filled up on healthy Korean BBQ in NYC May 3.



Nicky Hilton noshed at L.A.'s Staples Center in 2010.



Maria Menounos made pizza at Ray's in Boston Sept. 20.



Kate Hudson chowed down in NYC in 2010.

AMERICAN

What stars eat Kim Kardashian orders a burger and fries, worth 1,420 calories, at Five Guys Burgers and Fries. **Cut calories** A veggie patty, like the one Jessica Biel gets at the Counter in L.A.'s Studio City, is 400 calories. "It's a salad on a bun!" says Bauer. (joybauer.com)

ITALIAN

What stars eat Michelle Obama feasts on up to 1,200 calories of pasta and pizza at the California Pizza Kitchen. **Cut calories** Top whole-wheat pasta with broccoli. Or skip the carbs: Ashley Greene gets 320-calorie swordfish carpaccio and olives at NYC's Asselina.

CHINESE

What stars eat Lobster fried rice and taro puff lollipops at NYC's Buddakan cost Christina Aguilera 1,075 calories! **Cut calories** Avoid oily stir-fries and save 1,000 calories, says Bauer. L.A.'s Fresheast serves Anna Faris miso chicken and veggies at 550 calories.



Nicole "Snooki" Polizzi had a fiesta in Florence, Italy, May 24.



Emmanuelle Chriqui grabbed a salad in NYC Aug. 13.



Lily Allen dined in London June 30.

MEXICAN

What stars eat At L.A.'s Casa Vega, Jennifer Love Hewitt scarfs enchiladas and tostadas, totaling 1,000 calories. **Cut calories** Think leafy greens: The Mexican Caesar Paula Abdul orders at the hot spot is 550 calories. Also try protein-packed shrimp fajitas for 695.

FRENCH

What stars eat Mila Kunis hits L.A.'s Fig & Olive for the fig and gorgonzola tart, plus filet mignon, which contain 975 calories total, estimates Bauer. **Cut calories** Swap beef for chicken, like Isla Fisher does; she gets 700-calorie chopped salads at NYC's Plein Sud.

JAPANESE

What stars eat Shrimp tempura and crab rolls at L.A.'s Katsuya set Khloé Kardashian back more than 920 calories. **Cut calories** "Tempura is a diet disaster!" says Bauer of the fatty fare. Opt for...