

THE AMAZING SERIES

Carmina Mendelsohn van Buren

**Amazing Diets
of Amazing Celebrities
+ A Beginner's Guide
to Healthy Food**

feat. Angelina Jolie, Monica Bellucci, Adele, Kim Kardashian,
Catherine Zeta-Jones, Halle Berry, Madonna

*The Little Encyclopaedia of Amazing
Luxury Foods from All Over the World*

INTEGRAL

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Diet Cautions

Do not start any diet, including the ones presented in this book, without serious talking in advance with your family doctor!

Always keep in mind that any diet has to be adapted to your particular needs!

If you have chronic diseases first ask a medical specialist before starting a nutritional plan!

Do not consider hunger as a diet! It will produce serious disorders!

Take any diet step by step! Do not consider radical food options without talking with a nutritional specialist!

These diets are of no good for kids! They have other specific physiological demands than adult people!

There is no universal magical solution that your weight and tonify your body in a short period!

Combine food options with gym!

Eating disorders are—first of all—mental disorders, so one primarily has to fix his or hers psychical affections, starting with day by day stress.

Underweight is dangerous! Do not forget that your body knows better than you what it needs and how much it needs...

NOTE: The diet plans from this book are collected from international media but do not represent diet indications from the celebrities for their fans! Before starting these diet plans every celebrity hereby mentioned asked the advice of several medical, nutritional or fitness a.s.o. certified specialists, who took into consideration the specific physiological context of every individual star.

Diet Basics and a Classification of Diets

In nutrition, *diet* is the sum of food consumed by a person or other organism.

The word “diet” often implies the use of specific intake of nutrition for health or weight-management reasons (with the two often being related). Although humans are omnivores, each culture and each person holds some food preferences or some food taboos. This may be due to personal tastes or ethical reasons. Individual dietary choices may be more or less healthy. Diet does not specifically mean weight losing.

Complete nutrition requires ingestion and absorption of vitamins, minerals, essential amino acids from protein and essential fatty acids from fat-containing food, also food energy in the form of carbohydrate, protein, and fat. Dietary habits and choices have always played a significant role in the specific quality of life, health and longevity of a person or of a group of persons.

A healthy diet may improve or maintain optimal health. In developed countries, affluence enables unconstrained caloric intake and possibly inappropriate food choices. Health agencies recommend that people maintain a normal weight by limiting consumption of energy-dense foods and sugary drinks, eating plant-based food, limiting consumption of red and processed meat and limiting alcohol intake.

As about dietary choices, many people choose to forgo food from animal sources to varying degrees (e.g. flexitarianism, pescetarianism, vegetarianism, veganism) for health reasons, issues surrounding morality, or to reduce their personal impact on the environment, although some of the public assumptions about which diets have lower impacts are known to be incorrect. Raw foodism is another contemporary trend. These diets may require multivitamin supplements to meet ordinary nutritional needs.

A particular diet may be chosen to seek weight loss or weight gain. Changing a subject's dietary intake, or "going on a diet", can change the energy balance and increase or decrease the amount of fat stored by the body. The terms "healthy diet" and "diet for weight management" are often related, as the two promote healthy weight management.

An eating disorder is a mental disorder that interferes with normal food consumption. It is defined by abnormal eating habits and thoughts about food that may involve eating much more or much less than needed. Common eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder.

A person eating everything and having no cultural or religious eating restrictions is called omnivorous. Obtaining energy and nutrients from plant and animal matter, omnivores digest carbohydrates, protein, fat, and fiber, and metabolize the nutrients and energy of the sources absorbed. The word *omnivore* derives from the Latin *omnis* (all) and *vora*, from *vorare* (to eat or devour), having been coined by the French and later adopted by the English in the 1800s. Traditionally the definition for omnivory was entirely behavioral by means of simply "including both animal and vegetable tissue in the diet". Basically, an omnivorous person may eat fruits, berries, vegetables, grains, greens, legumes, nuts, tubers, honey, dairy, eggs, insects, crustaceans, mollusks, fish, poultry, mutton, pork, beef, venison a.s.o. an dis also permitted alcoholic drinks.

An individual's diet is the sum of food and drink that she or he habitually consumes. Dieting is the practice of attempting to achieve or maintain a certain weight through diet. People's dietary choices are often affected by a variety of factors, including ethical and religious beliefs, clinical need, or a desire to control weight.

Not all diets are considered healthy. Some people follow unhealthy diets through habit, rather than through a conscious choice to eat unhealthily. Terms applied to such eating habits include "junk food diet" and "Western diet". Many diets are considered by clinicians to pose significant health risks and minimal long-term benefit. This is particularly true of "crash" or "fad" diets—short-term, weight-loss plans that involve drastic changes to a person's normal eating habits.

Some people's dietary choices are influenced by their religious, spiritual or philosophical beliefs.

- Buddhist diet: While Buddhism does not have specific dietary rules, some buddhists practice vegetarianism based on a strict interpretation of the first of the Five Precepts.
- Hindu and Jain diets: Followers of Hinduism and Jainism may follow lacto vegetarian diets (though most do not, as some Hindu festivals require meat to be eaten), based on the principle of ahimsa (non-harming).
- Islamic dietary laws: Muslims follow a diet consisting solely of food that is halal—permissible in Islam. The opposite of halal is haraam, food that is Islamically Impermissible. Haraam substances include alcohol, pork, and any meat from an animal which was not killed through the Islamic method of ritual slaughter (Dhabiha).

- I-tal: A set of principles which influences the diet of many members of the Rastafari movement. One principle is that natural foods should be consumed. Some Rastafarians interpret I-tal to advocate vegetarianism or veganism.
- Kosher diet: Food permissible under Kashrut, the set of specific dietary laws, is said to be Kosher. Some foods and food combinations are non-Kosher, and failure to prepare food in accordance with Kashrut can make otherwise permissible foods non-Kosher.
- Seventh-day Adventist: Seventh-day Adventists combine the Kosher rules with prohibitions against alcohol and caffeinated beverages and an emphasis on whole foods. About half of Adventists are lacto-ovo-vegetarians.
- Word of Wisdom: The name of a section of the Doctrine and Covenants, a book of scripture accepted by members of The Church of Jesus Christ of Latter-day Saints. Dietary advice includes (1) wholesome plants “in the season thereof”, (2) eating meat sparingly and only “in times of winter, or of cold, or famine”, and (3) grain as the “staff of life”.

Today, there are a lot of calorie and weight control diets. A desire to lose weight is a common motivation to change dietary habits, as is a desire to maintain an existing weight. Many weight loss diets are considered by some to entail varying degrees of health risk, and some are not widely considered to be effective. This is especially true of “crash” or “fad” diets.

Low-calorie diets

- 5:2 diet: an intermittent fasting diet popularized by Michael Mosley in 2012.
- Intermittent fasting: Cycling between non-fasting and fasting as a method of calorie restriction.
- Body for Life: A calorie-control diet, promoted as part of the 12-week *Body for Life* program.
- e diet: A calorie control diet in which low-fat cookies are eaten to quell hunger, often in place of a meal.
- The Hacker’s Diet: A calorie-control diet from *The Hacker’s Diet* by John Walker. The book suggests that the key to reaching and maintaining the desired weight is understanding and carefully monitoring calories consumed and used.
- Nutrisystem diet: The dietary element of the weight-loss plan from Nutrisystem, Inc. Nutrisystem distributes low-calorie meals, with specific ratios of fats, proteins and carbohydrates.
- Weight Watchers diet: Foods are assigned point values; dieters can eat any food with a point value provided they stay within their daily point limit.

Very low calorie diets

A very low calorie diet is consuming fewer than 800 calories per day. Such diets are normally followed under the supervision of a doctor. Zero-calorie diets are also included.

- Inedia (breatharian diet): A diet in which no food is consumed, based on the belief that food is not necessary for human subsistence.
- KE diet: A diet in which an individual feeds through a feeding tube and does not eat anything.

Low-carbohydrate diets

- Atkins diet: A low-carbohydrate diet, popularized by nutritionist Robert Atkins in the late-20th and early-21st centuries. Proponents argue that this approach is a more successful way of losing weight than low-calorie diets; critics argue that a low-carb approach poses increased health risks. The Atkins diet consists of four phases (Induction, Balancing, Fine-Tuning and Maintenance) with a gradual increase in consumption of carbohydrates as the person goes through the phases.

- Dukan Diet: A multi-step diet based on high protein and limited carbohydrate consumption. It starts with two steps intended to facilitate short term weight loss, followed by two steps intended to consolidate these losses and return to a more balanced long-term diet.
- Kimkins: A heavily promoted diet for weight loss, found to be fraudulent.
- South Beach Diet: Diet developed by the Miami-based cardiologist Arthur Agatston, M.D., who says that the key to losing weight quickly and getting healthy isn't cutting all carbohydrates and fats from your diet, but choosing the right carbs and the right fats.
- Stillman diet: A carbohydrate-restricted diet that predates the Atkins diet, allowing consumption of specific food ingredients.

Low-fat diets

- McDougall's starch diet is a high calorie, high fiber, low fat diet that is based on starches such as potatoes, rice, and beans which excludes all animal foods and added vegetable oils. John A. McDougall draws on historical observation of how many civilizations around the world throughout time have thrived on starch foods.

Crash diets

Crash diets are very-low-calorie diets used for the purpose of very fast weight loss. They describe diet plans that involve making extreme, rapid changes to food consumption, but are also used as disparaging terms for common eating habits which are considered unhealthy. This diet is dangerous and can lead to sudden death when not done in a medically supervised setting. Several diets listed here are weight-loss diets which would also fit into other sections of this list. Where this is the case, it will be noted in that diet's entry.

Beverly Hills Diet: An extreme diet which has only fruits in the first days, gradually increasing the selection of foods up to the sixth week.

- Cabbage soup diet: A low-calorie diet based on heavy consumption of cabbage soup. Considered a fad diet.
- Grapefruit diet: A fad diet, intended to facilitate weight loss, in which grapefruit is consumed in large quantities at meal times.
- Monotrophic diet: A diet that involves eating only one food item, or one type of food, for a period of time to achieve a desired weight reduction.
- Subway diet: A crash diet in which a person consumes Subway sandwiches in place of higher calorie fast foods. Made famous by former obese student Jared Fogle, who lost 245 pounds after replacing his meals with Subway sandwiches as part of an effort to lose weight.
- Western dietary pattern: A diet consisting of food which is most commonly consumed in developed countries. Examples include meat, white bread, milk and puddings. The name is a reference to the Western world.

Detox diets

Detox diets involve either not consuming or attempting to flush out substances that are considered unhelpful or harmful. Examples include restricting food consumption to foods without colorings or preservatives, taking supplements, or drinking large amounts of water. The latter practice in particular has drawn criticism, as drinking significantly more water than recommended levels can cause hyponatremia.

- Juice fasting: A form of detox diet, in which nutrition is obtained solely from fruit and vegetable juices. The health implications of such diets are disputed.

- Master Cleanse: A form of juice fasting.

Diets followed for medical reasons

People's dietary choices are sometimes affected by intolerance or allergy to certain types of food. There are also dietary patterns that might be recommended, prescribed or administered by medical professionals for people with specific medical needs.

- DASH diet (Dietary Approaches to Stop Hypertension): A recommendation that those with high blood pressure consume large quantities of fruits, vegetables, whole-grains and low fat dairy foods as part of their diet, and avoid sugar sweetened foods, red meat and fats. Promoted by the US Department of Health and Human Services, a United States government organisation.
- Diabetic diet: An umbrella term for diets recommended to people with diabetes. There is considerable disagreement in the scientific community as to what sort of diet is best for people with diabetes.
- Elemental diet: A medical, liquid-only diet, in which liquid nutrients are consumed for ease of ingestion.
- Elimination diet: A method of identifying foods which cause a person adverse effects, by process of elimination.
- Gluten-free diet: A diet which avoids the protein gluten, which is found in barley, rye and wheat. It is a medical treatment for gluten-related disorders, which include coeliac disease, non-coeliac gluten sensitivity, gluten ataxia, dermatitis herpetiformis and wheat allergy.
 - Gluten-free, casein-free diet: A gluten-free diet which also avoids casein, a protein commonly found in milk and cheese. This diet has been researched for efficacy in treatment of autism spectrum disorder.
- Healthy kidney diet: This diet is for those impacted with chronic kidney disease, those with only one kidney who have a kidney infection and those who may be suffering from some other kidney failure. This diet is not the dialysis diet, which is something completely different. The healthy kidney diet restricts large amounts of protein which are hard for the kidney to break down but especially limits: potassium and phosphorus-rich foods and beverages. Liquids are often restricted as well—not forbidden, just less of.
- Ketogenic diet: A high-fat, low-carb diet, in which dietary and body fat is converted into energy. It is used as a medical treatment for refractory epilepsy.
- Liquid diet: A diet in which only liquids are consumed. May be administered by clinicians for medical reasons, such as after a gastric bypass^[49] or to prevent death through starvation from a hunger strike.
- Low-FODMAP diet: A diet that consists in the global restriction of all fermentable carbohydrates (FODMAPs).
- Soft diet
- Specific carbohydrate diet: A diet that aims to restrict the intake of complex carbohydrates such as found in grains and complex sugars. It is promoted as a way of reducing the symptoms of irritable bowel syndrome (IBS), Crohn's disease, ulcerative colitis, coeliac disease and autism.

Fad diets

A *fad* diet is a diet that is popular for a time, similar to fads in fashion, without being a standard dietary recommendation and often promising unreasonably fast weight loss or nonsensical health improvements.

There is no single definition of what a "fad diet" is, encompassing a variety of diets with different approaches and evidence bases and thus different outcomes, advantages and disadvantages and it is

ever-changing. Generally, fad diets promise short-term changes with little efforts, and thus may lack educating consumers about whole-diet, whole lifestyle changes necessary for sustainable health benefits. Fad diets are often promoted with exaggerated claims, such as rapid weight loss of more than 1 kg / week or improving health by “detoxification”, or even dangerous claims.

Since the “fad” qualification varies over time, social, cultural and subjective view, this list cannot be exhaustive and fad diets may continue or stop being fads, such as the Mediterranean diet. Some of them have therapeutic indications, such as epilepsy or obesity, and there is no one-size-fits-all diet that would be a panacea for everyone to lose weight or look better. Dietitians are a regulated profession that can distinguish nutritionally sound diets from unhealthy ones. *(See more details in the last chapter of this book!)*

Food-specific diets

- Alkaline diet
- Baby Food Diet
- Cabbage soup diet
- Clean eating
- Cookie diet
- Egg and wine diet
- Food combining diet: A nutritional approach where certain food types are deliberately consumed together or separately. For instance, some weight control diets suggest that proteins and carbohydrates should not be consumed in the same meal.
 - Fit for Life diet: Recommendations include not combining protein and carbohydrates, not drinking water at meal time, and avoiding dairy foods.
- Fruitarianism
- Gluten free diet, while essential for people with celiac disease or gluten sensitivity, has also become a fad.
- Grapefruit diet
- Lamb chop and pineapple diet
- Macrobiotics
- Morning banana diet
- Mucusless Diet
- Rhubarb diet
- Superfood diet
- Whole30 diet

Low-carbohydrate / high-fat diets

- Low-carbohydrate diet
 - Atkins diet
 - Bulletproof diet
 - Drinking Man’s Diet
 - Dukan Diet
 - Hamptons Diet
 - “Keto” or ketogenic diet (but for the purpose of weight loss instead of epilepsy seizures reduction)
 - Pioppi Diet
 - Protein Power
 - Salisbury diet
 - Stillman diet