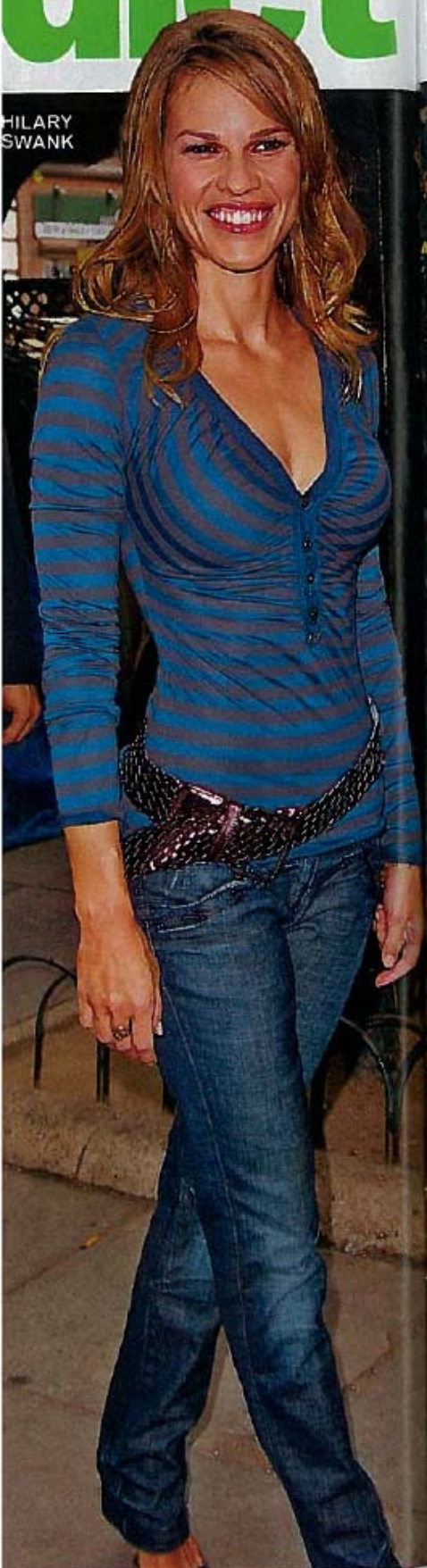


diet

In Touch reveals some slim celebs have...

shortcuts



HILARY SWANK



MELANIE CHISHOLM

MEL'S FAVE FRUIT

Mel C drinks pomegranate smoothies before the Spice Girls perform. The antioxidant-rich fruit is thought to help the body flush fats.



As serious about her famous figure as her Oscar-winning roles, Hilary Swank recently admitted she takes 45 vitamins, including those in the Oz Garcia Longevity Pak. Supplements like GNC's X12 and the ones in the Pak can increase calorie-burning. Dr. Garcia's combo also regulates blood sugar to decrease hunger. Hilary says that she's such a believer in vitamins, she even takes a capsule called BrainWave Plus to help her memorize lines.



AUDRINA PATRIDGE

AUDRINA'S SECRET

The Hills star sips an FRS antioxidant health drink (25-140 calories) for an energy boost so she can exercise longer.



GISELE BUNDCHEN

GISELE'S WATER

Gisele drinks O.N.E. Coconut Water (60 calories) to quench thirst. It also helps prevent post-workout cravings that sometimes stem from dehydration.

