

# Do stars eat than we

WHAT I  
REALLY  
EAT

*Dancing With the Stars* host Samantha Harris dishes with *Life & Style* about her

Between her hosting duties and running around with her daughter Josselyn, Samantha Harris doesn't have time to cook, but she makes sure to fit several meals into her schedule. "I eat a good

balance of protein and carbs with just a little bit of fat in there every three to four hours," the 35-year-old *Insider* correspondent and sweets lover tells *Life & Style*. Here's what celeb nutritionist Oz Garcia thinks of her choices.

## EARLY MORNING

about 368 calories

**What she eats:** "I try to eat within an hour of waking up," says Samantha. "We're on set very early, so usually around 5:30 I have Greek yogurt with honey and a granola bar crumbled on top." Oz Garcia gives a thumbs-up to her morning start, as yogurt promotes intestinal health and builds stronger bones, while honey, especially raw honey, has antioxidant and antibacterial properties that help boost the immune system.



## LUNCH

about 250 calories

**What she eats:** Samantha relies on a salad with chicken, or a protein shake with Jay Robb's whey vanilla protein powder, but sometimes she's on the run: "There are days when I'll be running from shoot to shoot and I end up grabbing a Promax bar" — which Garcia says is great for building muscle before a workout.



## BREAKFAST

about 300 calories

**What she eats:** "When I get off the set around 9 a.m., I have a breakfast chicken quesadilla with egg whites and light cheese," says Samantha. Garcia says eggs with mozzarella cheese is a power meal, but he would recommend including the egg yolk. "Many people exclude the yolk, but it contains nutrients that aren't found in the egg whites," he explains.



## DINNER

about 600 calories

**What she eats:** "I'd rather spend free moments with Josselyn and my husband than slave over the stove. So three nights a week we have delivery meals, like salmon, brown rice and asparagus," says Samantha, who caps off the night with dark-chocolate-covered raisins from Trader Joe's.



## HER STAY-SLIM SECRET

"I don't count calories," says Samantha, who thinks she had too much whole milk and butter as a kid in Minnesota's cow country. "It's about balance and lean protein." Her guilty pleasure? Crispy french fries.



## THE EXPERT'S FINAL WEIGH-IN

"Eating small, healthy meals throughout the day like Samantha rather than the standard three large meals can help keep your metabolism going and ward off sugary-snack attacks," says Garcia.



Life & Style's diet rating

