

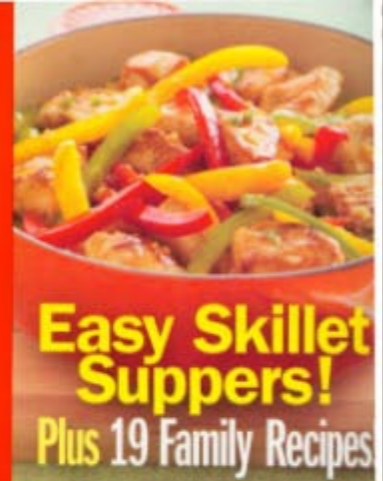
Food Housekeeping's

# quick & simple

November 13, 2007 Weekly

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# Whoopi Goldberg: The View

How a junk food-loving, style-challenged, vegetable-hating fun

After  
Size  
8

**S**he has starred in blockbuster movies, a game show, a sitcom and even put in a memorable turn as Oscar host. Now, she's settling into *The View*, stirring things up with her controversial opinions. Yet while Whoopi Goldberg's trademark outrageousness will no doubt polarize audiences until she gives up showbiz, there's one thing that *everyone* watching *The View* can agree on: Whoopi, who turns 52 on Nov. 13, looks slimmer than ever before.

After losing weight in part to look good for this past April's Bravo network special *The Word According to Whoopi*, the entertainer announced on the *Today* show that, at the time, she had dropped more than 40 lbs. in 23 weeks by following the LA Weight Loss diet plan. Commercials for the diet center airing throughout the spring featured then-spokesperson Whoopi declining front-door delivery of "prepackaged diet food" and boasting, instead, about losing weight while noshing on all of her

favorite things: "Give a woman a prepackaged meal, and she'll diet for a day," Whoopi would say. "But you teach a woman to eat right? Baby, she'll eat right for a lifetime!"

### The Un-Glam Life

In the past, it's been difficult to judge where Whoopi was, weight-wise, since the actress steadfastly shuns body-hugging designer duds in favor of baggy sweaters. "I've never been a glamour-puss," she confesses. "I like comfort." Indeed, even in her most memorable public moments, the self-proclaimed "Gap-loving" star's outfits have been far from the slinky/chic fare favored by her contemporaries. When she hosted 1999's Academy Awards ceremony in a huge, beaded Elizabethan gown, her figure was completely hidden. And even after she hooked up with LA Weight Loss, says a friend, "no one knew Whoopi was losing until she hit the 20-lb. mark."

Yet by shedding pounds through old-



Before  
Size  
14

### The (Weight-Loss) World According to Whoopi

Below, a few of the strategies that kept the talker on track

**THINK: "TRADE-OFF"** Don't focus on forcing yourself to eat healthy-but-hated foods; instead, find a way of getting the same nutrients from foods you enjoy. "I'm very picky and I don't like vegetables at all," Whoopi says. "So I drink V8 low-sodium, and I get everything I need."

**YELL FOR HELP (OR AT LEAST ASK)** Since LA Weight Loss offers one-on-one counseling, Whoopi would call her counselor when cravings got out of hand. You can do the same thing with your own diet counselor, or build a network of supportive friends who are also wrestling with weight issues.

**DON'T SWEAT IT** It took Whoopi 23 weeks to lose 43 lbs. Taking — and keeping — weight off isn't about quick-fixing; it's about changing lifelong habits. "This is somebody else's body," Whoopi recently said of shopping for new size-8 pants while clutching the waist of 14s she had worn into the store — to keep them from falling down!

**MAKE ROOM FOR SLIP-UPS** A realistic weight-loss plan allows for a bit of creative meal-shuffling — so you can cheat a little early in the day, for instance, and make up for it later on, when you're in a "healthier" mood.

# From Size 8

girl got seriously svelte

fashioned meal planning and portion control, Whoopi did hit the mark, without giving up that all-important "comfort"! "I don't feel I'm sacrificing the foods that I love," she proclaims, citing potato chips and fried chicken as prime examples. Since Whoopi hates to exercise, her friend confides, "she made sure she followed the LA Weight Loss plan religiously."



Whoopi with daughter Alex and grandkids Mason, bottom, and Jerzey Martin

## True to Herself

Though she has clearly taken them in stride, the actress *has* hinted at having occasional weight concerns. In the late '90s, Whoopi starred in a revival of the classic game show *Hollywood Squares*. Perhaps owing partly to the show's lavish on-set catering, she predicted at the time, "I will never be a size 8 again."

And as recently as 2004, Whoopi tackled the topic of weight in her self-titled NBC sitcom. In an episode called "She Ain't Heavy, She's My Sister," Whoopi's character, Mavis, became jealous of her glamorous, newly svelte former girl-group rival, played by actress Sheryl Lee Ralph.

Whoopi wears a tailored white shirt in her LA Weight Loss "after" photos, but that's about as glam as she's likely to go. "Have you thought about your wardrobe?" Barbara Walters teased her during the July *View* episode where Whoopi's co-hosting gig was announced. "Not one iota," Whoopi replied. "I know you wouldn't want me to be anything but me. But I will be a little neater than normal."



"Your body is like a car," Whoopi says she has learned. "You have to keep it in tune." Here, Whoopi, Joy Behar, Sherri Shepherd, Elisabeth Hasselbeck and Barbara Walters.



## Whoopi-Style Noshing!

Comfort-food classics helped the comic get slim

### Baked Macaroni and Cheese Serves 8

- 3 Tbsp. butter
- 3 Tbsp. flour
- 2½ cups skim milk
- freshly ground pepper, to taste
- 8 oz. (2 cups) shredded reduced-fat Cheddar cheese
- 1 lb. macaroni

- 1 Coat a medium baking dish with nonfat cooking spray; set aside. Over medium heat, melt butter in medium saucepan. Add flour and stir until a paste forms.
- 2 Remove from heat and add the milk a little at a time, stirring well with each addition. Once all the milk has been added and the mixture is smooth, return to medium heat; stir until sauce comes to a boil and slightly thickens. Season with pepper to taste.
- 3 Remove from heat and add the shredded Cheddar; stir until cheese melts. Preheat broiler.
- 4 Meanwhile, cook macaroni in a pot of boiling water according to package directions. Drain and toss with cheese sauce.
- 5 Transfer mixture to prepared baking dish and broil until browned and bubbly, about 3 to 4 minutes.

Each serving: About 378 calories, 17g protein, 49g carbohydrate, 12g fat (7g saturated), 1g fiber, 34mg cholesterol, 330mg sodium

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