

Snooki's BATTLE with ANOREXIA

IN HIGH SCHOOL NICOLE 'SNOOKI' POLIZZI BATTLED AN EATING DISORDER THAT NEARLY DESTROYED HER LIFE

Jersey Shore's Nicole "Snooki" Polizzi is an icon for the reality-show era — famous for being her bronzed, brawling, poufed, profane, fist-pumping 4-foot-9-inch self.

She's also lucky to be alive. Just a few years ago, the 22-year-old was a painfully insecure Poughkeepsie, N.Y., teenager suffering from two potentially deadly eating disorders: anorexia and bulimia. OK! caught up with Snooki at L.A.'s The London hotel, where she was in town for the MTV Video Music Awards. There, she shared her struggle and how she finally learned to have a positive self-image.

Your problems with your weight have come up on Jersey Shore. How do you manage to stay healthy with your crazy work schedule?

It's hard. I am trying as much as possible. I'm on the road all the time, so I'm pretty much just eating out. Usually when I'm at home, I have a routine: I'm going to go to the gym, and then I'll eat this and then eat that. When you're on the road, you're just, like, eating greasy food. It's really not healthy. But when I go out, I try to just eat salads and stuff.

When did your troubles with dieting begin?

It started when I was a junior [in high



Three years ago, when Snooki was a college student, she weighed just 90 pounds.

school]. The reason I did it is because I was very self-conscious about cheerleading. There were these little freshman girls, and I was scared that these little freshman girls were going to take my spot. I just started eating salads and salads. Then I got to a point where I was just eating a cracker a day. And I was down to 80 pounds.

You also tried bingeing and purging?

When I was 18 —



Snooki was reduced to tears when The Situation mocked her weight at a restaurant.



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'YOU CAN DIE FROM THIS. I ALMOST DIED'

Snooki says that she currently weighs about 110 pounds, but she would like to lose a little more — healthfully.



As a cheerleader in high school, Snooki was insecure about her weight.