

# NOW SHE DIETS THE HEALTHY WAY



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In June, Snooki, who stands at just 4-foot-9, felt she needed to lose a few pounds.



At the 2010 VMAs on Sept. 12, Snooki looked more svelte.

Snooki still watches her weight. Over the summer she dropped 10 pounds to get ready for *Jersey Shore*'s third season. But instead of starving herself, she followed Dr. Sanford Siegal's Cookie Diet by eating the Miami physician's high-protein cookies to quell hunger. "She told me she'd been buying [my] diet cookies at



"When we met, she told me she was a party girl who loved Italian food," recalls Dr. Siegal.

GNC and Walgreens," says Dr. Siegal, who met Snooki but did not personally treat her.

"You eat six cookies a day and have a really good dinner — something healthy," Snooki tells OK!. "I've tried other diets. They don't work. With Dr. Siegal's diet, you can just go into your purse, eat the cookie, and you're full. Then you go to the gym and have a good dinner."

I noticed that I went up a pants size. My pants size used to be zero, but then I went up to a 1. I was like, "Oh, my god. I'm a 1; this is weird. I need to lose weight fast." So I figured that eating and then throwing up... you know, you can lose weight fast doing that. But I didn't like throwing up.

**So you didn't keep doing it?**

That didn't work for me. I didn't like throwing up, and it scared me. It burned my throat, and I had to keep flossing. It just wasn't healthy for me.

**But you were starving yourself. How did you hide it?**

I have no idea. I think about it now, and I'm like, "How did I do that?" I was eating a cracker a day, and I would be full.

**Were you obsessing over your weight?**

Yes, in senior year, I had lunch for fifth period. I would go into the nurse's office and go on the scale. Finally, she took the scale down so I couldn't check my weight anymore.

**How did you feel physically?**

When I was anorexic, I was always tired. I didn't want to do anything.

**Did anyone around you know what was going on?**

I definitely told my friends. My mom knew about it, but I didn't want to talk about it with her; I couldn't really talk to my parents. My friends, they always listened to me, and they understood.

**Was your family worried?**

My best friends were worried; my family was worried. But with my personality, I didn't listen to anybody and always did what I wanted. It went on for about two years. I had to go see a therapist to talk about it.

**Were you ever scared you were doing harm to yourself?**

I had to talk to a doctor, and he told me, "You know, you can actually die from this." That scared me. I almost died. I don't want to die. I love my life. I had just gotten too out of control.

**How did you overcome your issues with food?**

In high school, my weight was a very big deal, but when I went to college, it wasn't as big of a deal to me, and I got over it pretty quick, which is surprising to me.

# IT'S HARD TO HAVE A HEALTHY BODY IMAGE AT THE JERSEY SHORE

**THEY'RE ALWAYS DRINKING**

The housemates often started their drinking in the afternoon.



**BIG MEALS ARE PART OF THEIR LIFESTYLE**

When every day is vacation, it's hard to control your calorie intake.



**THE GUYS ARE ALWAYS CRITIQUING WOMEN**

The boys are brutal, calling unattractive women "grenades" and worse.



Snooki wore a cover-up at the beach whenever possible.



**SWIMSUITS EVERY DAY!**

**You started eating again?**

You know how in college you're eating all kinds of crappy food. That's when I started eating bagels again. I was like, "Ah, screw it, I'll just eat." I wasn't, like, downing cheeseburgers. I just started eating like a regular person again. And I started to gain the weight back. I really didn't have any problems in college because I was too busy worrying about my studies.

**How would you describe your body image now?**

Right now I really just don't care what people say about me. I'm just comfortable with myself. Obviously, I want to lose a couple of pounds, but it's hard because I'm always busy, and it's hard to get time to go to the gym. I'm trying to just eat healthy.

## 'I WAS EATING A CRACKER A DAY, AND I WOULD BE FULL'

**How do you like the way you look in a swimsuit now?**

Oh, I feel disgusting now. I love to be on the beach, and I love to wear bikinis, but right now it's just not working for me. Hopefully, by next summer I will feel better in a bikini at the beach.

**Are you still sensitive about comments about your weight from your roommates?**

Well, obviously if my close friends and my roommates say something about it, I am going to be bawling. That's upsetting. But usually they don't do that, and nobody says anything about it to me. If the press say something about it, that doesn't bother me because it's not on that personal level. **What advice would you give someone who thinks they may have eating issues?**

I would just say that you should lose weight in more healthy ways. You can die from anorexia. You aren't getting the nutrition and the vitamins you need. Your body is just running down. If you really want to lose weight, do it the healthy way: Eat salads. Get a new routine. Go to the gym. Be smart and healthy. Honestly, you just have to be happy with yourself. **OK!**

— Eloise Parker