



Before baby.

STARS WHO baby bi

Why do ultra-thin stars get so big when they're pregnant? Their cravings result in body blow-outs that set confidence and careers reeling

Being slim is part of the job description for stars. They spend their lives keeping an eye on every mouthful of food that passes their lips and exercising obsessively to stay in shape. Every diet fad is eagerly devoured in the battle to stay thin.

So it's hardly surprising that, when they get pregnant, celebs can't help going a little crazy. They don't feel guilty about bingeing on "forbidden" foods such as ice-cream, pasta and hamburgers. But the result is often weight blow-outs beyond the limits doctors recommend.

Kate Hudson gained a whopping 27kg during pregnancy, Catherine Zeta-Jones stacked on 23kg with each of her children, while Uma Thurman reportedly added 23kg in her second pregnancy.

But, as Dr Kelly Shanahan, author of *Your Over-35 Week-By-Week Pregnancy Guide* (Three Rivers Press, rrp \$33.05), told America's *Us* magazine recently, a healthy weight gain is just 11kg to 14kg.

"If you gain too much weight, you have a greater risk of diabetes or having a bigger kid who's hard to get out," she says. "And it will be harder to get back into those slinky Oscar gowns."

And that's where the real danger lies, as stars feel pressured to lose weight too quickly. "It's not natural to lose a dramatic amount of weight immediately after giving birth," says Sydney dietician Geraldine Georgeou. "These stars are not only harming themselves, they're setting a bad example. I'm seeing more patients with unrealistic expectations after



Formerly rail-thin Gwyneth was proud to show off her baby bump at red carpet events this year.

giving birth, wanting to starve themselves because they've seen a star looking scrawny within weeks of giving birth."

Courtney Cox was a devotee of the Atkins Diet until she fell pregnant with her first baby, due next month. Now she's filling her fridge with her most-craved items – Arizona Iced Tea with loads of sugar, split-pea soup and pasta with lemon and parmesan. She's also grabbing hamburgers at fast-food outlets twice a week.

"I carbo-load, I'm fat," she says. And Courtney says there are many times she despairs over the changes to her body. "I haven't really embraced the look yet," she told *Harper's Bazaar* magazine. "When your arms and your face gets fat, everything's kind of... not right."

Courtney has admitted she struggles to find a body size she's happy with, so there's concern that she'll try to lose her baby curves too quickly after birth.

"She needs to do it gradually and make sure she has enough calcium, protein and low-glycaemic carbohydrates," says

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Kate's love of ice-cream has taken a back seat now she's thinking thin.



Kate's danger diet

Kate Hudson has fought a very public battle to lose the 27kg that she gained while pregnant with her son, Ryder, born on January 7. Ryder was a bouncing 3.94kg, despite being two weeks premature, and Kate endured a caesarean after her labour didn't advance.

But even surgery couldn't interfere with her determination to lose her excess baby weight in time to start shooting her new movie *Raising Helen*.

"I had to start shooting this movie I'm doing three months after he was born," Kate says. "And I'm OK being big. It felt good. Everybody was more worried about it than I was."

However, with work commitments looming, Kate felt she had little choice but to take drastic action, after being unable to resist treats such as ice-cream sundaes,

banana splits, peanut butter and pancakes during her pregnancy.

"I would eat a pint of ice-cream a day. I don't drink milk, so I needed the calcium and I just ended up eating ice-cream."

Her post-pregnancy routine included spending two to three hours a day exercising. "I did it with a trainer," she says.

According to dietician Geraldine Georgeou, women like Kate need to be more cautious. "Weight see-sawing is destructive at the best of times, but it's at its most harmful for a woman during and after pregnancy."

But Kate has no regrets about her gain. "I'm proud of it. It was fun. Why the hell am I going to watch my weight when I'm pregnant? I'm going to eat what I want to eat. I weighed 66kg after he was born and I'm proud."



Geraldine. "If she panics and goes on a crash diet, her baby could suffer too, as the nutritional quality of her breast milk could be reduced."

Gwyneth Paltrow, who recently gave birth to a 4.39kg daughter named Apple, swapped her strict macrobiotic diet of three years for French fries, grilled cheese sandwiches and Chinese takeaway.

Gwyneth did admit to having trouble coming to terms with her ever-increasing girth.

"I feel like I'm something off the Discovery Channel," she was heard to moan during pregnancy.

But she's hoping daily yoga workouts with hubby Chris Martin will help her body bounce back to shape quickly now. And she's not feeling too much pressure to get into shape for Hollywood.

"I might not work for ages," she recently told *US* magazine *W*. "Acting isn't going to define my life, much to my agent's horror!"

PICTURES: PICTURE MEDIA, SNAPPER MEDIA, AUSTRAL, APL