

StarHEALTH
Tips for feeling good in Hollywood!

DINER'S Delight

Treat yourself to healthy versions of your favorite comfort foods.



Tamera Mowry-Housley

The actress and mom of two gets Real with her foodie finds: These greens are nutritious and delicious!



Nosh on tasty cauliflower tots made with a full serving of veggies

Green Giant Veggie Tots, \$4, grocers nationwide

Sip on a sweet bevvie packed with electrolytes and potassium, with less sugar than most juices

DrinkMelon

Organic Watermelon Water, \$3, grocers



Whip up sweet potato "mac" and cheese that's high in fiber and protein

Hungry Root Sweet Potato Mac With Creamy Cashew Cheese, \$6, hungryroot.com



Munch on a superfood and antioxidant-rich salad bar

SaladShotsBar Citrus Splash, Coco Loco and Pomegranate Love, \$26 for box of 12, amazon.com



Indulge in a mini cake bar for under 150 calories, baked with no artificial preservatives

Ticklebelly Vanilla Bean Cakebar, \$5 for pack of four, grocers



Make a peanut butter shake on the go with this gluten-, soy- and antibiotic-free whey protein — just add water!

The System Peanut Butter Magic Shake, \$26 for four bottles, thesystembystacy.com



Chomp on a gluten-free, vegan blondie whose main ingredient is chickpeas

Rule Breaker Chocolate Chunk Blondie, \$3.50, Whole Foods