

# Celebrity Moms Vs. Real Moms – Battle of the Post-Baby Weight Loss

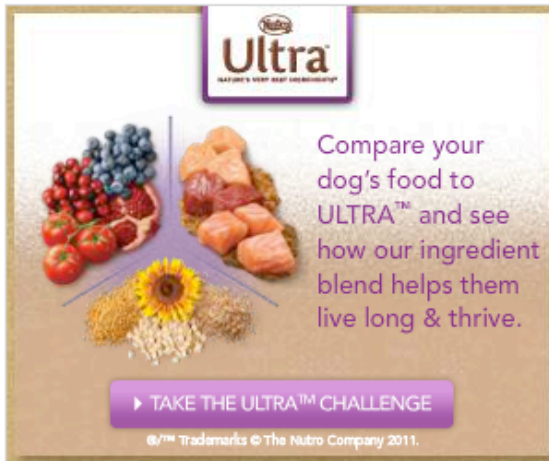


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[Uma Thurman](#) has one, so does [Snooki](#) - little buns in the oven. Images of celebrities showing off their pregnant bellies seem to be plastered all over the web, some showing a little too much ala Jessica



Simpson's recent [Demi Moore-inspired pose](#) that's been covered-up by conservative newsstands. Simpson also strutted her [very pregnant form in 6-inch heels](#) - don't know if that was a good idea either.

And while we may be happy for the proud mommies-to-be, are we just as happy to see them get their glamorously fit bodies back to pre-baby form in record time? [Jessica Alba](#) was bikini-ready in just four months. [Heidi Klum](#) hit the catwalk in Victoria's Secret lingerie a little over a

month after giving birth to her fourth child. C'mon!

Can real mommies expect to do the same? I contacted a couple of fitness experts on some realistic expectations...

"Celebrities face the same challenges all women face when they want to lose weight, but they have advantages most don't have. Their income allows them to bring in a support system - personal trainers, dieticians and nannies to help out while they focus on their weight loss," says Dr. Charles Goldsmith, physician and founder of [Dr. G's Weight Loss & Wellness Program](#).

What tips can real women take from celebrity moms? "Determination to reach their weight loss goals," says Dr. Goldsmith. After all, celebrities have to get back in shape to show they are still employable as sexy big screen stars. Real women don't have the pressure of their livelihood relying on how they look, so they can afford to take things slower, and in some cases perhaps, healthier.

Exercising is an obvious need, but what about diet, particularly for breastfeeding moms? "You need to eat at least 500-600 calories a day to support milk production," says Tricia Williams, an accomplished executive chef and nutrition educator who founded [Food Matters NYC](#). She suggests committing to a whole foods diet, lactogenic foods to support breastfeeding and getting enough sleep, because lack of sleep interferes with the body's metabolic process and energy levels.

Yes, you just may need to borrow one of those celebrity nannies for those 2 a.m. baby wake up calls!

Though we may enjoy the images of our favorite celebs with child and curse their skinny butts after,