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DR FISCHER  
THE PARK AVENUE DIET

# Star

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## Tyra: SUPER SKINNY!

**W**HEN Tyra Banks announced she was going to lose some weight, nobody expected her to go quite so far! "She looks like a completely different person," an insider close to Tyra tells *Star*. Dr. Stuart Fischer, founder of the Park Avenue Diet Center, agrees, noting that dropping an estimated 30 lbs. has made the 5'10" stunner "look gaunt and waiflike." While Tyra should be eating about 1,800 calories a day, NYC-based Fischer, who has not worked with the talk show host, says that "she is consuming 1,400 calories a day plus doing rigorous cardio exercise." Indeed, the 36-year-old goes running for 40 minutes every morning with a friend, reveals the insider. "Tyra's really taking this weight loss seriously. Maybe a bit too seriously." ★