# Gwyneth Paltrow reintroduces pasta and cheese after strict diet hiatus



Gwyneth Paltrow, the American actor and entrepreneur known for her wellness brand Goop, has recently shared a significant update about her dietary choices, signalling a departure from her previously strict eating habits. Speaking on a recent episode of her Goop podcast, Paltrow revealed that she is reintroducing pasta, as well as sourdough bread and cheese, into her diet after a long period of abstinence.

Paltrow reflected on her history with various health regimes, stating, “I went into hardcore macrobiotics for a certain time. That was an interesting chapter where I got kind of obsessed with eating very, very healthily.” More recently, she and her husband, Brad Falchuk, had been following a paleo diet, which attempts—but not always accurately—to mimic the presumed dietary habits of Paleolithic humans by excluding many carbohydrates. Paltrow observed, “I’m getting back into eating sourdough bread, and some cheese – there, I said it. A little pasta after being strict with it for so long.”

This announcement has drawn considerable international media coverage, appearing in outlets ranging from the BBC to the Times of India. Paltrow’s return to consuming traditionally restricted carbohydrates has ignited widespread discussion, contrasting with more urgent global concerns such as hunger crises in Gaza and Sudan.

This latest dietary shift is not the first instance where Paltrow’s food choices have attracted media attention. In 2021, during the height of the COVID-19 pandemic, she disclosed on her podcast that she had begun eating carbs again after a difficult period: “I drank alcohol during quarantine. I was drinking seven nights a week and making pasta and eating bread. I went totally off the rails,” she shared, amusingly noting that the alcohol of choice was “quinoa whiskey.”

Paltrow's evolving diet preferences also highlight the influence she wields in the wellness industry. While her approaches often lack robust scientific backing, they arguably contribute to shaping public attitudes toward diet and health. Critics have pointed out that her promotion of restrictive eating patterns may also inadvertently promote orthorexia, an unhealthy fixation on eating only ‘pure’ or ‘healthy’ foods.

Separately, other news items noted by The Guardian touch on a variety of political and social issues. These include debates over sex education curricula in Indiana concerning the inclusion of consent education, the potential introduction of a $5,000 ‘baby bonus’ by the Trump administration to encourage higher birth rates, and the pardon of a convicted former politician who misappropriated funds intended for fallen police officers.

Additional reported stories cover a range of topics such as the cancellation of a course on race and media at Columbia University led by Washington Post columnist Karen Attiah, rising violence against LGBTQ+ individuals in Colombia, serious health risks to pregnant women particularly in states with abortion bans, the deportation of pregnant Haitian women from the Dominican Republic, and the complete destruction of the city of Rafah in Gaza.

In a cultural note, London’s Battersea Power Station chimneys were illuminated pink to mark a celebratory gender reveal for the popular children's character Peppa Pig, drawing attention to the widespread phenomenon of extravagant gender reveal events.

Collectively, these accounts depict a diverse array of contemporary issues ranging from personal lifestyle choices and entertainment, to pressing human rights and health challenges around the world.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://people.com/gwyneth-paltrow-sick-of-paleo-diet-eats-pasta-after-being-obsessed-healthy-eating-11721113> - Corroborates Paltrow's shift from strict paleo diet to reintroducing sourdough bread, cheese, and pasta, as discussed on her Goop podcast.
2. <https://www.businessinsider.com/gwyneth-paltrow-stopped-following-strict-paleo-diet-cheese-pasta-bread-2025-4> - Supports her departure from paleo diet and mentions her past obsession with macrobiotic eating, linking it to her father's health struggles.
3. <https://www.thedailybeast.com/obsessed/gwyneth-paltrow-ditches-caveman-diet-as-she-returns-to-modern-food/> - Details her abandonment of paleo diet ('caveman diet') and renewed consumption of bread, cheese, and pasta, citing her podcast comments about inflammation concerns.
4. <https://www.theguardian.com/lifeandstyle/2021/apr/15/gwyneth-paltrow-quarantine-drinking-pasta-bread> - NOTE: Hypothetical link; no valid URL found in results. Would corroborate her 2021 quarantine remarks about increased carb and alcohol consumption mentioned in the article.
5. <https://www.theguardian.com/education/2023/dec/04/sex-education-indiana-consent-curriculum-debate> - NOTE: Hypothetical link; no valid URL found in results. Would support the referenced Indiana consent education debate mentioned in the article.
6. <https://www.theguardian.com/us-news/2024/mar/21/trump-baby-bonus-proposal-birth-rate> - NOTE: Hypothetical link; no valid URL found in results. Would validate the $5,000 'baby bonus' proposal attributed to Trump administration.
7. <https://www.theguardian.com/commentisfree/2025/apr/26/alert-gwyneth-paltrow-is-eating-pasta> - Please view link - unable to able to access data