

'What I ate today'

KIMBERLEY WALSH

The Girls Aloud singer, 29, reveals how she maintains her enviable figure through diet and exercise

KIMBERLEY SAYS:

For the last six months on my new exercise regime I've been starting the day with **porridge** topped with **milk, honey** and **raisins**. It gives me a good energy fix to start the day off. I'll have a cup of **English breakfast tea** – I can't function until I've had it.

At weekends I'll have **smoked salmon** and **scrambled eggs** on **granary toast**. I might have another **cup of tea** and an **oat biscuit** or a **fig roll** mid-morning.

If I'm at home for lunch I'll make a **salad with lettuce, tomato, spring onion, cucumbers** and **beetroot** topped with **chicken, tuna** or **goats cheese** and an **olive oil** and balsamic **vinegar dressing**.

If I'm on the go then I'll grab a **healthy sandwich**, preferably fresh and **chicken** or **tuna salad**. I drink a lot of **water** and the occasional **diet coke** as a treat. I satisfy any mid-afternoon lull with a **banana, apple** or **grapes**.

In the evenings I like to stay in and cook, but often have to eat out for work. My favourite dish is **chilli garlic king prawn dish** served with **couscous** and **salad**. I try not to eat dessert but have to admit chocolate is my vice."

DIETICIAN FIONA HUNTER SAYS:

Kimberley's diet seems healthy and balanced but there are a couple of small improvements she could make. Porridge is an excellent choice for breakfast, particularly when served with fruit. If possible she should choose steel cut jumbo oats which have a lower GI than other varieties, which means better blood sugar control.

Although fresh tuna is a good source of healthy omega-3 fats, most varieties of canned tuna aren't, so canned salmon would be a better option. If Kimberley wanted a change from salads and sandwiches, something like lentil or Tuscan bean soup, or baked beans on toast would be a good low-fat, fibre-rich choice.

Studies suggest that to reduce the risk of diabetes and heart disease we should all aim to eat at least three servings of wholegrain a day. Kimberley falls a bit short of this so, to boost her intake of wholegrains, she could swap couscous for wholegrain bulgur wheat or quinoa."



In Kimberley's cupboard

- 1. Porridge** oats are one of the best mood foods. They contain 41% of your recommended daily zinc intake, so eating porridge for breakfast gives an energy boost.
- 2. Beetroot** is a low-cal option at only 43 calories per 100g. It also boosts liver function, reduces cholesterol and protects against cardiovascular disease.
- 3. Prawns** are low in calories and fat, yet high in protein. They make a healthy and filling addition to salads and stir-fries.

SWAP SHOP

Instead of this... you could have all this!

1. Tesco Finest Pad Thai, 400g
100% 66 CALORIES AND 11G FAT



1. Thai Taste Easy Pad Thai Meal Kit 323 calories and 1.3g fat per half pack
2. Tesco cooked and peeled prawns, 225g, 75 calories and 0.15g fat per half pack
3. Tesco Stir Fry Vegetable Medley, 220g, 36 calories and 0.4g fat per 100g
4. 1 large egg 80 calories and 5g fat
100% 84 CALORIES AND 5.6G FAT

