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Get Fit

What's in the stars' fridges?

How can you stick to it

BABE'S LIPO LESSON

TOWIE beauty Cara Kilbey is hibernating up for the return of the hit show on ITV2. And now she has revealed her diet and fitness secrets exclusively to the Daily Star.

The 24-year-old recently had liposuction on her tummy and inner thighs after struggling to stick to a healthy lifestyle. And sporting a svelte new body, she says the surgery has given her the boost she needed to change her diet for good.

Here she tells **JAMES MOORE** what she eats and drinks while top nutritionist Alison Belsham delivers her verdict...

What's your typical breakfast?
"On a typical day I like to have two poached eggs on granary bread with a nice cup of strong tea."

What do you tend to snack on?
"I usually go to Marks & Spencer and buy a pack of sliced chicken, or prawns, and snack on them throughout the day to keep away from the carbs."

What do you drink throughout the day?
"I drink far too much tea and Diet Coke."

What is your usual lunch?
"I like to have a chicken and avocado salad. I am totally in love with avocados. I'd never have a dessert for lunch, rarely even have one for dinner."

What is your fave dinner?
"Either a Sunday roast or pie and mash. But I don't tend to have them too often. I will usually choose grilled salmon or sushi on a night out."

If you had a ready meal, what would it be?
"My favourite ready meal is the butternut squash and goats cheese lasagne from Marks & Spencer."

What do you treat yourself to when you're feeling naughty?
"My indulgence is definitely a nice chocolate bar. I can't get enough of Daim bars."

What's your ideal meal out and favourite dishes in a restaurant?

"The answers depend on my mood. If I'm having a healthy day I like to go to a nice Japanese restaurant. But on a bad day I will choose an Italian and go all-out."

What else is in your fridge regularly?
"Diet Cokes, cooked meats to snack on, light salad cream, strawberries, blueberries, natural yoghurt, salmon, eggs, greens and Marks & Spencer's roasted vegetable packs."

If you get a takeaway what would it be?
"I love Indian food and really hate Chinese."

What other food do you dislike?
"I cannot stand cucumber or peas. If someone makes me a salad and puts cucumber on the salad then realises and tries to sneakily remove it, I can taste the trace of it no matter what. Yuck!"

What's your general attitude to what you eat?
"I suffer from PCOS (polycystic ovary syndrome) so I can put weight on easily. I know I need to steer clear of carbohydrates, as hard as it is, but now I've trimmed my tummy with SmartLipo MPX by Dr Ayham Al-Ayoubi on Harley Street, my attitude to what I eat has changed completely. It's given me that extra push I've always needed."

What's your weekly fitness routine and what sports do you enjoy?
"I am a member of Virgin Active Gym and try to work out three times a week. But it all depends on my work schedule. When we're filming it's hard to fit the gym in and it's easy to snack on bad foods when on the move. I like going to Billie Mucklow's Bikram Yoga classes on a Tuesday and also enjoy using the Powerplate machines."

NUTRITIONIST Alison Belsham says: "Overall Cara has one of the healthiest celebrity diets I've seen. There's plenty of high-quality protein, good fats from oily fish and avocados, lots of fruit and veg and not too many carbs or desserts. This gives you plenty of energy and a wide variety of vitamins and minerals. All I would suggest to Cara is to swap the Daim bars for dark chocolate as it has less sugar and more antioxidants. The other area where I would caution Cara is on her caffeine intake. She admits to drinking lots of tea and Diet Coke and, although tea doesn't have as much caffeine as coffee, it still has between 60mg and 80mg a cup so it can add up. Decaffeinated tea and cola are widely available or Cara could try South African rooibos tea. One reason why Cara follows such a healthy diet is because she suffers from polycystic ovary syndrome. This is, unfortunately, a relatively common hormonal problem in women which can be hard to treat. However, following a low-carb, high-fibre diet and including plenty of oily fish is thought to alleviate some symptoms." **For more on Alison's tips see alisonbelshamnnutrition.co.uk**

Get best of British grub

IT'S British Food Fortnight and we're celebrating some of the health benefits of home-grown favourites. Here, with the help of Lidl stores nationwide, we've put together a guide to healthy, patriotic fare.

Reap the harvest: Crunching apples could be very good for you. There's evidence that they help you avoid Alzheimer's, reduce cholesterol and protect against certain cancers.

Ale and hearty: As long as you don't overdo it, beer has been shown to have some good points. The boron in it boosts your bones while research also shows it can prevent kidney stones and moderate amounts can even cut the risk of strokes.

Tuck into turkey: Avoid eating the skin and turkey is a great source of low-fat protein. It's also packed with vitamins and minerals that are good for your heart. The tryptophan in turkey is said to improve sleep as well.

Say cheese: Eating cheese can help protect your teeth thanks to all the calcium. Choose a lighter option and you'll cut fat levels too.

Lidl price: Spicrife, Brains Gold, Harston Pedigree, Bishops Finger, Hockbein, all 500ml, £1.79 each.

Lidl price: Oaklands British Apples, £1.69 per 1kg.

Lidl price: Birchwood fresh British turkey steaks, 375g, £2.99.

Lidl price: Manor Vale lighter mature cheese, 350g, £1.99.

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