

what i ate this week

The diets of three Aussie stars are put under the nutritionist's microscope.

Ever wondered what the stars eat in their day-to-day lives? Lettuce and water? Caviar and lobster? Nothing? You're going to be pleasantly surprised. Three familiar faces share their food diaries and CLEO's resident nutritionist Kristen Beck (beckhealth.com.au) rates them.



nadia townsend, actress, *city homicide*

monday



Breakfast: Sourdough, sundried tomatoes, oil, cheese, olives

Lunch: Soba noodle soup

Snack: Olives, bread and coffee

Dinner: Sourdough, hummus, peperonata

tuesday



Brunch: Egg and bacon croissant, side potatoes

Snack: Peperonata with toast, olives

Dinner: Sushi

wednesday



Breakfast: Coffee

Lunch: Niçoise salad

Dinner: Green bean, goat's cheese, chickpea and capsicum salad

Supper: Olives

thursday



Breakfast: Croissant, cup of coffee

Snack: A tomato

Lunch: Deli-style burger and chips

Dinner: Bean soup

friday



Breakfast: Homemade quiche, coffee, Coke

Lunch: Popcorn and a Dr Pepper

Dinner: Udon noodle soup

Supper: Sushi and gyoza, hot chocolate

saturday

Breakfast: Baked ham, cheese grits, eggs

Snack: A whole tomato, Swede stew with ham hocks

Afternoon tea: Quiche and artichoke, sheep's cheese and sundried tomato sandwich

Snack: Diet Coke, Snickers, Doritos

Dinner: Onion soup, san choy bow, pasta with beef ragu, pecan pie with ice-cream

sunday



Breakfast: Sourdough, olives, artichoke, sheep's cheese, a tomato, coffee

Snack: Raspberries

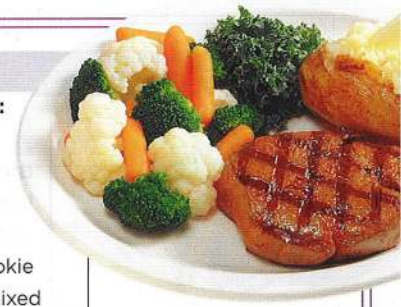
Lunch: Olives and bread

Dinner: Double cheeseburger with chips, Coke

beck says: "There are some great elements from Nadia's diet and it's clear that she truly enjoys food. But some of her choices are high in fat, so she needs to limit portion sizes. However, her diet contains a lot of variety, which is good as it provides a wide range of vitamins and minerals. Nadia's weekday eating patterns are good in that she starts the morning with a big breakfast, then her meals are smaller throughout the day and evening. Obviously, some of her snacks aren't the best, but it's fine as long as she's not trying to lose weight."



kate waterhouse, style and fashion editor, sydney sun herald



thursday

Breakfast/snack:

As day before

Lunch: Grilled salmon steak with salad

Snack: Small cookie

Dinner: Steak, mixed vegies and potato

Dessert: Frozen yoghurt, herbal tea

Snack: Sausage sandwich, two vodka sodas, a handful of lollies and chocolate

Dinner: Haloumi, calamari and olives; roast lamb with pasta, two glasses of wine

friday



Breakfast/snack:

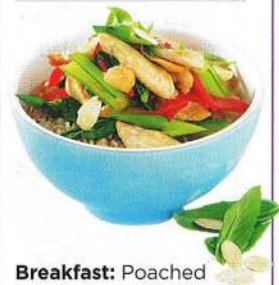
As day before

Lunch: Fruit salad

Dinner: Bread with olive oil, half a Caprese salad, half portion of lasagne, three slices of pizza, glass of red wine

Dessert: Ice-cream

sunday



Breakfast: Poached eggs, avocado, bacon, toast, juice, skim cap

Lunch: Spaghetti bolognaise

Snack: Small popcorn and Coke

Dinner: Thai chicken and cashew stir-fry with white rice

Dessert: Two Oreos

saturday

Breakfast: Juice, skim cap, fruit salad with muesli and yoghurt

Lunch: Chicken and mango salad, fruit juice and skim cap

Dessert: Magnum Almond, herbal tea

Lunch: Two oysters, tuna tartare, calamari, then John Dory with green beans and broccoli

Dinner: Chicken and vegetable soup

Dessert: Three Tim Tams, peppermint tea

tuesday

Breakfast/snack:

As day before

Lunch: Toasted bagel with ham and cheese

Dinner: Barramundi fish with parsley risotto

Dessert: Drumstick ice-cream, chamomile tea

wednesday

Breakfast/snack:

As day before



monday



Breakfast: Porridge with half a banana

Snack: Regular skim milk cappuccino

Lunch: Chicken salad and a fresh fruit juice

Snack: Handful of peanut M&M's

Dinner: Edamame beans, miso soup, sushi

beck says: "I like that Kate makes nutritious choices most of the time, but still indulges her desire for desserts and sweet treats in a realistic (and portion-controlled) way. She may want to look at mixing up her weekday breakfasts by introducing another wholegrain cereal every other day, or simply changing the banana to different seasonal fruits. She could also replace some of her less healthy snacks with nuts, seeds or dried fruits. Overall, I believe Kate's eating habits are practical, realistic and suitable for an active young woman." ➔

carla bignasca, radio and tv personality



monday

Breakfast: Glass of fresh orange juice
Lunch: Turkey burger patty (no bread roll) with salad and baked sweet potato
Snack: Banana
Dinner: Prawn meat on sugar cane with rice noodles and salad

tuesday



Breakfast: One cup of freshly cut pineapple, peppermint tea
Snack: Banana
Lunch: Grilled chicken with Greek salad (no fetta)
Snack: Handful of raw nuts, goat's cheese on rice crackers
Dinner: Grilled barramundi with sugar snap peas, 2 tbsp of white rice, vegetable soup and fresh pineapple juice



wednesday

Breakfast: Puffed brown rice with strawberries, raw honey and oat milk, green tea
Lunch: Gluten- and wheat-free veggie pasta
Snack: Peppermint tea
Dinner: Gluten- and wheat-free veggie pizza, cranberry juice

thursday



Breakfast: As day before
Lunch: Salmon fillet with green salad, cranberry juice
Snack: Peppermint tea
Dinner: Lamb cutlets with Greek salad and gluten- and wheat-free bread roll
Dessert: Sheep's milk yoghurt with toasted almonds/blueberries

friday

Breakfast: Puffed brown rice with linseed, sunflower and almond mix (LSA) and soy milk
Snack: Banana
Lunch: Two slices of gluten- and wheat-free toast, a tin of tomato-and-onion tuna with salad
Snack: Kiwifruit
Dinner: Gluten- and wheat-free wrap with Mexican beans, natural yoghurt,



guacamole and salad
Dessert: Dark, organic chocolate square

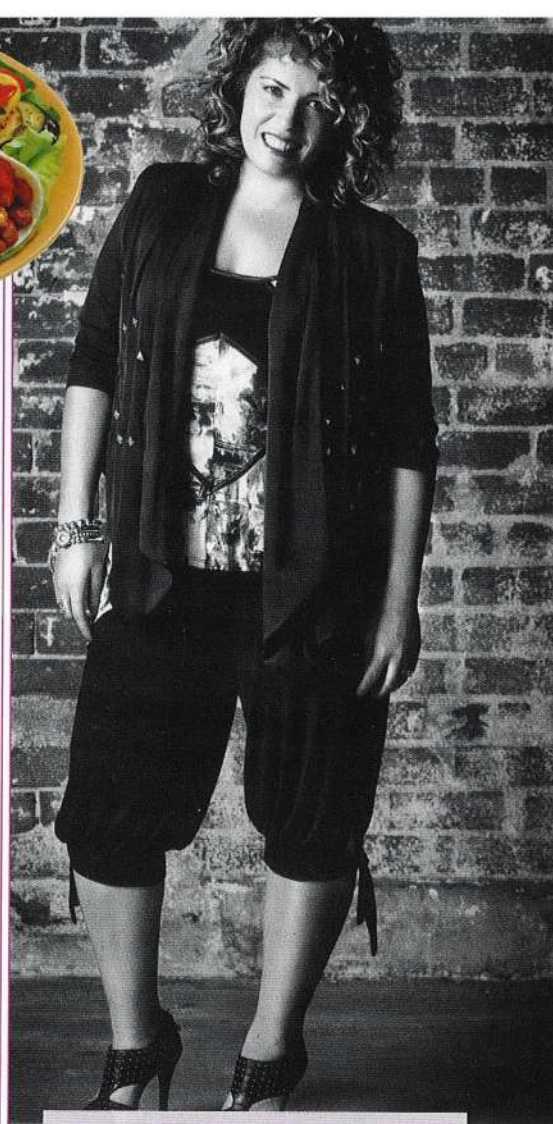
saturday



Breakfast: As day before, plus two slices of gluten- and wheat-free toast
Lunch: Poached eggs with tomato, one slice of toast and smoked salmon
Dinner: Grilled salmon fillet with mashed cauliflower, cannellini beans and spinach

sunday

Breakfast: Scrambled eggs with smoked salmon, mushrooms and spinach
Snack: Raw nuts
Lunch: Chicken with Greek salad (no fetta)
Snack: Popcorn
Dinner: Turkey burger patty with salad and baked sweet potato
Dessert: Dark, organic chocolate square



beck says: "Carla's diet contains loads of fresh fruits and vegetables, and a good range of protein sources. While some of her breakfasts are excellent, Monday's option provides a lot of sugar without enough fibre and won't maintain her energy for long. Tuesday's breakfast doesn't have enough complex carbohydrates or protein to meet her nutritional needs. Carla appears to be avoiding wheat, which is understandable if she has a genuine intolerance, however, wholegrain cereals (brown rice, wholegrain wheat, rye, oats, barley) are important, as they provide long-lasting energy, fibre, vitamins and minerals. Adding a few more serves of low-fat dairy products will ensure adequate daily calcium intake." □

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