

# FRIDGE RAIDER

## NATALIE PINKHAM



TV presenter Natalie Pinkham, 30, tells us what's in her fridge

**Where do you shop?**

I love shopping online with Ocado - they can deliver pretty much when I like.

**What's your typical daily diet?**

In the mornings I have eggs on toast or a bowl of Crunchy Nut Cornflakes, and I always have a pint of water with a Berocca to get my vitamins. For lunch, I have a big salad with beetroot and grilled halloumi, then I'll have a muffin with peanut butter. For dinner I'll have fishcakes or salmon, loads of veg and a glass of wine.

**Do you ever diet?**

Not really. I try to minimise the amount of bread I eat as it bloats me. I think I have a mild intolerance

**Is there anything you refuse to eat?**

Meat - I've been a veggie since I was a baby, but when I worked on *Ready Steady Cook* the chefs told me I should include fish in my diet, so I do now. I don't like curry either, which is a shame because my dad makes incredible home-made ones!

**What's your favourite comfort food?**

Macaroni cheese - I always eat it on Sundays.

**What's your favourite drink?**

During the day I have water, juice or Ribena. When I'm out, I'll have a wine or champagne.

● Natalie presents *You're Nicked on Five* this month



PEANUT BUTTER is high in calories, so only eat occasionally

BEETROOT is a great source of fibre and is very low in fat and calories

SPINACH is loaded with calcium, vitamin K and iron

**INSIDE NATALIE'S FRIDGE**

- \* Peanut butter
- \* Eggs
- \* HP sauce
- \* Yakult drinks
- \* Orange juice
- \* Müller yoghurts
- \* Müller rice
- \* Babybel cheese
- \* Corona beer
- \* Tomato ketchup
- \* Salad cream
- \* Jams
- \* Nutella

- \* Beetroot
- \* Bananas
- \* Limes
- \* Blueberries
- \* Melon
- \* Cheddar cheese
- \* Halloumi cheese
- \* Philadelphia
- \* Leerdammer cheese
- \* Apples
- \* Celery
- \* Carrots
- \* Spinach
- \* White wine



**Nutritionist Catherine Matthews says:**

"Natalie eats plenty of antioxidant-rich fruit and veg, which will keep her skin glowing. As a non-meat eater, she can get her iron from fish, dark green veg and eggs. Cheese is an excellent source of protein, so it's great Natalie includes it, but it's also high in calories and contains quite a lot of saturated fat, so she should limit her intake to about 25g per day."

**FRIDGE HEALTH RATING 9/10**