

Nutritionist  
**SUSIE PERRY**  
is here to  
keep you  
healthy



Natalie Pinkham, 30, talks us through her daily diet

# WHAT I ATE TODAY

## Breakfast

'I started a busy day with two poached eggs on brown multigrain toast with low-fat spread and HP sauce. I had a pint of Berocca and two Litozin capsules to keep my joints nice and healthy before a day of filming.'

**SUSIE SAYS:** Swapping one egg for extra wholegrain toast will help reduce your high protein intake and boost energy.



## Lunch

'I always try to have something healthy, but also filling to help keep me going through the afternoon. I ate a jacket potato with beans and cheese, with a bottle of water to keep me hydrated.'

**SUSIE SAYS:** Potato and beans are a great carb/protein combo. Forget the cheese – this just notches up your saturated fats.



## Snacks

'I have a weakness for chunky peanut butter, so I had it on healthy rice cakes so that I didn't feel so guilty. And I keep mixed nuts in my handbag – these are a slow release of energy, which is great while out filming with the police.'

**SUSIE SAYS:** It's good to see you adding a topping to your rice cakes because these are very low GI, so not a great snack on their own.



## Supper

'Dinner is generally carb-free. I enjoy fish, so I had a salmon steak with veg, plus a small glass of Pinot Grigio to help me unwind after a busy day.'

**SUSIE SAYS:** It's not healthy to be carb-free every night. Try adding small portions of brown rice, pulses or quinoa to help keep your energy up.



**SUSIE'S VERDICT** Natalie's calories and sugars are low because she's avoided sugary snacks and starchy carbs. This helps reduce bloating and mood swings for some people, but you still need to include wholegrains – your body needs B vitamins for energy, hormone balance and weight loss. By adding a few wholegrains at her evening meal, Natalie can still feel guilt free about her wine.

<b>SAT FAT</b> 25.2g	<b>SUGAR</b> 33.9g	<b>PROTEIN</b> 102g	<b>SALT</b> 5.2g
RED: TOO HIGH AMBER: MAXIMUM AMOUNT GREEN: GOOD LEVEL			

**TOTAL**  
1,644  
cals

Natalie Pinkham presents Police Interceptors: Special Edition on Five

## THIN BY FRIDAY

Liquorice tea tastes so sweet it's like drinking syrup, but without the calories. Plus it helps digestion, reduces discomfort and acts as a morning pick-me-up.



**SKIP**  
Coca-Cola, 150 calories per can, £2.69 for six



**SCOFF**  
Clipper Organic Liquorice Tea, 0 calories, £2.03 for 20 bags



## DIET NEWS DON'T AVOID FISH!

If you don't eat fish due to the perceived threat of mercury intake, you may be doing yourself more harm than good, researchers have said. Fish provides a range of health benefits and the various proteins, minerals and omega-3 fatty acids contained in seafood outweigh the possible risk of tiny amounts of mercury.

**SKIP INTO SPRING AND BURN THOSE CALORIES!** FREE digital skipping rope\* when you join the goodtoknow diet club. For your personalised diet plan, weekly shopping list, support and lots more, join at [goodtoknowdiets.co.uk/now](http://goodtoknowdiets.co.uk/now)

