



# What do the experts really eat?

They're paid to tell the rest of us what to do, but do our health gurus actually practise what they preach when it comes to health and fitness? We take a peek inside their daily diaries

## THE NATUROPATH

**Emma Sutherland is a Sydney-based naturopath focusing on women's health. Visit [www.emmasutherland.com.au](http://www.emmasutherland.com.au).**

### 6.45AM

I jump on my mini-trampoline for 10 minutes before sitting down with a Madura English Breakfast tea with oat milk – this tea is naturally low caffeine and I really can't start my day without it.

### 7.30AM

Breakfast is porridge with almond milk, prunes, chia seeds and açai berry powder – oats are low GI and keep me feeling full for a good three hours, I avoid cow's milk as it makes me feel bloated and love the high-calcium almond milk, which is easy to make at home. Chia seeds are high in protein and amazing fibre, while açai berry is my favourite anti-oxidant. I also start working my way through two litres of filtered water for the day.

### 10.30AM

Quarter of an avocado on two Ryvita, plus a cup of vitamin C-rich rosehip tea. Avocado contains lots of really healthy fats and, as I avoid wheat, I opt for Ryvita.

### 1PM

Salad of wild rocket, snow peas, carrot, red capsicum, pumpkin seeds, avocado and wild Alaskan red salmon. I have two rules for my salads: they need to have as many colours as possible, as well as plenty of protein.

### 3PM

Ten tamari almonds, an apple, and liver-supporting dandelion tea. The protein in the nuts will avoid a blood sugar low later.

### 7PM

Defrost a slow-cook casserole with beef, cannellini beans and *cime di rapa* (an Italian wild green, which can be supplemented with silverbeet). After a busy workday I always make sure that I have frozen homemade meals on hand to make a healthy dinner quick and easy. This one provides me with a bucketful of iron, which I tend to get low on.

### 7.30PM

A little vanilla-poached rhubarb with sheep's milk yoghurt (it's easier to digest), cinnamon and açai berry powder – just enough sweetness to hit the spot, and great protein from the yoghurt. ▶

## EXPERT TIP

Have frozen homemade meals on hand to make a healthy dinner quick and easy after a busy day



TODD SUTHERLAND

## THE PERSONAL TRAINER

**Stephanie O'Brien is a trainer and director at Vision Personal Training. Visit [www.visionpt.com.au](http://www.visionpt.com.au).**

### 5AM

I'm currently training for my best time in a half marathon, so I'm out the door by 5.10am for a 10–12km run. I follow it up with 10 minutes of stretching.

### 6.30–7.30AM

I start on my two litres of water for the day.

### 7.30AM

Breakfast: scrambled eggs with three egg-whites and one yolk, grilled ham, avocado, two slices of rye toast and a piccolo latte.

### 10AM

Munch on a Be Natural Nut Bar (full of fibre, and nothing artificial) and a handful of berries (for vitamins and anti-oxidants).

### 1PM

Salad with mixed greens, cherry tomatoes, Spanish onion, 15 grams of feta,

avocado, four bean mix, one large tin of tuna and a teaspoon of balsamic vinegar, plus one slice of Mountain Bread.

### 3.30PM

Weights circuit: leg, buttock, chest, back and shoulder exercises – weight training is the best way for women to increase muscle mass and ward off osteoporosis. When I'm done, I down a protein shake – consuming protein within 30 minutes of doing weights assists muscle growth and repair.

### 6PM

Once a week, I like to reward myself with a massage, as it helps with my circulation

## EXPERT TIP

Consuming protein within 30 minutes of doing weights assists with muscle growth and repair



and muscle recovery. It's my favourite way to unwind midweek.

### 7.30PM

Dinner is a piece of eye fillet (for iron) and steamed asparagus, broccoli and green beans. I like to keep my carbs low at dinner time to prepare my body for bed.

### 8.30PM

Almonds and strawberries for a sweet ending to the day, plus two magnesium tablets before bed to aid muscle recovery and promote a good night's sleep.



## EXPERT TIP

I start my day with warm water and lemon as it helps digestion

## THE NUTRITIONIST

**Zoe Bingley-Pullin is a nutritionist, chef and author, who also runs healthy cooking classes. Visit [www.nutritionaleedge.com.au](http://www.nutritionaleedge.com.au).**

### 6AM

I start my day with warm water with half a lemon as it increases digestive enzymes, one teaspoon of chia seeds, as they are loaded with essential fatty acid and fibre for a healthy digestive system, and one tablespoon of açai powder as it is amazingly alkalising and an anti-oxidant, followed by a 10-minute run and a 60-minute Pilates reformer class.

### 7.30AM

Two semi-boiled eggs and avocado on quinoa and amaranth sourdough – I love grainy bread because it's low GI, and high fibre keeps me fuller for longer.

### 10.30AM

1–2 tablespoons of hummus with cucumber and red capsicum sticks.

### 1PM

Marinated organic chicken breast with lettuce, capsicum, cucumber, avocado, and roasted pepitas, with a dressing of extra virgin olive oil, apple cider vinegar and tamari soy. Apple cider vinegar is wonderful for digestion as it increases hydrochloric acid (which help break down food) and the tamari is wheat-free.

### 3PM

A slice of seeded bread with macadamia butter, banana and cinnamon, plus dandelion tea with hot milk. Dandelion is caffeine-free, but tastes like coffee.

### 7PM

Out for an Italian dinner, I opt for the grilled whole flounder with fennel and garlic, a side of green beans with almonds, and a glass of red wine. Once a week I don't worry about what I eat, but if I'm eating out more I try to aim for a carbohydrate-free meal, with lean protein and plenty of vegetables or salad. ■