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The superfood superstars: The new breed of healthy eating experts share their feel-good, look-fab secrets

BY Ophelia Froud

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They're ultra-glamorous, adored by the A-list and (naturally) have enviably glowing skin – meet the new healthy eating experts who are transforming our diets

The fridge-filler

NATASHA CORRETT



'Batch-freezing healthy ingredients such as kale, berries and cooked quinoa is key to staying on the wagon'

British Vogue contributing editor Calgary, 38, is nipping at the Manolos of fellow A-list health blogger Gwyneth Paltrow, with her model looks, wardrobe to die for and two children who happily eat tofu, quinoa and chia seeds. Her website explains how to eat, feel and live well, with health tips from celebrities including model Laura Bailey and fashion designer Roksanda Ilincic.

Lightbulb moment Calgary grew up in California, where her family lived on fresh, seasonal produce and exercise was a way of life. She says of her 13 years at *Vogue*, 'The girls in the office saw me juggle two kids and a super-busy job and wondered what my health secrets were. They asked me why I was always drinking green juice and munching on vegetables, and for advice on how to have more energy or lose weight through food. I started a wellness blog on vogue.co.uk in 2012, which really took off.'

The regime A plant-based diet low on wheat, dairy and sugar, centring on good grains (millet, quinoa), good fats (avocado, coconut oil), good greens (kale, spinach) and reducing sugar dependency. 'You can absolutely retrain your palate to enjoy healthy food,' insists Calgary. 'Once you start caring for your body, you realise how much better you feel, particularly without sugar. Plants are a power source, packed with chlorophyll, which harnesses life's energy, and also with vitamins, antioxidants and minerals.' Batch-freezing healthy ingredients such as kale, berries and cooked quinoa is key to staying on the wagon.

'The girls in the office wondered what my health secrets were'

Change one habit 'Try one change a week and see how you feel. Swap the white pasta for brown rice pasta, that chocolate bar for an apple with almond butter, or some vegetables with hummus.'

Treat Raw coconut macaroons. Mix 1 cup shredded coconut with ¼ cup coconut oil, 3 tbsp cacao powder, 3 tbsp maple syrup, ½ tsp vanilla and 1 tbsp flax. Mould into small balls and refrigerate overnight.

For breakfast I had...coconut yoghurt with chia seeds, walnuts and blueberries.

calgaryavansino.com

The super-fit superfoodie

ZANA MORRIS



'I feel full most of the time and my sugar cravings have stopped'

Zana, 39, has her mother to thank for her passion for food and fitness. 'I was one of five, and she said mine was such a difficult birth that she got into nutrition afterwards to recover,' she says. Her own baby is The Library, a chain of gyms focusing on a 12-day low-glycaemic nutritional plan combined with 15-minute daily high-intensity interval training. 'Muscles are worked to the point of exhaustion, releasing growth hormone. This targets belly fat and stabilises insulin, as well as helping to replenish protein throughout your body, which is essential for muscle tone, bone density and even the collagen in your skin,' says Zana.

Lightbulb moment 'At university I followed very low-fat, low-protein eating plans – grains, vegetables and fruit – but would find myself bingeing once or twice a week. I could eat almost a whole box of muesli in one go! When I learned about high-fat nutritional plans, my hunger pangs disappeared and my energy improved. Now I keep carbs to a minimum and eat good fats such as avocados and nuts. I feel full most of the time and my sugar cravings have stopped.'

The regime The 12-day plan is low-carb with good fats (avocados, olive oils, nuts, peanut butter) combined with meat, fish and vegetables. Zana herself tends to eat 'a late breakfast around 10am and an evening meal. I'll eat fish and salads or poached eggs on toast. I'll have porridge twice a week, but not every day because of the carbohydrate content. Other days I'll have yoghurt and nuts,' she says. 'I'll eat when I'm hungry and I will never deprive myself. For me, salad is fast food.'

'I eat when I'm hungry and never deprive myself. Salad is my fast food'

Change one habit 'We eat too much wheat-based bread and pasta. Cutting down will allow insulin levels to stabilise and reduce fat around the middle, including fat around the organs, which is linked to type 2 diabetes and cardiovascular disease.'

Treat Vanilla ice cream is relatively low GI and also has a bit of protein.

Best for energy 'An apple combined with cottage cheese. The apple is packed with fibre, while the protein in the cottage cheese will keep you full and slow down the insulin spike from the fruit sugar.'

thelibrarygym.com