



KEEPING FIT |

# WHAT DO FOOTBALLERS EAT.

## DIEGO FORLAN

**8am: Breakfast.** He start the day with a plate of **pineapple**. He like sweet things and the taste wakes him up. Then he have some toast – brown bread – with butter, followed by yoghurt.

**1pm: Lunch.** He tend to have **pasta** or **rice** and **chicken**. Perhaps he have spaghetti with oil on top and maybe a little bit of **cheese**

**4pm: Afternoon snack.** Later in the afternoon, he will usually put some fruits like orange and pineapple into a blender and drink the juice.

**9pm: Evening meal.** Usually he eat some **fish** with **salad**. I like lots of fresh tomatoes and **steamed vegetables**.



# WHAT DO FILM STARS EAT. NIA LONG

## MORNING

Fat-free bagel with fat-free cream cheese and smoked salmon

Aloe vera juice and a liquid multivitamin with minerals

## LUNCH

Cobb salad with turkey bacon, lettuce, tomato and roasted chicken

## SNACK

Roasted-garlic hummus



# WHAT DO HOUSEWIFE'S EAT.

**Magali Gorre:** Calamari to start, followed by rare veal, grilled tomatoes and chips

**Tanya Bardsley:** Prawn bruschetta, followed by prawn linguine

**Ampika Pickston:** Seabass with spinach and chillies followed by chocolates

**Lauren Simon:** Chicken breast and spinach - and extra rose wine



# WHAT DO CARTOON CHARACTER EAT. STOCKINGU

She eat only sugary foods. Like cake, cupcakes, lollipops.

And she doesn't gain weight from consuming sugar, allowing her to eat to her heart's content.

She can be rude particularly when people tamper with her sweets or talk her about overweight.

I think she should switch her menu to more healthy food and start do physical exercise.



THANKS FOR WATCHING!

Keep yourself in shape  
and eat healthy food!

