

# WHAT DO SKINNY WOMEN EAT?

Think all slim girls starve themselves? Nuh-uh. We spent a week food-stalking three CLEO readers to prove it.















JESS MARTIN  
23, STUDENT

To find out if skinny girls have any special eating secrets, we asked three willing volunteers to keep a food and exercise diary for one week. We then got life performance coach, personal trainer and author Bev Carter ([bevcarter.com.au](http://bevcarter.com.au)) to weigh in ...

**BODY SNAPSHOT:** "I've always been fairly thin, but my weight fluctuates in times of stress. I try to eat healthily and I walk pretty much everywhere, but I wouldn't say I'm fit!"  
**WHAT DO YOU LIKE MOST ABOUT YOUR BODY?**  
 "My height, and my petite shoulders."

**AREA TO IMPROVE:**  
 "I wish I could tone up."  
**ANY BODY HANG-UPS?**  
 "When I was 16 I used to think I had a huge bum, stomach and love handles!"  
**YOUR EATING MANTRA?**  
 "I've learnt to only eat when I'm hungry, and stop at the first signs of fullness."

## JESS' FOOD AND EXERCISE DIARY:

|     | BREAKFAST   | LUNCH   | DINNER   | SNACK   | EXERCISE  |
|-----|---|---|--|---|---|
| MON | Banana, cup of coffee<br>  | Ham and avocado sandwich, water                             | Spaghetti bolognaise, water  | Rice crackers, acidophilus yoghurt<br> |  |
| TUE | Banana, cup of tea<br>   | Sushi, green tea, apple pie and ice-cream, 1 litre of water | Vegetable stir-fry, lemonade   |                                        | 30min walk  |
| WED | Cup of tea<br>   | Green chicken curry with rice, water                        | Antipasto platter, water   | Chocolate, water<br>                   |   |
| THU | Apple, cup of coffee<br>   | Chicken salad, water  | Beef stir-fry with rice, water   | Cheese and crackers, glass of Coke, mango   | 30min walk  |
| FRI | An orange, mini hummus, cheese and ham sandwich, cup of tea<br>    | Egg and tomato tart, water                                  | Spanish tapas (including seafood, chicken and veg), two cocktails<br> |   | 30min walk  |
| SAT | Bacon, eggs, avocado with slice of toast, orange juice, coffee<br> |   | Steak and roast vegetables, glass of lemonade  | Two choc biscuits, half an orange, 1.5 litres of water, mango ice-cream   |  |
| SUN | Hash brown, egg and avocado, cup of tea   | Small tuna salad, corn chips and salsa, 1 litre of water    | Toasted sandwich   | Mango ice-cream   | 30min walk  |

**WHAT BEV SAYS:** "Jess has a wonderfully varied food plan and her strategy of eating until she's 'first full' is clever too. I'd encourage her to eat more vegetables, leafy greens and fruits, and add a few minutes of bodyweight exercises into her routine."

**MICHELLE HEXT**  
39, CEO OF  
GLOW  
WOMEN'S  
FITNESS  
ONLINE

**BODY SNAPSHOT:**

"I'd say I'm very healthy; the martial art taekwondo

requires a high level of fitness and I just completed my second half marathon."

**BEST THING ABOUT YOUR BODY?** "My proportions; I like that I have wide shoulders and narrow hips."

**ARE YOU BODY-CONSCIOUS?**

"I do have my 'fat days', but overall I'm happy with the way I look, but I do get a little worried when my weight drops due to increased










training loads – I don't like to be too thin, as I appear better with some more weight on."

**YOUR TOP HEALTH AND FITNESS TIP?**

"Be consistent. The No. 1 issue my female clients seem to have is that they start off on a health kick, have a bad day then decide to give it up. When you stop and start all the time you get nowhere fast. It's far better to acknowledge that life is messy and you're unlikely to experience the perfect set of circumstances in which to get fit and healthy – so get on with it!"



**MICHELLE'S FOOD AND EXERCISE DIARY:**

|     | BREAKFAST  | LUNCH   | DINNER   | SNACK  | EXERCISE                                       |
|-----|--|---|--|--|--|
| MON | Cottage cheese, yoghurt, banana, 1 litre of water<br> | Wholemeal pasta with small tin of chilli tuna, peas and corn  | Beef stir-fry with brown rice<br>                 | Protein shake, apple, sourdough toast with cream cheese and smoked salmon, 1 litre of water  | 45min weight, 45min swim, 40min run            |
| TUE | Banana, toast with jam   | Brown rice with steamed chicken and broccoli, 1 litre of water  | Lean steak, roasted sweet potato, asparagus, 1 litre of water, glass of red wine   | Cottage cheese, blueberries<br>                     | 60min taekwondo class                          |
| WED | Cereal with skim milk, yoghurt   | Egg and lettuce sandwich on wholemeal bread, 1 litre of water<br>                | Chicken breast, steamed vegies and potato with light sour cream, 1 litre of water  | Protein shake, banana, apple, nuts, hot milk and honey   | 60min bike ride, 45min weights                 |
| THU | Banana, toast with jam, 1 litre of water<br>        | Smoked salmon, cream cheese and lettuce sandwich, 1 litre of water  | Salmon and steamed vegies, 1 litre of water<br> | Protein shake, apple, cottage cheese, berries, yoghurt, milkshake  | 60min taekwondo class, 60min bike ride and run |
| FRI | Cereal with skim milk, yoghurt   | Tuna, cream cheese, lettuce and celery wrap, 1 litre of water, cup of coffee<br> | Homemade wholemeal vegetarian pizza, 1 litre of water  | Protein shake, apple, glass of red wine  | 60min swim, 45min weights                      |
| SAT | Toast with banana and peanut butter, 1 litre of water  | Wholemeal pasta with tuna, corn and peas, cup of coffee   | Fried brown rice with olive oil, onion, garlic, peas, corn, low-fat bacon and salmon, 1 litre of water                             | Two Powerades, cup of coffee, glass of red wine<br> | 60min bike ride and run                        |
| SUN | French toast (wholemeal bread with one egg), 1 litre of water  | Chicken salad, 1 litre of water, cup of coffee<br>                               | Dry roasted lamb, vegies   | Watermelon, yoghurt<br>                            | 60min easy swim                                |

**WHAT BEY SAYS**

"Being a personal trainer, Michelle's in tune with her body and focused on taking care of herself. She eats a really balanced diet and plenty of protein, which is terrific. Exercise doesn't always have to involve the gym or 'getting fitter' though, it can just be about looking after your future health. It's important to maintain a good balance in your life between exercise and relaxation, so walking with friends is an idea."



ALEXANDRA  
HARTSHORN, 24,  
ADVERTISING  
ACCOUNT  
MANAGER

**BODY SNAPSHOT:**

"I've always been naturally thin, but I do try to get to the gym twice a week and do a Body Attack and Body Pump class. Although, when I'm busy at work, it can be hard to find the time."

**ANY FITNESS OR EATING HABITS YOU THINK YOU COULD IMPROVE ON?**

"I should probably eat less chocolate! Around 3pm every day I need a chockie hit to get me through the afternoon!"

**WHAT DO YOU LIKE MOST ABOUT YOUR BODY?**

"That would have to be my flat stomach!"

**HAVE YOU EVER BEEN SELF-CONSCIOUS ABOUT YOUR SHAPE?**

"I have problems with my skin, which I'm self-conscious about, but overall I'm happy with my body shape."

**YOUR TOP FEELGOOD TIP?**

"Positive thinking! I think it's important to be an individual and not worry about what other people think!"

**ALEX'S FOOD AND EXERCISE DIARY:**

|            | BREAKFAST  | LUNCH   | DINNER   | SNACK                                | EXERCISE                          |
|------------|--|---|--|--------------------------------------|-----------------------------------|
| <b>MON</b> | Pancakes with banana and maple syrup, water, cup of coffee with skim milk, hot chocolate | Bowl of Mini-Wheats   | Chicken with baked vegetables and gravy                                |                                      | Walk four blocks to and from work |
| <b>TUE</b> | Half an English muffin with peanut butter, water, coffee with skim milk                  | Chicken and vegetables, can of Coke, water                              | Spaghetti bolognaise, chocolate ice-cream, glass of Pepsi, 600ml water | Two choc-chip cookies, 600ml water   | Walk four blocks to and from work |
| <b>WED</b> | Half an English muffin with Vegemite, water, coffee with skim milk                       | Spaghetti bolognaise, can of Coke, chocolate bar, 600ml water           | Vegetable bake with cheese, water                                      |                                      | Walk four blocks to and from work |
| <b>THU</b> | English muffin with vegemite, water, coffee with skim milk                               | Hot chocolate, caramel slice  | Avocado sushi roll, can of Coke  | Spaghetti bolognaise, glass of water | Walk four blocks to and from work |
| <b>FRI</b> | Half an English muffin with peanut butter, coffee with skim milk, water                  | Chicken and rice, two glasses white wine, three glasses sparkling water | Two slices pepperoni pizza, glass of Pepsi, water                      | Apple, 600ml water                   | Walk four blocks to and from work |
| <b>SAT</b> | English muffin with peanut butter, water, coffee with skim milk                          | Pesto chicken ravioli, can of Coke, 600ml water                         | Two slices pepperoni pizza, 600ml water                                | Cashews, cup of tea, 600ml water     |                                   |
| <b>SUN</b> | English muffin with jam, water, coffee with skim milk                                    | Two mini pastries, bowl of Mini-Wheats, water                           | Burrito with mince, glass of Pepsi, three chocolate cookies            |                                      |                                   |

**WHAT BEV SAYS**

"A lot of people would relate to Alex's 3pm chocolate fix. I suggest having quality dark chocolate because the higher percentage of cocoa, the less sugar. Alex should also try a higher-GI breakfast, such as grainy bread with egg, cheese or turkey breast, or sourdough with avocado and lemon juice. Adding nuts and seeds to her snacks and limiting caffeine and sugar will help her skin, as will eating more colourful vegies. Increasing her incidental activity by getting off the bus one stop earlier is good too."

**BEV'S 8 RULES OF HEALTHY LIVING**

- Be confident. Even if you're not feeling it, stand tall and think yourself beautiful.
- Drink water - most people are dehydrated at any given time!
- Increase incidental activity like taking the stairs instead - it all adds up.
- Have a friend to train with.
- Choose natural, colourful foods like vegetables, herbs and fruits.
- Create a lifestyle that works for you long-term - it'll bring balance and add energy to your world.
- Take some time out for "you" every day, even if it's just five minutes to sit in a park.
- Keeping a food and exercise diary is a great way to monitor yourself.