

Hannah Spearritt

MY DIET SECRETS

As she joins the cast of *Casualty*, the former S Club 7 star reveals she's on a sugar-free diet...

HEIGHT: 5FT 3IN
WEIGHT: 8.5ST
DRESS SIZE: 8-10

You eat very healthily! Are you making more effort with your diet now you're back on TV? There is an added pressure when you're on TV, but for me I just like to feel good. I know when I'm heavier and sluggish, and that's down to eating certain foods. When you eat clean, you just feel so much better. I'm currently on a sugar-free diet. How's that going?

It was really, really hard at first – the cravings for the sugar and headaches I got made it almost impossible, but now I'm in the swing of it I feel a lot better. My skin is better, my hair and nails are looking good, so it's definitely worth it. And I sleep so much better too! I wake up and I actually bounce out of bed.

Is it just refined/added sugar, or all sugars that you've cut out? I've done it all. I've cut out fruit as well, which has been really hard. I've allowed myself a few berries here and there, but even then I try to keep it limited.

Do you have any other vices? Everything! It's so hard for me when I go to the supermarket! In fact, it's better for me not to go at all. Whenever I'm there I want everything I see – anything sugary in particular.

My latest thing is the chocolate cereal Krave. It's so sugary, I could just sit and eat the whole box. But when I crave them I just remind myself of that morning feeling and how much better that feels than a box of sugary cereal. Do you work out often?

I try to exercise about four or five times a week. At the moment I do a lot of yoga. I've got a local place I use and I go as much as I can. I love Bikram yoga, too. That's brilliant for getting the toxins out. How much water do you drink?

I have to really try to be good at remembering to drink it. But when I'm good I'll have eight glasses a day.

What about alcohol? Do you drink a lot?

I'm not really drinking at the minute, but I will start up again at some point. When I do, I love cocktails, especially mojitos. I'll work my way through the cocktail menu!

How come you're not drinking? Were you doing Dry January?

No, I never do Dry January. I don't think there's much point in it, I'd rather have balance. I tend to not drink for a long time, and then allow myself one. It's a discipline thing. But if there's a celebration or some sort of excuse, I'll have a glass then. At the moment, I'm working hard on TV, so I'm avoiding the booze.



Casualty, Saturdays, 9.20pm, BBC1

My food diary

BREAKFAST

"I had an omelette with vegetables, including tomatoes, mushrooms and loads of peppers."

NUTRITION CONSULTANT IAN MARBER SAYS, "Eggs are a good source of protein, while the vegetables offer fibre, antioxidants and minerals. Look for eggs with beneficial omega-3 fats in the yolks."



LUNCH

"I had grilled chicken with avocado. I usually make it into a salad with a few vegetables to make it a bit more exciting."

IAN SAYS, "Avocado is rich in healthy monounsaturated fats. Crisp green vegetables are rich in magnesium, but add a squeeze of lemon juice for citric acid to improve mineral absorption."



SNACKS

"I had a handful of nuts and berries throughout the day." **IAN SAYS,** "Nuts and fresh fruit are a good combination, but go for Brazil nuts as they're a good source of selenium – an antioxidant mineral – or walnuts, which are a good source of omega-3 fats."



DINNER

"I enjoy sushi, so I had salmon sashimi and seaweed vegetable rolls. I also like a Nando's and I have their chicken wings, usually plain. I love their mango and lime sauce, but I try to avoid it because of the sugar content."

IAN SAYS, "It's generally best to order sashimi and a seaweed salad with a bowl of brown rice on the side, as sushi rice contains sugar. But it's not much and, as the rest of her day is so healthy, I think Hannah should be fine with this dinner."



Follow Ian Marber on Twitter: @IanMarber

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