

# Fridge Raider

Arlene Phillips

TV star and dancer Arlene Phillips, 69, tells us what's in her fridge



**CHERRIES** are very rich in antioxidants and flavonoids - anti-cancer agents

**CHERRY TOMATOES** contain lycopene, great for preventing UV skin damage

**BROCCOLI** has been shown to improve heart function

**Nutritionist Catherine Matthews says:**

"Arlene's diet contains plenty of fruit and veg, but it seems to lack wholegrain carbs like wholemeal pasta, wholegrain bread and brown rice - an important source of fibre and B vitamins. Arlene has a hectic schedule, but she could prepare a sandwich or pasta salad the night before and take it to work. She should also ensure she is eating three portions of low-fat dairy every day to help prevent osteoporosis in later life."

Fridge health rating **6/10**

**Where do you shop?**

Waitrose for a big shop as the quality of food is fantastic, and Budgens for last-minute things because it's close. I spend around £250 a week on food as I always try to buy organic and I can't cook, so my family eat out a lot!

**What is your typical daily diet?**

I don't really do the "three meals a day and snacks" thing, because my life isn't that structured. It's usually a case of get what you can, when you can. I carry bags of chicory, grapes or cherry tomatoes to snack on, as I know it's usually a while between meals due to my schedule [she's currently judging on the Canadian version of talent show *Over The Rainbow*].

**Which three foods would you take to a desert island?**

Vegetarian sushi, as you could have lots of different veggies with the rice and seaweed, lettuce as you never get full on it, and balsamic vinegar to

make it taste good.

**What's your favourite comfort food?**

Mashed potato and sweetcorn - a favourite I've passed down to my girls [Alana, 32, and Abi, 22] for when they're poorly.

**What's your favourite drink?**

Sparkling water or fresh mint tea.

**What's your takeaway blow-out order?**

I love the local Chinese - though being in London's Hampstead, it's not your average takeout!

● Arlene is turning her Friday pink this October for Breast Cancer Care. Visit [www.breastcancercare.org.uk/pinkfridays](http://www.breastcancercare.org.uk/pinkfridays) or @arlenephillips.

Inside Arlene's fridge

- Cherries
- Tomatoes
- Butter
- Grapes
- Cornichons
- Cherry tomatoes
- Beetroot
- Parmesan cheese
- Cheddar cheese
- Blueberries
- Chicory
- Salami
- Parma ham
- Broccoli
- Carrots
- Lettuce



ALL YOU NEED TO LOSE WEIGHT FOR LIFE

