

Amanda Byram

MY DIET SECRETS

The TV host, 42, reveals her love of seeds, berries and brown rice...

HEIGHT: 5FT 7IN
WEIGHT: AROUND 9ST 6LBS
SIZE: 10

Tell us about your exercise routine...

I'm so into my health and fitness. I try to do something every day, with one day off. Four of those exercising days, I'll work out for a solid 45 minutes. On the other days, I just do as much as I can.

What's your favourite part of your body?

My shoulders. People always say they want my arms – so my arms and shoulders. I do work hard on them.

And your least favourite?

Probably the second toe on my feet because it's bigger than my big toe. I love feet and I want to wear open-toe sandals!

Do you allow yourself cheat days?

Oh yeah, definitely. I have one cheat meal a week. I love a burger and sweet potato fries – or popcorn at the cinema.

Do you drink alcohol?

I'm Irish! I used to drink a lot. Alcohol was actually the first thing I gave up. I was really sick in January 2014 so I did a dry January. I felt so good, I went all the way through to June until my 40th birthday. I gave it up through to Christmas, got really drunk at Christmas then in January gave it up again. I drink on rare occasions like weddings, but I don't miss it.

Has being on TV made you more body conscious?

I've always felt like I've wanted to be in shape for myself. I was modelling before that as a teenager and I had body issues then because I was an insecure teenager. I focus on health now.

Is there a celebrity body you admire?

I always admire women with curves. I love J.Lo. She embodies the idea of a woman who owns it. She owns her sexuality with her body.

Amanda is an ambassador for 9bar, the super seed and gluten-free energy bar containing only natural ingredients. For more information on the 9bar ranges and Amanda's partnership with 9bar, visit 9bar.com



WORDS: Olivia Adams PHOTOS: Getty Images

My food diary

BREAKFAST

"I had two boiled eggs and smoked salmon, avocado and sautéed spinach with a little bit of salt and some cucumber and peppers. I used to drink five or six coffees before midday but I gave them up two years ago. Then I found I was having the same amount of green tea – so just as much caffeine! Now I have one Bulletproof coffee a day."

NUTRITION CONSULTANT IAN MARBER SAYS, "This type of breakfast has everything from protein to fibre and antioxidants. Although green tea has less than half the caffeine of the equivalent coffee, a cup of Bulletproof coffee can help energy levels."



467 kcals

LUNCH

"I had grilled chicken with quinoa. I've recently started eating meat again. I gave it up two years ago to see how my body reacted. I enjoyed it, but I found my moods were swinging and I read something on the correlation between low moods and lack of vitamin B12, so I've started again."

IAN SAYS, "Chicken is a good source of protein and minerals, as is quinoa. Amanda could add some chopped raw broccoli for a boost of antioxidants."



301 kcals

SNACKS

"I snack on lots of seeds – sunflower and pumpkin – and berries such as blueberries and strawberries. I also had a Granny Smith apple."

IAN SAYS, "I love Amanda's diet as I eat the same way! Seeds are rich in minerals along with some omega 6 and protein, while berries and apples are low in fructose."



302 kcals

DINNER

"I had grilled steak with a portion of brown rice. I'm totally anti anything white."

IAN SAYS, "This is a mineral-rich dinner with complex carbs – perfect. But Amanda could add some steamed spinach for more low-sugar vegetables."



572 kcals

AMANDA'S TOTAL:

Fat 77g | Carbs 146g | Protein 119g | Kcals 1,642

IAN'S TOTAL:

Fat 78g | Carbs 153g | Protein 124g | Kcals 1,683

Follow Ian Marber on Twitter @IanMarber