



Nutritionists and dietitians seem to have all the answers about what and how to eat. But what do they eat when no-one's looking? Five experts tell us what they eat on a typical day and reveal which indulgence they can't resist, the food trends that horrify them and what they'll never eat again...

A white ceramic plate is centered on a white paper napkin with a scalloped edge. To the left of the plate, a silver fork and knife are laid out. The entire setting is on a red background.

eat like a nutritionist

Diet experts reveal which foods they consume regularly for wellbeing, as well as their occasional indulgences.

By Angela Donaldson



Catherine Saxelby
Food commentator
and nutrition author

Breakfast

Muesli, fruit, thick Greek yoghurt and low-fat milk. On weekends, eggs with tomatoes, mushrooms, spinach, and grain toast.

Lunch

Leaf and mixed vegetable salad, soup or a sandwich or leftovers on toast.

Dinner

Beef stir-fry with lots of vegies, or vegies with grilled King Island steak or fresh fish.

What's your one piece of advice that you take home?

Eat a salad a day, with a vinaigrette dressing. The dressing is a must as the fat helps the body absorb the fat-soluble vitamins and antioxidants in the leaves. I eat more protein and fewer grains than I used to, with more emphasis on vegies and salads, small portion size and quality food. I've never felt better.

What's your guilty pleasure?

Sauvignon blanc wine from New Zealand's Marlborough region; roasted, salted cashews; plain, thick corn chips; natural jellies and jubes.

What's been your biggest dietary challenge?

Learning to listen to my stomach and to not overeat when I'm full; overcoming binge eating when I was in my 20s; eating small portions and being satisfied (I'm still working on this!).

What food trend worries you?

Energy drinks and their growing popularity with young people; selling over-sized burgers and other foods as a publicity stunt; marketing junk food to toddlers.

What will you never eat again?

White, sliced bread – I absolutely hate the stuff.