



Jaclyn stands by eating healthily 95 per cent of the time.

Jaclyn Reutens, 28

Dietitian at Aptima Nutrition & Sports Consultants

Can one love food and be healthy at the same time? This dietitian proves it's possible. She enjoys a good brownie and admits to eating according to her moods. Her recipe for a trim tummy is simple: start the day right and lots of laughter.

■ **What do you live by – at work and at home?** I am a true believer of taking everything in moderation, as cliché as it may sound. I stop when I feel I've had enough. It's not worth the extra calories because as we age, our ability to burn calories decreases significantly! You really are what you eat. If you eat junk food often,

it shows on your skin and your energy levels are affected. If you eat healthily and are happy with your weight, you will naturally reflect that in your attitude and appearance.

■ **How do you eat for better health?** I make sure I have a healthy breakfast for at least five days a week: 30g of cereal, 200ml of skim milk, and a cup of coffee with some sweetener, a dash of milk and one scoop of collagen powder. Yes, I weigh my breakfast! When you start your day thinking and living healthy, you feel great for the rest of the day. It also means eating healthier foods 95 per cent of the time.

I opt for wholegrain and low-fat

protein sources whenever possible. Also, I stand by echinacea with zinc when I feel a flu or fever coming on; two doses a day until I get better. It works 99 per cent of the time. If I have stomach discomfort, a probiotic drink a day helps.

■ **So what do you indulge in "5 per cent" of the time?** I have a very sweet tooth and I love my friend's homemade brownies. I eat it whenever I feel like it. Don't deprive yourself. If you know something is fatty or sugary, just eat a small bit. If you master the skill of portion control, you'll be able to keep your weight in check.

■ **Do you stay slim by eating right?** I exercise too! Women tend to neglect physical activity. Toning up is important. Every morning, I spend 10 minutes doing exercises for my tummy, arms and legs. I also play touch rugby regularly. What I enjoy is the running, teamwork and most of all, the laughter that I get on the field. My friends are a hilarious bunch!

■ **Any smart shopping or cooking tips?** Don't shop on an empty stomach. Also, stock up on vegetables, frozen meat or chicken, rice (brown if you like it) and noodles. That's all you need to make a quick meal that's balanced and healthy. Pasta is another quick, healthy and tasty meal. Wholemeal pasta with a tomato-based sauce and vegetables takes less than half an hour to put together. If you're cooking a few dishes, use the oven. You can make three different types of dishes in it. It's just about timing.

“IF YOU MASTER PORTION CONTROL, YOU CAN KEEP YOUR WEIGHT IN CHECK.”