

# Woman

## ALL NEW TV GOSSIP



ANDREA



CAROL



JANE



COLEEN

**LOOSE WOMEN**  
Their on-set secrets revealed!

**CASUALTY'S AMY**  
'I lost 10 stone... and you can too'



PLUS!

**EASTENDERS' SONIA**  
Why she's looking sexy and slimmer than ever!



# Dawn in danger!

She insists she's fit but is her weight a ticking timebomb?



TIGHT F

### CORRIE DRAMA

Will Violet leave with Sean's baby?



### TEEN OF SCANDAL

'We're 17 and off to the US for plastic surgery!'



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# Ready meal diet

You can drop a stone fast... without cooking a thing!

Up until now it's been virtually impossible to diet successfully if your lifestyle means you rely on convenience foods. Many ready meals used to be misleading, suggesting that they were a healthy option when the small print often revealed them to be high in saturated fat, sugar and salt. And even if they were labelled 'low fat', they could often be high in sugar or packed full of the artificial additives that can hinder weight loss, as well as cause bloating and cravings.

But times have changed! We're at the dawn of a new age of the truly healthy ready meal. Over the past six months all the main supermarkets have launched new selections of meals made from fresh natural ingredients, which are additive-free and low in calories. Stock up on Waitrose Deliciously Different, Sainsbury's Super Naturals, Tesco Naturally Good, Somerfield Healthy Choice, Co-op Healthy Living, ASDA Good For You!, Marks & Spencer Eat Well. You'll find you can now easily diet without having to become a kitchen goddess.

## Fast food success tips...

### GET YOUR FIVE A DAY

Old-style ready meals tend to be low-fibre, so fill up with ones that have plenty of fresh vegetables or have a microwaveable bag of veg on the side to stay regular.

### BE CALORIE CONSCIOUS

Check labels or risk getting stung with hundreds of calories. For

### FRUIT SNACKS

Stop sugar cravings by snacking on fruit – but just two pieces a day. Fruit is packed with vitamins, fibre, water and natural goodness.

### HEALTHY TREATS

Allow yourself one low-cal treat each day – it can be a healthy

healthy weight loss, reduce your calories to only 1,250 a day.

eating chocolate biscuit or cereal bar, but aim for no more than 100 cal.

### ALWAYS READ THE TRAFFIC LIGHT LABELS

Make healthy choices at a glance with the new traffic light label system now used by nearly all supermarkets and food manufacturers. You get accurate info on calories, salt, saturated fat and sugar

content without having to trawl through the small print. Green indicates low content and is a healthy option, amber is moderate and red is high, so it's best avoided.

### AVOID SUGAR IN DISGUISE

If the label says glucose, sucrose, invert sugar, glucose syrup, malt extract, they all mean empty sugar calories, so steer clear!

Don't make a meal of it – just shop till you drop





	Sainsbury's	ASDA	M&S	Co-op	Waitrose	Somerfield	Tesco
Breakfast	<p>½ fresh fruit compote and a low-fat natural yogurt</p> 	<p>Natural yogurt and crunchy granola</p> 	<p>Count On Us: Low-fat natural probiotic yogurt with raspberry and redcurrant compote</p>	<p>Healthy Living: Reduced fat Greek-style yogurt with a layer of raspberry sauce</p>	<p>Alphonso mango &amp; passion fruit smoothie enriched with vitamins</p>	<p>Fresh fruit salad</p> 	<p>Finest: Low fat yogurt with honey &amp; coconut granola</p> 
	199 cals	202 cals	195 cals	105 cals	143 cals	285 cals	225 cals
Lunch	<p>Super Naturals: Mediterranean vegetable pasta</p> 	<p>Good For You: Pesto chicken tagliatelle</p> 	<p>Eat Well: Tuna with 3 bean salad, potatoes &amp; red peppers</p>	<p>Minestrone soup</p> 	<p>Deliciously Different: Roasted beetroot &amp; butternut squash with feta cheese &amp; sunflower seeds</p>	<p>Healthy Choice: Mexican chicken wrap</p>	<p>Naturally Good For You: Paella</p> 
	339 cals	459 cals	360 cals	340 cals	323 cals	336 cals	465 cals
Supper	<p>Super Naturals: Moroccan spiced lamb</p> 	<p>Good For You: Sweet chilli beef</p> 	<p>Eat Well: Jambalaya</p> 	<p>Healthy Living: Chicken tikka masala &amp; rice</p> 	<p>Deliciously Different: Sardinian fregola with lemon chicken &amp; peppers in a light tomato dressing</p>	<p>Healthy Choice: Chicken &amp; lemon couscous</p>	<p>Naturally Good For You: Honey roast salmon with new potatoes</p> 
	414 cals	466 cals	380 cals	395 cals	485 cals	402 cals	350 cals
Treat	<p>Be Good To Yourself: Apricot &amp; walnut biscuit</p>	<p>Good For You: Thai sweet chilli rice bites</p>	<p>Count On Us: Banoffee cereal bar</p> 	<p>Lyme Regis Foods: Organic seven seeds &amp; nut bar</p>	<p>Perfectly Balanced: Ginger cereal bar</p> 	<p>Toasted seeds</p> 	<p>Honey &amp; nut bar with apple &amp; strawberry</p>
	68 cals	88 cals	75 cals	199 cals	90 cals	160 cals	103 cals
Fruit snack	<p>2 apples</p> 	<p>1 peach</p> 	<p>1 banana</p> 	<p>2 pears</p> 	<p>2 nectarines</p> 	<p>2 kiwi</p> 	<p>3 plums</p> 
	106 cals	31 cals	95 cals	136 cals	140 cals	28 cals	57 cals
<b>Final total</b>	<b>1126 cals</b>	<b>1246 cals</b>	<b>1105 cals</b>	<b>1175 cals</b>	<b>1181 cals</b>	<b>1211 cals</b>	<b>1200 cals</b>