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The amount of protein suggests Kate follows the Dukan Diet



HOW THE DUCHESS DINES

Kate's groceries show evidence of a healthy lifestyle

A peek at the contents of Kate's shopping trolley provides a revealing insight into the kind of meals she whips up for hubby Prince William at their rented farmhouse in Wales.

Apart from a few obvious "naughty" foods, such as ice cream and oven fries, most of the food is healthy and unprocessed, which shows Kate understands the importance of eating well.

But the fact there are quite a few protein foods and not many carbohydrates may be a sign she's following the Dukan Diet, says Auckland dietitian MaryRose Spence.

"We don't know everything she has in the trolley or what she has at home, but there isn't much in the way of carbohydrates, other than the potatoes. And there's quite a bit of protein, such as the chicken, eggs and cheese."

Her shopping also seems light on red meat, which Kate should be eating at least twice a week, says MaryRose. Also in the trolley was orange juice, rock salt, Kellogg's cereal and a basil plant. "She has some green vegetables, but it would be good to see more."

And while there are some good breakfast and dinner options, there doesn't seem to be a lot of choice when it comes to lunch.

"Maybe she doesn't eat lunch, or she eats out a lot," MaryRose says. "She has some cheese, but there doesn't appear to be any bread or salad foods or other options for a quick lunch."

A couple of readymade meals are there, which are a good idea as a backup dinner for a busy young couple.

MaryRose adds that she was pleased to see ice cream and double cream among the groceries. "She's so slim, if she has some cream or ice cream sometimes it won't do her any harm, and the calcium is good for her. She doesn't really need to drink trim milk, she needs to put on weight."