

# Emily Hampshire

How to help this Gemini-winning actress balance healthy shopping, cooking and eating

By Meredith Edwards



**Occupation:** Actress (starring in upcoming *Snow Cake*, opposite Sigourney Weaver and Alan Rickman).

**Secret food vice:** Diet cola (She's a confessed aspartame/cafeine combo addict).

**Comfort foods:** "Food in general. It's always different and never specific, but if pressed, I would say doughnuts and chocolate milk."

**Lifestyle:** "All or nothing. When I'm working, I'm working. I'm completely paralyzed to do anything else but work. When I'm not working, I'm exhausted and watching Judge Judy or Oprah."

**Food challenge:** I never have food in my house. I'm too lazy to shop and too busy to cook. Plus, I'm afraid that if I actually did shop and cook, I'd eat everything all at once.

**Solution:** Find the time to do a quick grocery shop; pick up healthy and easy-to-cook items you can easily store in your pantry and refrigerator. For breakfast, make a quick omelette or a hard-boiled egg and a piece of whole-grain toast. The vitamin B12 and protein in the egg, as well as the B vitamins and carbs in the bread, will help keep your energy up on your days off.

## We Recommend:



### Rao's Homemade Marinara Sauce

An all-natural pasta sauce that is just like home-cooked. Great to have on hand when you want to cook something special and tasty in minutes.

### Kangaroo Paw Pristine Extra Virgin Olive Oil

First pressed olive oil made in South Australia. Great for heart health and a good source of antioxidants, particularly vitamin E.



### Casbah Hummus

A yummy garbanzo bean dip that's a good source of iron and easy to make – just add water.

### Blue Sky Raspberry Soda

A great tasting all-natural soda without caffeine and aspartame.



### Vitasoy Soy Milk

This healthy treat is a great substitute to chocolate milk because it doesn't contain the fat and cholesterol of dairy milk. And it's a good source of soy protein to help you keep energized on your days off.

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