

Your Best Body

No-fuss tips that will make being you even better



Kate's Pregnancy Health Secrets

After a rough first trimester, the Duchess is feeling and looking great – here's how!

What she's eating...

Broccoli

It's full of iron and potassium, which helps reduce the risk of birth defects and lowers blood pressure. It also has more vitamin C than an orange and as much calcium as a glass of milk.



Organic Salmon

"It's high in vitamin D, which boosts your immunity, and calcium – essential for the baby's development," says nutritional therapist Laila Lewis.*



Porridge & Bananas

Both are a good source of folic acid, which can reduce the chances of having a baby with spina bifida, and oats are rich in vitamin B6, which stimulates serotonin and helps relax pregnant women.



How she's keeping active...

Pilates

"Kate's doing Pilates in the evenings for 20 minutes to half an hour before bed," says a source. "She's tried it on and off for years, but now she swears by it."



Yoga

We hear Kate's doing hour-long sessions, three times a week, with a private instructor. "Yoga helps to maintain flexibility and muscle tone" says personal trainer Nilufer Atik.**



Swimming

"She's always loved swimming and now Kate goes two mornings a week at a private health club," says a source. Nilufer adds: "The feeling of weightlessness can be a relief for pregnant women's backs and joints."



The New 'Skinny Carbs'

A serving of rice that contains only 7.7 calories? When news hit the *Look* office that Eat Water had launched a new range – Slim Rice, Slim Pasta and Slim Noodles – we were desperate to try it. Features Intern Harriet Davey whipped up a stir-fry with the rice. "They were a little rubbery, but ideal if you want to fill up on few calories."



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