



reality bites

Food: it's the obsession of our age; we're consumed by our diets and defined by what we eat. So how does it feel to ditch your dietary ethos? We asked a gourmet girl and a health fanatic to swap menus, then watched the struggle ensue. Photographed by Matt Holyoak

CALGARY AVANSINO *health-food lover*

A NORMAL DAY'S FOOD

7am: 1 cup of green tea

8am: oatmeal made with organic oats, millet, Udo's oil, soy milk, water and hemp seeds; a piece of fruit

11am: an apple and a handful of almonds

1pm, lunch: salad with grilled salmon and

broccoli

4pm: a few handfuls of Food Doctor seeds

6pm: houmous with chopped raw carrots, peppers and courgettes

8pm, supper: tempeh with Swiss chard and brown rice

10pm: Rude Health muesli and blueberries

My mid-morning "Jo" snack – a giant raisin scone with strawberry jam – would constitute a meal in some countries. It's a high-glycemic carbohydrate yet again, so it's not surprising I'm hungry within an hour. But I can't bear to eat more chocolate so I opt for Jo's other standby, a banana. Nutritionist Oz Garcia, the man I trust most with my nutrition, says this about bananas: "They're high in potassium but they are also high in fructose, which converts quickly to glucose – bad news. Put it this way, there are better alternatives." I'm sure there are, but right now I'm just thrilled to be eating something that grew on a tree.

I'm having dinner at a health-conscious friend's house tonight – thank God. I can't refuse a healthy meal if it's served to me; that's not cheating, right? Sadly, my host didn't have time to cook and has picked up an elaborate spread from gourmet-food shop Ottolenghi. Although I wouldn't have normally eaten lamb, it was delicious, which makes me wonder what else I miss out on. I rarely eat dessert (except baklava – my favourite) but I felt obligated to scarf a serving of bread and butter pudding topped with custard. According