



MY DAY ON A PLATE

Dr Xiao-Ping Zhai, Chinese medicine fertility expert

6.30am A glass of warm water, an egg, porridge and a cup of earl grey. A multi-vitamin and an iron tablet – I take them three or four days a week in case the fruit and veg I eat have been in the shops too long and lost their vitamins.

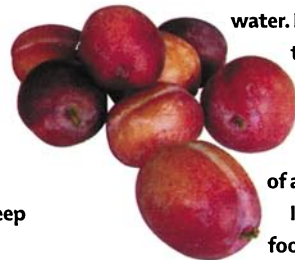
8am Get to work and make a cup of jasmine tea. It lasts all morning as I keep pouring water into it. You should have a piece of

fruit in the morning but I don't really have time.

1pm A small portion of salmon and tomatoes with noodles, an apple, a peach and a plum. Then patients all afternoon; I keep drinking water.

6pm Leave work. I buy fruit and veg in small amounts on the way home to make sure it's as fresh as possible with the maximum vitamins.

7.30pm Turbot with broccoli and tomatoes, a glass of wine and some



water. But I advise people trying to get

pregnant not to drink more than two or three units of alcohol a week.

I try to avoid spicy food, very cold drinks and fatty foods –

I only have ice-cream and chocolate occasionally. I love sushi. And tofu. And I eat only until I am 70 per cent full. Most people eat more than they need.

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NIGEL DENBY, DIETICIAN

I have to say, I expected a diet full of weird and wonderful rules, but Dr Zhai has a refreshingly sensible approach to food. She uses vitamin supplements as an insurance policy rather than suggesting we should all be taking unnecessary and sometimes dangerous mega-doses. I think her rule of eating until she is nearly full could be useful for some people. Often we concentrate so much on *what* to eat that it's easy to forget *how much* to eat – super-sized portions have a lot to answer for in the current obesity crisis and we could all do with eating a little less at each sitting.