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Supermodels' Diet Secrets: Super Strategies For Staying ...

Supermodels Diet Secrets Super Strategies For Staying Slim Psychological Effects of Fitness Advertising on Female Collegiate Advertisements that use extremely slim and sexualized models have fueled the female pursuit of “ultra-thinness,” which ... concepts, body shaming, and disordered eating in women of all ages (Bisell & Birchall, 2007).

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Victoria Secret models focus on eating a lot of protein and veggies. All VS angles embrace healthy fats and protein more than carbs. They usually eat their carbs in the morning. Carbs they eat are: sweet potato, brown rice, Ezekiel bread, oatmeal etc. The VS girls eat in moderation (they practice portion control).

Victoria Secret Diet Plan - What The Models Eat Year Round

Kate Upton opened up about her regular diet routine in an interview with the the Evening Standard. Upton starts her day with scrambled eggs (one white, one whole) and green tea. For a snack she eats 10 raw almonds with a green juice.

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Then for lunchtime it is quinoa with grilled chicken and vegetables.

How to Eat Like a Model: Diet Tips from Supermodels ...

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