

# Cultural Daily

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## Healthy Snacks Celebrities Are Eating

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When you're in the limelight, you know that you have you maintain a great physical appearance. After all, people are looking up to you as an embodiment of beauty. Do you ever wonder how celebrities seem to keep themselves ageless, flawless, and fit?

Putting aside the fact that they visit the best spas, salons, and gyms, it's no secret that they eat the right foods. And yes, that includes the ones they munch on in-between meals: Snacks.

Do snack [foods really affect a person's looks?](#) *Of course.* The changes that happen in your body are triggered by the nutrients and ingredients found in foods. With that, you know that the quality of snacks you eat matters.

Without further ado, we're showing you a list of celebrity-approved snacks. You might want to try them yourself!

### Gal Gadot: Raw Veggies and Lots of Water

The 31-year old gorgeous superhero Wonder Woman knows how important healthy snacks are to fuel her body. Though she doesn't restrict herself from eating cheat meals, she fixes her late-night cravings with raw vegetables like sliced tomatoes. Plus, she supplements nutritious snacks with a gallon of water in a day. It keeps her hydrated and energized especially during her workout sessions.

### Miley Cyrus: Avocados

Can you remember the time when Miley Cyrus handed out avocados after the 2015 MTV Video Music Awards? You'll be surprised, she also branded herself with an avocado tattoo on her arm. As a vegan, she eats a ton of this large berry Mexican fruit. There's a reason why Cyrus is literally head over heels in love with avocados: They're full of antioxidants and [healthy fats](#) that boost her complexion!

### Jillian Michaels: Leafy Greens and Hummus

Everybody knows how Jillian Michaels, a personal fitness trainer, and TV personality, maintains a slender and toned figure: Working out. But that's not all. One of her favorite freshly delicious and healthful snacks are a combination of vegetables and hummus. According to her, vegetables' fiber content with the protein found in hummus keep her satisfied all day so she doesn't get unhealthy

cravings.

### **Channing Tatum: Plain Chicken Breast**

The Magic Mike XXL superstar was interviewed by Esquire on what he eats to achieve muscular arms and ripped abs for the movie. His answer was plain chicken breast. Chicken meat is a staple snack food in the bodybuilding world. Men love this treat because of its lean protein content as well as its ease and convenience of preparation. Busy celebrities who want to have a great body vouch for this.

### **Kim Kardashian: Caesar Salad**

Kim Kardashian balances out her [meal preparation at home](#) by eating snacks at healthy restaurants. Guess what's one of her best picks: Caesar salad. This natural classic food is a combination of lettuce, parmesan cheese, eggs, olive oil, and anchovies – ingredients that supply you with a balanced mix of fiber, protein, and carbohydrates. These will keep your skin glowing and firm and curb your appetite.

### **You Should Eat a Variety of Healthy Snacks**

To have great looks and a superb body like the celebrities, remember to consume a [variety of fresh and healthful snacks](#). Avoid poor quality snacks that contain high amounts of unhealthy fats and sugar. Prioritize lean protein, fiber, and complex carbohydrates. Don't be afraid to experiment with easy-to-prepare recipes!

You cannot get all the nutrients you need in one type of food that is why balancing your healthy bites matters. Lastly, if you want to stick to proper snacking, keep healthy treats within sight at all times.

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