

We've forgotten what nutritious food is, we simply no longer have the knowledge. We stuff ourselves with factory-prepared food and we never feel like we've had enough. We are left with an empty feeling, whilst our waistlines are constantly getting bigger.

Someone once wrote to me: When I used to want to lose some weight, I would limit the quantities and eat pretty much the same thing every day. Now I lose weight with tasty and wholesome food and plenty of it too! This is actually the perfect way to stop overeating. Nutritious food.

## **What training did you get?**

I used to follow all manner of different training courses behind the scenes when I was working as a television presenter: restaurant owner, consultant in healthy living habits, shiatsu therapy and I also completed various different cooking courses, from macrobiotic cooking to cooking with star chefs.

I now interview the world's most renowned nutritional scientists for my books and for magazine articles. You could say that I get the healthy food science from scientists and that I subsequently translate this into healthy, fun and feasible recipes. I now work with various scientists, and supply recipes or I write books together with others.

These are collaborations which work really well for me personally, as scientists have the required knowledge and I can turn this knowledge into delicious recipes. This way of working allows us to strengthen each other and will result in much more interesting cookery books, ones which people can really learn something from.

## **What is your favorite thing about cooking?**

I love to cook, but don't enjoy standing in the kitchen for hours at a time. There are other things I enjoy doing too, including ceramics :-). So things generally shouldn't take too long and I love simple cuisine. To me cooking should be fast, simple, healthy and, above all, delicious! And it goes without saying it needs to look good as well. We certainly enjoy our food with our eyes too. This will ensure cooking becomes a fun activity and is also why I wrote the 'Low Carb cookbook with 4 ingredients'.

