



YOU'LL FIND MY FRIDGE

PACKED with green vegetables, salad, fresh ginger, different cheeses and jars of fermenting pickles - I make sauerkraut and kimchi. There are also pre-cooked batches of brown rice, and plenty of eggs - the perfect high-protein, low-carb, nutritious food.



MY FOOD PHILOSOPHY

WORDS LOUISE ATKINSON

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Dr Clare Bailey on sauerkraut, stir-fries and the lure of tortilla chips

Meet Clare

GP and food writer Dr Clare Bailey, 61, has four children and is married to TV presenter Dr Michael Mosley. Her new book, *The Fast 800 Keto Recipe Book* by Dr Clare Bailey and Kathryn Bruton (Short Books, £18.99), is out now.

MICHAEL MAKES A MEAN OMELETTE, but I do most of the cooking. Our approach to food changed when Michael was diagnosed with type 2 diabetes in 2012. That news precipitated his fascination with diets, and I became very impressed with the impact a low-carb, Mediterranean diet had on him and, subsequently, on many of my patients.

WHEN THE CHILDREN WERE YOUNG, we were a 'chicken nuggets and chips' kind of family. Working part-time as a GP, I often took the path of least resistance. Now they're grown up, I'm delighted to see them share my passion for healthy food.

WE'VE BECOME MORE PLANT-BASED recently - both for health and environmental reasons - and although I admire vegan principles, I love meat and fish too much to turn my back on them entirely.



I SUSPECT I INHERITED SKINNY GENES - but Michael wasn't so lucky. We eat the same meals, but while he throws in an occasional 800-calorie 'fast' day, I'll fill up on extra brown rice, quinoa or sourdough.



I GREW UP ENJOYING SPICES

and exotic stir-fries and curries. My parents were posted to Malaysia when I was very young, and they brought their love of Far Eastern spices back with them. Those flavours inspire much of my cooking today.

MY DIETARY NEMESIS is Doritos! I don't really have a sweet tooth, but once I start crunching on those tortilla chips, I find it very hard to stop!



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