

Oh. My. Bod.

Dr Dawn Harper, 51, shares her top-to-toe health secrets

'I was hit by a car and shattered my knee'

HEIGHT: 5 FT 4IN
WEIGHT: 8ST
DRESS SIZE: 8

What exercise do you do?

I cycle 20 miles at least three times a week. I love cycling - I try to do a long distance bike ride for charity at least once a year, from Paris to Brussels. I'm going to the Lake District to do a 50-mile cycle soon.

Your left knee was shattered after you were hit by a car in 2002. Have you fully recovered now?

I always say to patients who've had any kind of trauma, be it an accident or a stroke, that what they have after a year is what they're going to be left with. A year after my operation I still couldn't kneel down or flex and I remember thinking: 'Crikey, this is as good as it's going to get.' I need to exercise regularly and eat healthily because if I put on even half a stone I'll notice pain in my knee.

What's your No 1 health tip?
If you still feel hungry after eating a meal, don't rush to eat something else as the brain takes 20 minutes to realise you've eaten. Also, don't eat standing up - picking at things can add an extra 500 calories to your daily intake.

What's your favourite feature?
I'm a woman and women don't generally like their own bodies, but I do get a lot of compliments about my legs on Twitter!
Catch Dr Dawn on Embarrassing Bodies on Channel 4 at 9pm on Thursdays



DAWN'S FOOD DIARY

Now's expert sports nutritionist **David Arnot** gives his verdict on her daily diet



Breakfast

Marmite on granary toast.
DAVID SAYS Granary is better than highly processed white bread. Try making a ham and salad sandwich or having a soft-boiled egg with toast and butter (not margarine) to dunk.



180 cals

Lunch

Grilled tuna salad with a drizzle of balsamic dressing.
DAVID SAYS Great. High protein at lunch will keep you full for longer. Always use balsamic and olive oil on salads.



330 cals

Dinner

I went out for a Chinese and had chicken and prawns with rice noodles.
DAVID SAYS Going to a Chinese may not mean fresh food but your meal sounds high in protein. Keep an eye on take-away sauces as you don't know what's in them.



570 cals

Snacks

I'm not a great snacker, but I did eat a banana.
DAVID SAYS Fruit is a good snack and a huge variety should be eaten to provide a large range of vitamins and antioxidants.



100 cals

TOTAL CALS 1,180 (DA 2,000)

VERDICT I think Dawn needs to up her carbohydrate and fat intake slightly to perform well on her bike. Her current intake isn't sufficient to provide the body with enough energy to keep her metabolism high and give her the boost she needs. She could try adding brown rice to her dinner and lunch. It'll add around 350 cals but she'd really benefit from the extra carbs.