



MELISSA KELLY

Melissa Kelly graduated from the University of Pretoria with a B Dietetics degree and a postgraduate diploma in Hospital Dietetics (1993), and has also completed a Diploma in Higher Education and Training Practices at the University of Pretoria (2003). With 20 years' experience in clinical dietetics, she is a recognised expert in the field of evidence-based nutrition.

My greatest health asset is that I never get sick. People all around me get flu in winter, suffer from sinus in spring, and I never get sick (touch wood).

The piece of life-changing health advice I can give is that portion control as a way of life is the most important strategy to reduce your waist and improve your health. It is no use cutting out some foods and overeating on others, or starving and then overeating.

The health lesson I have learned that personally changed my life is that calcium is one of the most important micronutrients. It helps to control fluid balance, blood pressure and cholesterol levels. It even helps to burn belly fat and makes you sleep better. It is the one supplement that I take daily.

If I could change one thing about myself, it would be to be more organised, and not leave things for the last minute.

My motto is: I have learnt from the French: they do not go on strict diets, they do not do exercise they don't enjoy – in fact, they enjoy their food, do not overeat, get enough rest and walk a lot.