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Geri Halliwell has found balance as regards her weight, and eats healthy to maintain it
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[Geri Halliwell's Secret to Staying in Envable Shape](#)

Eating only low-fat, low-calorie foods

Since she rose to fame as Ginger Spice in the Spice Girls, we've seen Geri's weight fluctuate from downright plump to worryingly skinny. Suffering from eating disorders and not knowing when to stop either in terms of gaining or of losing weight, Geri seems to have finally found balance in her life on this front. Her secret is not, as we might have believed, working out, but eating only healthy foods.

Just the other day, the mother and recently-turned author of children's books was spotted at Youth-Full in New Bond Street, stacking up foods for her and her daughter. While people are just now trying to make some sense of the culinary bacchanalia over the winter holidays, for Geri, it's been years since she touched anything that might in any way set off the balance she achieved, as she confessed in a series of recent interviews.

Her diet, as indicated by her purchases of yesterday, includes low-fat crackers, crispbread, and grains and seeds of all kinds. Furthermore, while it might not be a by-the-book regime from which there is no side-tracking, Geri has often said that she's extremely careful about what she eats, by paying a lot of attention to the labels on each product for nutritional information.

However, Geri says that the real secret behind her being able to maintain her enviable frame could be, in the end, not her diet or the little workout she does ever so often, but giving birth to daughter Bluebell Madonna. "In the past, I always had my hang-ups, believing I wasn't pretty enough, or a good enough singer, or thin enough. But now I'm much more accepting of myself. A lot of my body issues have naturally settled down." the singer told the media a while back.

"I have a history of eating disorders but, as a mother, you think of being an example to your child. I'm so much more balanced than I was." Geri also said, referring to her Spice Girls days, when weight related problems first began to appear. Moreover, since Bluebell managed to bring so much balance in her life, Geri has also recently admitted considering adopting. "I'd love to have more kids, but I can't say it will happen. I also think about adopting, and it's something I want to give a lot more serious thought to. But who knows what the future will hold." she said.