



CELEBRITY DIET SECRETS REVEALED

What do Demi Moore, Sharon Stone, Nigella Lawson, Gail Porter and Nell McAndrew all have in common?

They all recognise the potent power of the prune!



TASTE THE QUALITY
OF CALIFORNIA

Hollywood superstars are always ahead of the game when wanting to look their best, and **Sharon Stone** and **Demi Moore** are no exception. According to celebrity bible OK! Magazine, both actresses eat California Prunes which they attributed to keeping them looking young and gorgeous¹. TV presenter **Nicky Hambleton-Jones** is another advocate of the beauty benefits of prunes, she says 'Eat just seven prunes a day to get rid of wrinkles! They contain all you need to protect your skin against ageing smoke, pollution and UV rays.'²

Nigella Lawson famously called prunes "squashed teddy bear noses" adding, "they not only taste glorious but are packed full of essential minerals and antioxidants making them one of the new generation of super foods"³– and she is absolutely right prunes have the highest level of antioxidants of any fruit and vegetable³.

Health and fitness fanatic, **Nell McAndrew** eats California Prunes as part of her daily diet, "I only eat California Prunes, as they're the best quality and are packed with antioxidants, vitamins and minerals."

TV presenter and Mum, **Gail Porter** is also a fan, "I love California Prunes, they're sweet and juicy and so good for you. They are the perfect snack for me and my daughter Honey."

But if endorsement from Hollywood actresses and a domestic goddess is not convincing enough for you, perhaps nutritionist Michael van Straten can persuade you? His book "The ORACle diet" found that prunes carry the highest level of antioxidants of all food and vegetables, with a score of 10/10.

What are you waiting for? Add some high quality California Prunes to your diet today by sprinkling some chopped prunes on to your breakfast porridge for a superfood, celebrity start to the day.

Visit www.californiaprunes.co.uk

Editor's notes:

1 OK magazine 22nd January 2008

2 Woman's Own Magazine 10th March 2008

3 Nigella's Christmas Kitchen, 2006

4 Anti-oxidant analysis called ORAC (Oxygen Radical Absorbance Capacity) developed by the Agricultural Research Service's Human Research Centre, Tufts University, Boston



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