Not snacking on sweets, getting enough sleep, and exercising regularly. That's the foundation of models' lives. They strive to maintain a perfect appearance regardless of fatigue and lack of time. Because their work depends on how they present themselves on the runway or in front of the camera lens. Today, we'll take a closer look at the "real" model diet.



**What does the diet of supermodels look like?**

You've probably thought more than once that you'd like to look like Kate Moss or one of the Victoria's Secret angels. Their slender bodies are the result of diet, frequent workouts, and cosmetic treatments. And although appearance isn't the most important thing in life, the modeling industry has its own rules. So what do models do to feel good and look flawless on the runway? Is it strict diets or is it a matter of 'good genes'?

The times have passed when every model was suspected of anorexia or bulimia. Although it's still a huge problem in this industry, most of them have to eat to meet the demands of their sometimes even several hours long work. A model, not a rabbit, cannot endure on just salad. The most popular diets in the modeling world are based on regularity and moderation in meals. Models start their day with warm water with lemon. This is a good habit that helps eliminate toxins from the body and provides a necessary amount of water in the morning, crucial for every active woman. Principles of healthy eating are followed by, among others, Kate Moss and Anja Rubik. Meals at regular times boost their metabolism, and vegetables eaten five times a day add energy and vitality.

A mother of four, Heidi Klum, is a true fan of superfoods. Every day she tries to eat nutritious and light dishes, but sometimes she also craves for "a little something". Then she reaches for vegetable chips or fruit salad, thanks to which she can maintain her impeccable figure.

Gisele Bündchen, although she is a meat-eater on a daily basis, sometimes cleanses her body with a cocktail diet, where the base consists of vegetables and fruits. This shrinks the walls of her stomach and weans her off snacking between meals.

Not every model manages to adhere to all dietary rules. Miranda Kerr believes in the principle that sometimes you have to let go and not worry about extra calories, so her daily menu consists of 80% whole, strengthening, and necessarily organic products. The rest is made up of forbidden foods in the model's diet like chips, fries, chocolate, or hamburgers. Although Miranda tries to maintain moderation in her diet and not give up culinary pleasures, regular meals mean she rarely reaches for unhealthy snacks.

The body accustomed to a steady supply of energy doesn't need to snack between meals. Victoria's Secret models know this well, carefully adhering to their daily regular diet by consuming unprocessed and nutrient-rich foods. Angels avoid simple sugars, salt, and alcohol, considering them unnecessary and harmful products. Salt and alcohol retain water in the body, potentially causing the model to appear more swollen and less flattering in skimpy lingerie. Sugar depletes vitamins and minerals, which are essential for the flawless condition of the angels' skin and hair, presenting themselves excellently on the runway.

**Physical activity of supermodels**

Regardless of the profession you pursue, if you want to maintain a firm and slender body, you need to move. Models know this too, exercising several times a week, and some even daily. Victoria's Secret Angels have their own personal trainer who designs workouts for each of them. Thanks to him, they have flat stomachs, waistlines, and delicately toned legs that look fabulous on lingerie shows.

Kate Moss is a fan of yoga and stretching. It is precisely physical activity, along with fresh juices and plenty of vegetables, that provides her with a sleek and firm body. Anja Rubik, on the other hand, practices jogging and weightlifting. It's a great way to sculpt muscles and strengthen the entire body. Cindy Crawford, thanks to a combination of strength and aerobic exercises, dazzles on the runway. She exercises all muscle groups, giving them shape and making the body flexible and beautiful in the creations of renowned designers.

**Low-calorie diets of models - are they safe?**

Just like in any industry, there are peculiar dietary behaviors in modeling. Some models drink only coffee to boost their metabolism. They forget that an excess of caffeine not only dehydrates but also harms the whole body.

One of the American modeling agencies recommended a low-calorie diet to young girls, allowing them to consume only 300 calories per day. Models maintained a slim figure, while at the same time exhausting their bodies and depriving them of the proper energy needed to work.

Claudia Schiffer, known to everyone, once admitted to a 500-calorie diet, mainly consisting of low-calorie fruits and vegetables. Salad, egg, or apple diets are also known to have been used by models. These extreme behaviors always have consequences because they significantly affect the health and beauty of models who, to survive photo shoots and shows, must eventually start eating.

**Is a skinny model still attractive?**

Thinness is as fascinating as it is controversial. Spain, Italy, Belgium, or France are trying to fight it. They prohibit the employment of models whose Body Mass Index (BMI) is below 18.5. The law provides for fines and even imprisonment for several months.

If you want to lose weight, you can buy a special body analysis scale. You can find it on the Medonet Market.

Organizations fighting against the promotion of anorexic looks also draw attention to fashion magazines that retouch, de-fat, and smooth out every "blemish" on the beauty of models. But does everyone really need to have measurements of 90x60x90? Don't delicate curves on the buttocks give you feline movements? Marilyn Monroe knew how to use it. Her hourglass figure, although she didn't have today's model dimensions, still delights. Remember that retouched to the limit, the thighs of models do not exist. Such a woman simply does not exist.

Fortunately, in everyday life, a woman's appearance takes a back seat. Men pay more attention to character. Studies show that men need closeness, support, and sensitivity the most, and their ideal woman is not as tall as a model. She is at most 165 cm tall with exciting round buttocks.