

nutritional practitioner Pippa Campbell offers insight into what your

snack choices say about YOU.

POLLY VERNON, interviewer, columnist and features writer for *The Times*, says: "If I'm at home, whatever's in the fridge (slithers of cheese, chocolate digestives probably). If I'm at a cafe: brownies. Sugar, basically."

What our expert says: "That cheese is good, one of the better options. Work more on the cheese!"

restaurant critic for The Times, says:
"Fruit. Tangerines are good at the moment, so a few of those. And then some Comice pears, maybe three. If they're a bit hard I hold them under a very hot tap for 30 seconds."

What our expert says: "Three pears all in one go? That's a lot of pears!"

LUCAS OAKELEY, Senior Content Editor at *Mob Kitchen*, says: "A Braeburn apple, a black coffee and two pieces of cool breeze Extra chewing gum, in that order."

What our expert says: "This is pretty weird, it was all sounding normal until we got to the chewing gum. You could try celery instead, celery actually takes quite a lot of chewing."



interviewer for *The Times*, says: "Black coffee, probably. Maybe with a ginger shot chaser. In the old days it would've been fags. I miss the old days."

CHARLOTTE EDWARDS

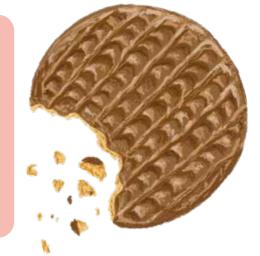
What our expert says: "Good for you for quitting the fags, that ginger shot will be a zinger for the brain." **ESTHER WALKER**, freelance writer and columnist for *iNews*, says: "I usually start off with chopped apple and peanut butter but — as I have small children so have a lot of junk food in the house — invariably I end up eating salt and vinergar Hula Hoops, chocolate-covered raisins and slices of bread smeared with Nutella and folded over. I can usually do one of those in three bites."

What our expert says: "Starts off well... have you seen how much sugar there is in Nutella?"

COLIN PATERSON, BBC

Entertainment Correspondent, says:
"If I'm going onto red carpets I bring a
banana, but to avoid it getting mushed
I bring it in a banana guard. You arrive
with a perfect banana, but when you pull
it out people can think you are carrying
something inappropriate!"

What our expert says: "Do people use banana guards? I know it's a thing but I didn't know anyone actually uses them."



DAVID SMYTH, music critic for the *Evening Standard*, says: "I confess to being a man who eats hot cross buns all year round – it's Easter 24/7 with me. Also a mix of salted peanuts and raisins – needs to be sweet and salty simultaneously or I can't punctuate properly."

What our expert says: "I wonder how many hot cross buns you're getting through, sounds like a comfort food to me."

HATTIE CRISELL, freelance writer and contributing editor of *Grazia*, says: "Obviously it's all about the crisps. My favourite are Co-op own brand salt and vinegar, and sometimes I have them with mayo on the side because I'm disgusting."

What our expert says: "The combination of crisps and mayo sounds absolutely revolting, but if that's what keeps you going!"

FARRAH STORR, head of writer partnerships at *Substack* and a freelance features writer, says: "Fruit gums. I take my anxiety out in every mastication."

What our expert says: "Is it the chewing or is it the sugar? I can imagine you grinding those fruit gums."



All illustrations by Ella Williams