

Telegraph

FIT & FAB

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CELEBSPACE

A t2 CHAT WITH THE BUBBLY
GIRL OF BOLLYWOOD & IPL
— PREITY ZINTA

FIT & FAB

She is perky. She is pretty. And she is the face of Emami Healthy & Tasty cooking oil. Brand ambassador Preity Zinta tells t2 about eating right and her fave bites. And, of course, IPL 4.

What has your association with Emami Healthy & Tasty cooking oil been like? Any anecdotes from the shoot with Mahendra Singh Dhoni that you can share with us?

It has been a very healthy association. It was fun shooting with Dhoni. I was shooting with Prahlad Kakkar after a very long time. The vibe was definitely there considering we all know each other so well. The film was very cute, especially targeted at kids and families. Overall it was a fun experience.

Actors keep very hectic schedules. How difficult is to ensure that everything that you are eating is healthy? Do you make it a point to carry home-cooked food to the sets?

It is difficult to ensure that everything we eat is healthy and good for our bodies and for that reason I make it a point to carry home-cooked meals to my sets. Though it may come in a lunchbox, I prefer it to food from outside.



What are some of your healthy yet tasty platter picks?

Indian food by nature is very tasty as long it is made without too much spice. Well, I have just turned vegetarian. So I particularly enjoy paneer tikkas, vegetable kebabs, vegetable tikkas, *kadi-chawal* and other delicious home-cooked delights.

What do you love eating most?

I believe that everything must be eaten in proportion. But if I had to pick favourites, it would have to be *kadi-chawal* and fruits or even rice and dal.

Are you a good cook?

Yes, I am a very good cook!

You are also very fit. What is the secret to keeping fighting fit every single day?

It's very important to work out and exercise but most of all to eat healthy. Half your weight is your diet. So it is important to eat food that is not too rich in fat and to eat at appropriate intervals.

You are now back to sporting your *Dil Chahta Hai* curls. How difficult is to maintain curls?

Curls are wonderful and I find it easier to maintain them, than to have straight hair. My hair is very wash-and-wear, which means I wash it and keep it healthy-looking and protect it from the sun with a little bit of product. After a long time I am back in curls and it's actually a relief and not a stress anymore.

Finally, your thoughts on IPL 4...

My team, the Kings XI Punjab is of course my favourite team for the IPL. We'd like to think that the worst is behind us as we go forth into IPL 4 and the best is yet to come. (We want) to win!

Saionee Chakraborty

What is your message to Preity Zinta for IPL 4?

Tell t2@abp.in