Martina McBRIDE

The *Shine* superstar is a serious foodie and still stays slim and sexy. We'll have what she's having!

When did healthy food become a focus of yours?
When I became a mom. Having responsibility for another life makes you pay attention! I wanted to put the best things in my body so my babies would get the nutrition they needed.

How do you watch what you eat while you're on tour?
It's hard—you aren't in control of cooking or the ingredients used. I try to make smart choices. (There's fresh fruit on the bus every day.) And we don't eat fast food if we can help it.

What's your best recipe—and why do you love cooking?
I make a great gumbo! Cooking for others is another way to nurture those I care about. It's a great bonding experience.

Which foods make *you* happy?
My favorite comfort food is a peanut butter and jelly sandwich!

KRISTIN BARLOWE

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