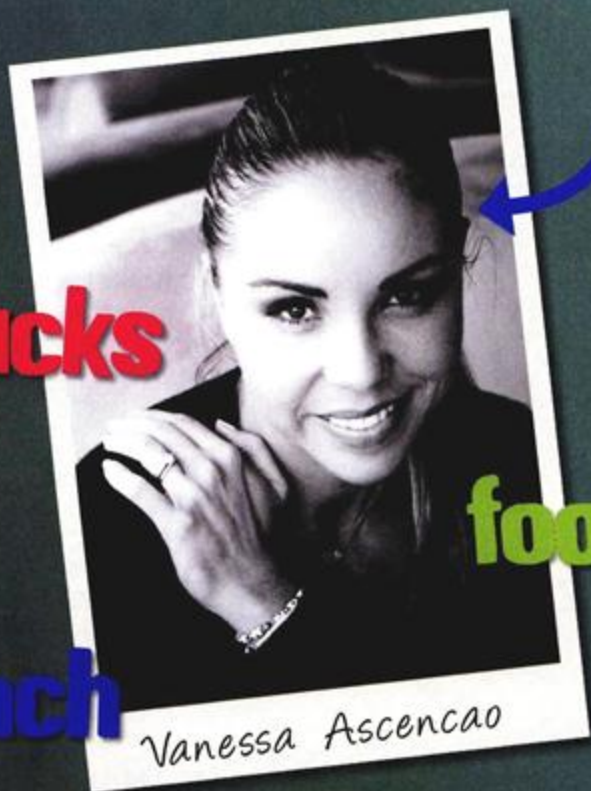


BY CHARLENE NAIDOO

Moms' food diaries

One more chocolate biscuit won't hurt... right? Busted! Nutritionist **Vanessa Ascencao** went over three readers' diets with beady eyes. Here are her assessments



snacks

food

lunch

Vanessa Ascencao

