

## Judy Siblin-Librach

Along the way towards helping others find their dreams, life coach Judy Siblin-Librach does her best to reach her own and eat a balanced diet. *By Melissa Reynolds*



**Occupation:** Television personality, life coach, columnist and author of *Love Mommy: Writing Love Letters to Your Baby*.

**What is your secret food vice?** "I have two! One is diet pop, and my second one is any kind of licorice."

**What's your number one comfort food?** "I love roast turkey with stuffing, mashed potatoes, peas and cranberry sauce. My sister-in-law, Bonnie, has a turkey and stuffing recipe that's one of my favourites!"

**What is your biggest food challenge?**

"Any kind of carbs, like a fresh loaf of French bread with butter – hot out of the oven. Also bagels, pasta, tea biscuits and cinnamon buns, scones, piping hot cheese pizza and all of that yummy, good stuff!"

**What keeps you from eating a balanced diet?**

"I actually keep a very balanced diet, and I've been a long-time Weight Watchers fan. We always have a tray of crudités (raw veggies) available in our fridge, along with glass bowls filled with strawberries, blueberries and raspberries. I love fruit and really do enjoy healthy eating."

**Any food allergies or dislikes?** : "I don't love spinach, and I'm not a huge fan of fish. Although recently, I have taken a liking to tilapia and salmon."