

Nicole Oliver

For Canada's *Crash Test Mommy* host and mother of two, eating a healthy and balanced diet is just another challenge this superwoman tackles.

By Melissa Giddings



Occupation: Host of the Life Network's *Crash Test Mommy* and has appeared in *Outer Limits*, *The Sentinel* and *Stargate SG-1*.

What is your secret food vice? "Cheese. Without a doubt cheese. Applewood smoked cheese and dark chocolate. Although I can have a little bit of chocolate."

What's your number one comfort food? "Popcorn. I just love it. My mom was a big movie buff and we would go to the drive-in and bring popcorn. I love it, love it. Bring on the butter!"

How would you describe your lifestyle? "Busy. It's insane. I'm really active, super on-the-go and always changing hats. Wife, mom, working and going out with friends. I always have to think ahead."

What is your biggest food challenge? "Bread. I love bread but it doesn't adore me at all. Carbs in general."

What keeps you from eating a balanced diet? "Stress. As my life gets more full and my schedule gets busier it gets harder to create time to make good meals and I know I should be eating well."

Any food allergies or dislikes? "I don't like liver and onions though my mother loves it. I'm also not a big gamey person, but I do like eating meat." 

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