



Ted Actress Laura Vandervoort's Favorite Fit Snacks

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Working on a film set with writer and director Seth MacFarlane (the creator of *Family Guy*) must be a great ab workout. Think about how much laughing you would do! We guessed that Laura Vandervoort, who stars in the the new movie *Ted* alongside Mila Kunis, Mark Wahlberg and Joel McHale, might have taken it easy with her exercise routine because of her the workout her co-stars gave her and because her hectic filming schedule, but she did nothing of the sort.

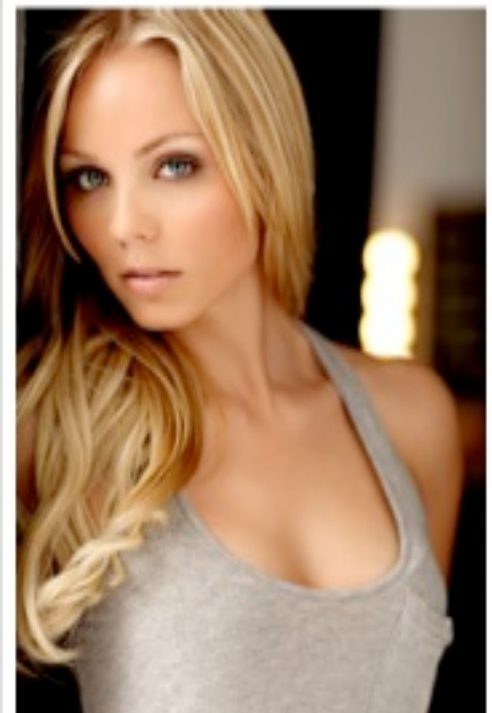
"I love to take indoor cycling classes, do Bikram yoga, Pilates and hike with my friends whenever possible," Vandervoort says.

The thing that makes her truly strong though, according to her pals, is her super-human willpower. "My friends dislike that I have such willpower sometimes," Vandervoort tells us. "But when I can, I love to enjoy my food! I'm a bit of a foodie."

When she's "being good," Vandervoort tries to snack throughout the day. Here are a few of her top picks:

- Quinoa with cinnamon and almond milk over bananas
- Greek yogurt
- Apples with almond butter
- Baked chickpeas with cayenne pepper
- Kale chips

After *Ted*, which is released this Friday, you can catch Vandervoort in an episode of *White Collar* airing this July.



Vandervoort plays Tanya, a co-worker and confidant of Mark Wahlberg's character, John. (Photo by John Bregar)