

# SELF

## SELFy Stars

### Eat Like a Star: Ted's Laura Vandervoort

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*Want to look like a star? Have what they're having! Every week, we'll tell you what healthy meals help our favorite stars power through their day. This week, we talked to actress Laura Vandervoort, who stars opposite of Mila Kunis and Mark Wahlberg in the comedy Ted, in theaters now!*

Vandervoort is known for her roles in *Family Guy* and *Smallville*, and can currently be seen staring alongside Mark Wahlberg and Mila Kunis in the Seth McFarlane directed comedy, *Ted*, as Tanya, Wahlberg's character's coworker at a car rental store. "He's dating Mila's character Lori and his childhood friend, a teddy bear, comes to life and stays with him through adulthood. The teddy bear gets in the way of his relationship. My character, Tanya, is his advice giver. I basically hang with the guys, but also give heart to hearts when they are called for."



"I find it hard to always stay on track and get my vegetables and protein in," says Vandervoort. "I decided to freeze several zip bags full of kale, half a banana and blueberries for a smoothie each morning. This makes it easier for me to simply throw the ingredients in the blender with my protein powder. I also am a huge fan of Greek yogurt--it's another great way to get your protein. It fills me up and gives me long-lasting fuel until lunch. Add a cup of coffee and almond milk and I'm ready to go!"  
--Alyssa Longobucco

Photo Credit: John Bregar

