# Davina McCall shares recovery journey and the role of healthy eating advice from her daughter



Davina McCall, the well-known television presenter, has revealed that her recovery process following brain surgery has been significantly influenced by unexpected guidance from her daughter, Holly. The surgery, which occurred in November 2022, involved the removal of a benign tumour measuring 14mm. As McCall continues her recovery, she has also continued to work and has expressed gratitude for the support she has received during this challenging time.

In an interview with Hello! magazine, McCall highlighted the role of her 23-year-old daughter, who is a practising dietitian, in helping to improve her diet post-surgery. Holly has advised her mother to incorporate nutrient-rich foods such as chickpeas, quinoa, and lentils into every meal. McCall shared, "She tells me to add chickpeas, quinoa, and lentils to everything. She helps me to cook, and I stocked up on frozen meals so I didn't need to cook anything for the first two months."

In addition to her daughter's influence, McCall's partner, Michael Douglas, has also been a key figure in her recovery journey. Discussing her return to work on the BBC programme The One Show, McCall recounted her initial nervousness about going back to her professional responsibilities. "I got a bit nervous about going back to work. I kept in my head [that] I could make an excuse," she explained. However, Douglas was a source of encouragement, reassuring her with, "Michael said to me, 'I know you; I know how much you love work and how much it means to you. I know you're scared, but this is the final piece of the jigsaw, and I think it's gonna make a big difference when you go back.'"

Despite her frustration with Douglas's confidence in her, McCall found immense joy in returning to work. "I was so angry with him, but when I went back, at the end of the day I sat in the car and was like, 'Yes!' It felt so good to see everybody and to be back to normal," she said.

McCall's advocacy for healthy eating aligns with broader recommendations from health professionals regarding plant-based foods. Chickpeas, for example, are praised not only by McCall but also by other celebrities such as Kate Winslet, who shared her enthusiasm for the nutrient-dense legume on the Table Manners podcast. Winslet stated, "I couldn't live without chickpeas. Actually, I couldn't live without chickpeas and olive oil, really, because I just...I feel like I just; we use so much of it." She further highlighted their nutritional benefits, noting they are "full of calcium" and "very high in protein."

Experts have echoed the importance of incorporating foods like quinoa and lentils into diets. Dr John Burke, chief medical officer for AXA Health, stated that whole grains such as quinoa are beneficial for heart health due to their high levels of fibre, which help to regulate blood pressure and cholesterol. He elaborated that quinoa, known for being a gluten-free grain alternative, contains essential nutrients such as fibre, magnesium, B vitamins, iron, and antioxidants.

This nutritional focus is also supported by studies, such as one from the British Heart Foundation, which suggested that lentils could aid in reducing the risk of heart disease by lowering cholesterol levels. In discussing the study's findings, former senior dietitian Victoria Taylor emphasised the affordability and health benefits of pulses, saying, "Pulses are a nutritious and inexpensive choice. They are low in fat and provide us with protein, vitamins, minerals and fibre."

As both McCall and health professionals advocate for the inclusion of these foods in daily meals, it is advised that individuals considering significant dietary changes consult with a healthcare provider.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.the-independent.com/arts-entertainment/tv/news/davina-mccall-brain-tumour-health-update-instagram-b2649484.html> - This article confirms that Davina McCall underwent brain surgery to remove a benign tumour and highlights her recovery process. It also mentions the role of her partner, Michael Douglas, in keeping fans updated.
* <https://people.com/tv-presenter-reveals-surgery-for-rare-brain-tumor-asks-fans-to-say-a-prayer-8745937> - This piece details Davina McCall's diagnosis with a rare benign brain tumour and her decision to have it removed via a craniotomy. It also mentions the support she received from her partner and the public.
* <https://www.standard.co.uk/showbiz/celebrity-news/davina-mccall-mbe-dad-big-brother-instagram-b1201461.html> - This article shows Davina McCall's recovery progress, including updates on her well-being and her return to normal activities post-surgery. It highlights the support she received from her partner and the visible outcomes of the surgery.
* <https://www.britishheartfoundation.org/heart-matters-magazine/nutrition/healthy-eating/heart-healthy-foods/lentils-and-pulses> - This source supports the nutritional benefits of pulses like lentils, which are mentioned as part of Davina McCall's dietary changes. The British Heart Foundation suggests lentils can help reduce the risk of heart disease.
* <https://www.axahppcare.co.uk/advice/tips-and-advice/nutrition/healthy-foods-for-heart-health/?sgcid=701200000000x3pAAA> - AXA Health's advice on nutrition includes the benefits of whole grains like quinoa for heart health, aligning with the dietary recommendations shared by Davina McCall and health experts.