

Serena Supporting Venus's New Diet; Eating More Raw Foods

Written by Forward Times Staff
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Serena Williams says she has changed her diet in support of big sister Venus and her new health challenges.

Serena said she's cut down on eating chicken and fish and is eating more raw foods like Venus, who adopted the change to help her body cope with Sjogren's syndrome, an autoimmune disease that can cause fatigue and joint pain. But while the new diet has been a big change for Venus, it's not been that big a deal for Serena, she says.

"I've always been a better eater than her, even though I'm a lot, lot thicker," she tells the AP, laughing during a recent phone interview.

Serena said since she lives with Venus, she is mindful to eat foods that won't tempt her.

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