

Why Singer John Legend Eats Salad for Breakfast

His wife, Chrissy Teigen, thinks leafy greens as the first meal of the day is weird, but the singer wants to keep his cholesterol down.

March 26, 2019 By [Alicia Green](#)

John Legend has had a lot of success in his career. He is the first Black man to have won an Emmy, Grammy, Oscar and Tony, among many other accolades. Now, the singer-songwriter wants to reduce his chances of developing heart and cholesterol issues, reports [PEOPLE](#).

“My doctor told me that I needed more antioxidants in my diet because I had hereditary cholesterol issues, and he told me that adding vegetables was a good way to address it, so I started having something green with every meal,” Legend told [PEOPLE](#).

One of the ways the entertainer incorporates more veggies into his diet is by eating a salad for breakfast every morning—something “leafy with a little vinaigrette,” he said. (According to the [American Heart Association](#), a diet that emphasizes high-fiber foods, such as fruits, vegetables, and whole grains, can help lower cholesterol levels by as much as 10 percent.)

Legend explained that he was committed to being more vigilant about his health because his family is prone to heart and cholesterol problems.

His newfound healthy journey led him to team up with the juice company Naked for its “However You Healthy” campaign.

According to Legend, “This campaign is about celebrating and supporting people making both big and small choices in the direction of living a healthier life, whether that’s in the direction of more exercise or eating more vegetables or fruit.”

The artist also commented on the high-calorie meals his wife prepares and posts on social media. “We show a lot of things we cook, but there’s a lot we don’t show,” he noted. “And even if we’re making things for the cookbook, that doesn’t mean we’re having massive portions of it. Everything’s in moderation.”

In addition, Legend expressed interest in doing another juice cleanse. (He did this detoxifying regimen for one week before his live performance of Jesus Christ Superstar.) “It’s a way to focus

and consume less calories,” he said.

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