

Talking about beefing up one's physique and expressing happiness at donning a superhero's outfit is hardly a new development from Hollywood but as we all wait patiently see a glimpse of Henry Cavill in his new Superman outfit, it's something that apparently needs to be said from the actor to TotalFilm...

**Read more:** [http://www.mania.com/cavill-talks-superman-diet\\_article\\_130722.html](http://www.mania.com/cavill-talks-superman-diet_article_130722.html)