

WE'LL HAVE



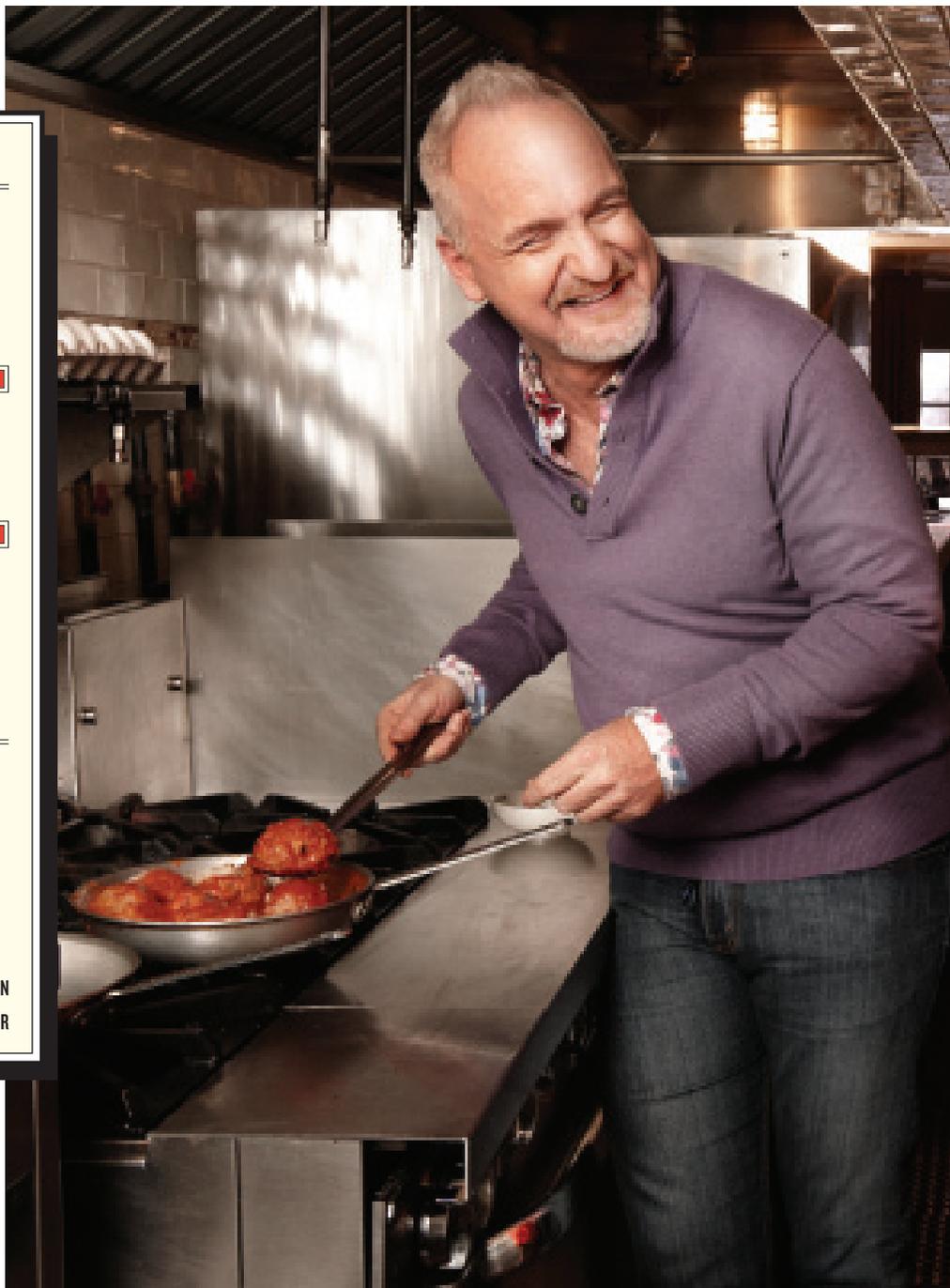
WHAT THEY'RE HAVING



ART SMITH, CAT CORA, AND CURTIS STONE ARE AROUND GREAT FOOD ALL DAY, EVERY DAY, YET STILL MANAGE TO STAY TRIM. HOW DO THEY (AND THE FIVE OTHER CHEFS ON THESE PAGES) DO IT?

Written by.....LEAH ROZEN

Cover and opening photographs by.....BEN BAKER



Three chefs walk into a restaurant. No, it's not the setup for a joke; it's what happened last month when a trio of celebrity whisk-wielders, Art Smith, Cat Cora, and Curtis Stone, convened in a Manhattan eatery to dish about how, in the midst of relentless culinary temptation, they manage to eat healthy and stay fit. (Not one mentioned a high metabolism.)

They weren't just talking through their toques. Smith, 52, a former private chef for Oprah Winfrey and a partner in five restaurants, lost 120 pounds after being diagnosed with type 2 diabetes in 2009. Cora, 44, the sole female chef on *Iron Chef America* and cohost with Stone of Bravo's new *Around the World in 80 Plates* (which starts May 9), shed 25 extra pounds after giving birth to a son three years ago. Although Stone, 36, has never had trouble buttoning his jeans, the Australian-born star of *The Celebrity Apprentice* and *Top Chef Masters* says his fondness for food makes regular exercise mandatory to keep his physique TV-trim.

The longtime friends and colleagues continually laughed and teased one another, but all got serious when discussing what goes into maintaining a healthy lifestyle.

PARADE: Which matters more: what and how much you eat, or how much you exercise?

SMITH: I don't think that you can do what we do without exercise.

STONE: It's all about balance. My way of achieving that balance is doing a load of exercise because I eat a lot of food.

SMITH: I've known you for 10 years, and I don't think you've ever had a problem with weight.

STONE: The problem is I just absolutely love food.



Lee Anne Wong, 34

Top Chef season 1
"fan favorite" and an
executive chef at the
French Culinary
Institute

Rocco DiSpirito, 45

Host of *Rocco's
Dinner Party* on Bravo;
author of the *Now Eat
This!* series

How much he lost:
40 pounds

The turning point: "My doctor diagnosed me with high blood pressure and high cholesterol, and he gave me a list of prescription medications that I could take. But I wanted to see if I could [improve my numbers] on my own."

What made the biggest difference: Getting in touch with his inner jock. "Five years ago I decided to sign up for a triathlon. During training, you have to eat a lot of food, but high-quality calories. I learned to cook the food I love in healthy ways." Today, DiSpirito has completed more than a

dozen triathlons, including an Ironman in 2009. **Best advice:** "Stay away from processed food, whether it's premade pasta sauce or frozen pizza. It's easier than you'd think to make your own, and it will not only taste better, it'll be healthier, too." —Melba Newsome



How much she lost:
50 pounds

The turning point: "I didn't realize how big I'd gotten until I saw myself on *Top Chef*. Working late at night as a line cook, I would go out with the guys after work, drinking

beer and eating ham-burgers and french fries. Do that every single night for a couple of years and it's easy to pack on 50 pounds."

What made the biggest difference: Like many chefs, Wong learned very little about nutrition in culinary school and needed help implementing a healthy diet. "A holistic health counselor taught me to incorporate more vegetables and whole grains, since I used to eat a lot of protein. That's when the weight really started to come off."

Best advice: "Don't fall for gimmicky products that seem healthy, like flavored waters. They are loaded with hidden calories." —M. N.

So do you all work out every day?

SMITH: I run almost every day. I'm going to take my run in the park after this. I always keep a pair of running shoes at work and I have running shorts on under my jeans.

CORA: I will also be working out after this. When I'm home in Santa Barbara, I run, because I have the beach right there. But when I'm on the road, I do the elliptical.

STONE: Cat's good. Cat and I traveled the world together [for *Around the World*] and she would exercise every day. I totally let it go on that trip. I just ate and drank.

SMITH: I always run into you at the gym. You're always working out.

STONE: Not today. But when I'm home [in Los Angeles, where he lives with *Lipstick Jungle* actress Lindsay Price and their infant son], I surf.

Cat and Art, you've both lost weight successfully. What's your single best tip for taking—and keeping—it off?

CORA: Exercise is 50 percent of it. It's a good way to start, because it makes you feel better. And cut out sugary sodas and fast food.

SMITH: A wonderful big leafy green salad will change your life every day.

CORA: That's good.

STONE: And drink a lot of water. I'd also say have some food rules. It might be "I don't eat fried

Devin Alexander, 40
Host, *Healthy Decadence With Devin Alexander*, author, *The Biggest Loser Quick & Easy Cookbook*

How much she lost:
70 pounds

The turning point: "With two Italian grandmothers, I started cooking at age 4—and dieting at age 8—but I had a hard time finding a diet I could stick with. By age 15, I was close to 200 pounds. My life changed when I read that you can lose 10 pounds a year by cutting 100 calories every day. That was huge because I would never be able to give up my favorite foods—like desserts—forever."
Biggest temptation: Writing *The Biggest Loser Dessert Cookbook*. "I prepared over 400 desserts



from 85 recipes and had to taste them all. Before I started, I made a commitment to eat salad, vegetables, chicken, and fish the rest of the day—no lasagna, no fries."
Best advice: "Look for easy ways to shave calories. For example, oven-baking instead of frying the chicken for chicken Parmesan saves 100 calories without sacrificing taste." —M. N.

food" or "I won't eat processed carbs after 3 p.m." Establish a few rules in your diet that you just don't cross.

If we're establishing rules, let's lay down some for smart snacking. What are your favorite healthy nibbles?

STONE: For me, it's either soup or dips. I'll make them up at the start of the week and keep them on hand in the fridge. So then whenever I get hungry, I can heat up a little cup of soup, or get some carrot sticks and some hummus.

CORA: Mine's probably a little light cheese, crackers, almonds, and hummus.

SMITH: Bananas. Easy and portable. I love them.

CORA: Be careful, don't eat too many. They'll constipate you.

Okay, but surely you don't eat healthy all the time. What's your guilty pleasure?

STONE: You mean with food, right? [*everyone laughs*] Tacos—because we don't have them in Australia, so they're relatively new to me. Once or twice a week, I'll do a late-night run down to an East L.A. taco truck.

CORA: I have ice cream, butter pecan. It's my little treat a few nights a week. Give me a few bites of that, you know? We have a great place in Santa Barbara, McConnell's, and they make their own.

STONE: McConnell's, yeah, yeah, yeah!

SMITH: I love pizza. I met my husband [artist Jesus Salgueiro] over pizza. I need to have it at least once a week. But there's a lot of bad pizza; I won't put it in my mouth if it's not artisan or handmade.

STONE: No deep dish?

CORA: Thin crust is where it's at, I'm telling you.

STONE: I don't understand deep dish.

SMITH: It's too thick.

Cat, you've got four young sons [with partner Jennifer], and Curtis, you have a new baby boy. How do you get kids to eat healthy?

CORA: At [age] 3, start saying to them, "Let's all make a family decision about dinner tonight. Do we want chicken or salmon? Do we want broccoli or edamame?" Give two options, not three, four, five. The more invested they are in the meal, the more likely they are to eat it.

STONE: My boy is too young, but I have a big veggie garden, and I get my nephews invested in food that way. I let them plant seedlings and then later they pick the zucchinis. They're excited to eat it because they've been a part of it. I know Art does a lot of that with Common Threads [a charity Smith founded in Chicago that teaches low-income children how to cook wholesome and affordable meals].

SMITH: As Curtis and Cat said, you have to engage them. Treat them as adults; serve fresh foods, organics, sushi, curries, and things like that. Don't dumb it down.

CORA: Yeah, don't dumb it down for them. I'll sit around with a salad, or bring home sushi, and my kids will eat off of my plate. They want to try it, to eat what we eat.

Cat, you're from Mississippi originally, where even the pickles are fried. What's a healthy but still delicious alternative to frying food?

CORA: You can grill or bake, roast, steam, or do a quick sauté.

STONE: There's a million ways to do it, but it takes a bit more creativity. The beautiful thing about frying is that it gives you this incredible texture. But you can also get an incredible crunchy texture from raw vegetables and from things like dried kale that you dry in the oven.

CORA: Drying kale is great. I also have a couple recipes where I coat fish sticks and chicken strips with nonfat buttermilk and crushed cornflakes. Crush the flakes, roll it in that, and bake it really crisp. Art, don't you do that?

SMITH: Yeah, I developed an Unfried Chicken. Basically, it's fancy Shake 'N Bake with multigrain flakes. It's the No. 1 seller at LYFE Kitchen [his health-conscious restaurant in Palo Alto, Calif.].

Nate Appleman, 32
Contestant,
The Next Iron Chef,
winner, *Chopped All-Stars*



How much he lost:
90 pounds

The turning point: "I've been a foodie all my life. As a kid, instead of cartoons, I watched Julia Child and *The Frugal Gourmet*. I kept gaining weight until five years ago, when my son was born. I was 250 pounds and didn't want to be that dad who couldn't go to the park or run around with my kid."

Biggest temptation: "I have to travel constantly for work, and it's hard to stick to a regular diet when your schedule is chaotic. It's very tempting to grab airport junk food. I try to avoid that by always traveling with healthy snacks like nuts or dried fruit."

Best advice: Get on an exercise regimen and stick with it, even if you don't see immediate results. "When I started, I could barely run a block, and there were months and months of pain in my legs. But I didn't give up because it was for my son. Now I run daily and ride my bike everywhere." —M. N.



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Go to dashrecipes.com/chefs for more chef-tested weight-loss tips and tricks, slimmed-down recipes for your favorite foods, and exclusive behind-the-scenes video from our photo shoot. Plus, on Monday at 1:30 p.m. ET, join us at Facebook.com/parademag for a live chat with Curtis Stone!

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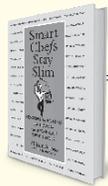
SMART EATING RULES CHEFS SWEAR BY

1 Put down the spoon, pick up a carrot. In the kitchen, "you can be tasting and feel like you haven't eaten anything, but meanwhile you've already ingested 800 to 1,000 calories in sauces alone," says Michelle Bernstein, chef-owner of Michy's and Sra. Martinez in Miami. Her solution: "Dipping lettuce or a carrot means my body doesn't trick my mind into thinking I haven't eaten anything, plus it means I've had something nutritious (but not highly caloric) before the meal."

2 Like to snack? Make it a meal.

"I'm a nervous eater," says Andrea Reusing, chef-owner of Lantern in Chapel Hill, N.C. "Some nights I find I've eaten my day's calories in croutons." Rather than curb her grazing, she stopped sitting down to a meal after a shift spent tasting sauces and meats and found she wasn't missing anything. "Breakfast-lunch-dinner is not always the way to go," agrees Marcus Samuelsson, chef-owner of Red Rooster Harlem in New York City. "A lot of people in the world don't eat that way, and they're in great shape."

3 Keep portions small. "The most compelling portion of a dish is the first three or four bites," says renowned chef Thomas Keller of New York's Per Se and the French Laundry in Yountville, Calif. The 10th spoonful of ice cream, the umpteenth tortilla chip with guacamole—none are as great as the first (or second or third). His advice: Have less, savor more. To Keller, the perfect time to part ways with a plate of food is when you're still wishing for one more bite.



← From *Smart Chefs Stay Slim: Lessons in Eating and Living From America's Best Chefs* by Allison Adato. Available at amazon.com.

Who here has a sweet tooth, and how can you satisfy it without loading up on calories?

SMITH: I'm addicted to sugar. I could eat pints of the stuff.

STONE: If I could make a Hummingbird Cake [a signature Smith confection] like you do, then I would be addicted to sugar as well.

CORA: You can do fruit, with a tiny little bit of fresh whipped cream on it. Or use a sweetener like agave or a little honey.

SMITH: I like to get really good, sweet fresh fruit and pair it with delicious Greek yogurt. That's like the best snack ever, and it is high in protein.

CORA: And you can sweeten it with a little honey, too.

STONE: There's dried fruit as well. And, like Art said, mix it with natural yogurt.

SMITH: It's so great now that yogurt is so mainstream.

CORA: [*joking*] Wait until the Cat Cora brand comes out.

Last, but certainly not least: Is there room in a healthy life for chocolate?

STONE: Oh, that's a tough one. I need to have a bit of chocolate in my life, I do.

SMITH: I'm ↻ *continued on page 20*

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like Curtis. I can't imagine what life would be without it. When I eat it, it brings comfort.

CORA: A bit or a bite?

STONE: A bit.

SMITH: What's a bit?

STONE: Well, four or five pieces.

CORA: Yeah, that's what I'm talking about! [*everyone laughs*] ■

Michael Psilakis, 43

Costar of BBC America's *No Kitchen Required*; executive chef at Kefi and Fishtag in N.Y.C. and at MP Taverna in Roslyn, N.Y.



How much he lost: Over 80 pounds
The turning point: "I never ate bad food; I just ate too much of it. At 30 years old, I wore size 44 pants and tipped the scales at 300 pounds. The weight put an enormous strain on my knees, feet, and back. I was in a lot of pain."

Biggest challenge: "The amount of calories I ingest while developing and testing recipes is huge. It's not unusual for me to gain 15 pounds in a month. Now when I'm done, I go on a three-day fast to recondition my body to portion control."

What made the biggest difference: "I love Greek food—it's what I grew up eating—but it's really heavy fare, and I ate way too much of it. I started cooking more vegetable-based dishes and fewer meat-based dishes, and I cut my portion sizes in half."

Best advice: Quit the clean-plate club. "I used to eat beyond being satiated just because I liked the way it tasted. Stop eating when you're full, not when your plate is empty."

—M. N.

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