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How to Eat All Day (and Still Stay Slim)

We asked eight superchefs how they do it—and refused to take “I have high metabolism” for an answer! Their delicious secrets are right here. BY SARAH JJO



Suzanne Goin, chef at L.A. restaurants Lucques, A.O.C. and Tavern

“At home, I garnish fish or chicken with a mixture of low-fat Greek yogurt, shallots tossed with lemon juice, and mint leaves. The yogurt adds a richness that tricks your taste buds into thinking it’s a cream sauce.” • “I do Pilates twice a week with a trainer. I’m disciplined at lots of things, but exercise is not one of them, so having an appointment helps.”



Carla Hall, Top Chef contestant and owner of Alchemy by Carla Hall

“Heavy meals zap my energy, so I love this salad: kale with a pear vinaigrette (whisk olive oil, vinegar, Dijon mustard and pear juice, which you can get at most health food stores). I top it with roasted nuts and diced pears for protein and fiber.” • “After hours in the kitchen,

my body craves yoga. I alternate it with spinning, which I used to be afraid of but now love!”



Cat Cora, star of Food Network’s Iron Chef America

“I keep snacks like raw almonds, fruit and whole-grain cereals handy to curb my appetite and stay energized.” • “Instead of adding more oil or fat to a dish, I use citrus to punch up the flavor, like a squeeze of lemon on salad.”



Sophia Brittan, chef and kitchen caravan.com writer

“I watch portion sizes by sitting down for meals instead of picking.” • “If I have a big lunch, I’ll go for a light dinner, sometimes just yogurt and fruit.”



Joanne Chang, chef at Boston’s Myers + Chang and author of Flour

“To moderate my sweet tooth, I eat fruit; it’s full of fiber and nutri-

ents so I don’t fill up on pastries.” • “I schedule in exercise every day—it’s nonnegotiable.” • “Having to taste everything at work has taught me to savor food. I get more satisfaction from just a few bites when I’m mindful of what I’m eating.”



Ashley Rodriguez, Seattle pastry chef and notwithoutsalt.com blogger

“I often slash 25 percent of the sugar when making desserts; most are too sweet to begin with.” • “During spare moments, I’ll do a few squats and leg lifts. Those bursts of activity give me more energy than caffeine or sugar.”



Devin Alexander, author of The Biggest Loser Dessert Cookbook

“When I’m baking, I don’t enter the kitchen hungry.” • “I allow myself indulgences, even bacon, but I make smart choices, like center-cut pork bacon—40 percent leaner than the traditional stuff!”



Kelsey Nixon, star of Cooking Channel’s Kelsey’s Essentials

“I stopped counting calories; now I eat until I’m full. I enjoy food more, and I’ve even lost weight.” • “I live in New York City, so my legs take me everywhere. As a rule, if my destination is within 15 blocks, I walk. The three floors of stairs I climb each time I come home help too!”



LET THE RECORD SHOW... Eight out of eight chefs eat dessert!