

## 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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