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# GLAMOUR

## Body By Glamour

### Margarita Shapes Up

Dinner with Hilary Swank's nutritionist!



*Me and Oz*

Remember my [post](#) a few weeks ago about the celeb body I covet most: Hilary Swank's? Well, last night I ended up seated next to the man whom she's claimed has changed her life, celebrity nutritionist [Oz Garcia](#). I'd been invited to superchef [David Bouley](#)'s Test Kitchen to have a nine-course (nine courses!) tasting dinner based on the foods he's been perfecting for a healthy restaurant opening early next year in Anguilla.

When I got there, I'd expected we'd be treated to boiled chicken and egg-white smoothies. Not so much! Instead of creating a menu considering only the bad-for-us ingredients we shouldn't eat, explained Bouley, he and Oz came up with dishes that give us exactly what our bodies need. They're calling it "haute *functional* cuisine," and the idea is that every dish is infused with antioxidant-packed, disease-fighting, bone-densifying, life-extending ingredients. (They poached the fish in green tea, for example, because of its correlation to reducing the risk of cancer.) But the food was

so over-the-top with flavor that I actually put my fork down and sauntered into the kitchen to ask the chef if he'd used butter. Turns out it was a miso-based sauce--not a lick of cream! Most of the dishes, in fact, were inspired by the cuisines of Japan and Crete, since people from those countries live the longest.

In between little bites of heaven, I fired off all the health Q's I could think of to Dr. Oz. Here's a snippet of our conversation:

**Do I have to stop eating three hours before I go to bed?**

No, eat when you're hungry.

**So what can I eat if I'm hungry 10 minutes before bed?**

Anything that really satiates. You're always going to want to look for something to really satisfy the hunger--not perpetuate it. A slice of turkey, baby carrots, a piece of fruit. That thing that satiates will be different for everyone.

**I think I'm afraid of the feeling of being hungry--so I eat.**

Hunger is not something to be feared. When we're not giving in to it, it's not effective to think of it as "resisting" hunger--because what we resist, persists. We should think of hunger in terms of something that we can *tolerate* instead of resist. Hunger isn't going to kill you.

**I'm surprised there's bread on the table.**

Well, you have to leave room in your life for recreational eating.

**Why is there so much soy and miso on the menu?**

Miso is an excellent source of probiotics--it builds and boots your immune system on a daily basis. Many of the foods in Japanese cuisine--pickled veggies, tempeh, miso--are high in probiotics. These are great because not only do they make your body function better but they also help your emotional state.

**What do you think of a lot of the "nutritional" bars and meal replacement bars out there?**

I don't like a lot of them. Eat real foods.

**How about Gnu bars? I love those.**

Yes, Gnu bars are good.

**Can I eat nuts if I'm trying to lose weight, even though they're fattening?**

Absolutely. Fats are important--they are the fuel that keep us moving. Almonds and pistachios are better than peanuts, though.

**I kind of know how to eat; I just don't always do it.**

No, you don't. Knowledge is embodiment. We only really know something when we *do* it. Want more knowledge? Read these three books: Good Calories, Bad Calories, by Gary Taubes; The Warrior Diet, by Ori Hofmekler; Maximum Muscle, Minimum Fat, by Ori Hofmekler

**Should I feel guilty about finishing this amazing dessert?**

How often does David Bouley invite you to dinner? Enjoy it.

P.S. When someone over at Spiegel, Inc. came across my blog entry about needing new clothes that fit me, she sent me over a few samples from a new line of theirs called Shape fx. (Yes, it was a nice perk of the job!) One of them is the shirt I'm wearing in these pictures. But my favorite is a **little black dress**--the built-in-control fabric really works! Check it out.



*Me and David Bouley*



*The room*



*Dessert! My fave!*

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