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## Healthy chef goes with the grain **[Boston Herald]**

Jan. 10--Chef Phyllis Kaplowitz knows a thing or two about weight loss.

The 40-year-old culinary maestro from Bakers' Best Catering in Newton shed nearly 100 pounds in a year by noshing on such dishes as maple-glazed salmon with a side of spinach and wild mushroom quinoa, wheat berry Waldorf salad, and Vietnamese shrimp-and-mango summer rolls with lime dipping sauce.

It sure beats rice cakes and celery sticks.

Kaplowitz will teach others how to slim down by making meals rich in nutrients and flavor during a one-night class at the Boston Center for Adult Education Monday night.

"When you are around food the whole time, you are with your best friend and your worst enemy. You have to learn how to manage it. People who are overweight aren't food addicts, they just make bad choices. It's tough when you are a chef to create a balance," Kaplowitz said.

Reaching for the wrong foods put the 5-foot-5-inch Kaplowitz on a dangerous path toward diabetes and heart disease. Before altering her choices and adding exercise to her routine, the former Jacob Wirth chef weighed 277 pounds.

"Whatever meal I have, I try to pick ingredients that will give me the best nutrients. When you start exercising, there are superfoods that help you achieve your goal faster," she said.

Among those are grapefruit, which helps restore oxygen after you work out, Kaplowitz said.

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Kaplowitz uses whole grains, such as quinoa, wheat berries and faro, as vitamin-packed stand-ins for starches.

To reduce meal preparation time, Kaplowitz said she cooks the grains at the beginning of the week and keeps them in the refrigerator.

The keys to success, she emphasizes, are portions and planning.

Kaplowitz admits her methods are challenging, but hopes to make things easier for others by starting a blog with healthy recipes.

"I kind of have an advantage being a chef. I am introduced to a lot more flavors than the average person," she said.

And when it comes to creative ways to battle the bulge, even chefs need a timeout.

"If I get busy or worn out, I reach for one of those prepared Weight Watchers meals or soup," she said. "But I always have my nose in a cookbook."

"Gourmet Cooking for Weight Loss" with chef Phyllis Kaplowitz, Boston Center for Adult Education, 122 Arlington St. Monday, 6-9 p.m. \$54, plus \$20 for materials. Call 617-267-4430 or go to [bcae.org](http://bcae.org).