

# Carol Alt Quotes

*Sexy, Needs, Beautiful, People, Trying, Sometimes, Way, Abnormal, Looks,  
Running, Thinking, Stars, Helping, Sick, Meals, Hockey, Careers, Magazines,  
Passion, Responsibility*

My mom cooked pot roast with noodles and frozen vegetables. Or she'd make spaghetti or hot dogs, or heat up TV dinners. Before I started modeling at age 19, I was 5'8" and weighed 165 pounds.

~Carol Alt

I never thought I was the most beautiful model out there or the most sexy woman, but I was a hard worker

~Carol Alt

Everybody's eating all my - brownies, granola, anything you eat cooked, I can find you raw.

~Carol Alt

If you have a moral compass, and you stay with it, people will always gravitate towards you.

~Carol Alt

When somebody gives you a sexy look, you know they're trying. It's terrible! But when you smile, it's so much sexier!

~Carol Alt

I hope that women everywhere will wear this jewelry and feel the passion and love that is, to me, the real spirit of True Harmony.

~Carol Alt

Sometimes fact is stranger than fiction.

~Carol Alt

It's not about failure; it's about trying something and risking something for attaining your goal.

~Carol Alt

If I'm making a movie and get hungry, I call time-out and eat some crackers.

~Carol Alt

I don't eat celery. I eat raw milk, cheeses.

~Carol Alt

It doesn't matter what age you are. You can look sexy and feel great, and that doesn't have to be a gift only for the young. It can be a gift for any age, even the old, whatever that is nowadays.

~Carol Alt

I'm not a vegetarian.

~Carol Alt

The sexiest thing about a women is her health. When you feel good, everyone is attracted to you. But if you look sick, they'll steer a wild path around you.

~Carol Alt

There was really no friendship in modeling, though a certain amount of warmth comes from running into models you know on shoots, because you end up in so many unfamiliar places, from Alaska to Africa.

~Carol Alt

I found my prince - he's a hockey player and we met at an NHL event, the last place I'd ever expect to meet someone, but there he was.

~Carol Alt

Society says that men need to be bigger and stronger, and they must protect their women and so on.

~Carol Alt

I am thrilled to be able to bring my vision of beauty to others who may be inspired by it.

~Carol Alt

Becoming an actress takes a lot longer than being a star. I don't want to be a star. I want to be an actress. I want to build a career.

~Carol Alt

Elle MacPherson is absolutely amazing; she is just so beautiful.

~Carol Alt

I think that what scares me more than getting fat during pregnancy is the responsibility of a child

~Carol Alt

Just because you're beautiful, they think you can't act.... I've got a lot more to prove.

~Carol Alt

I'm not a fast driver. I've seen what speed can do.

~Carol Alt

I never drank except a couple sips of wine at Thanksgiving.

~Carol Alt

Food should be raw, just the way God intended it!

~Carol Alt

There was a point in time when I was in dire need of changing the way the model agency was working.

~Carol Alt

I have a sentimental feeling for my very first cover I was on - it was 'Bazaar' Magazine

~Carol Alt

If you can eat 70 percent raw or introduce raw into your diet, it will help your health

~Carol Alt

Sometimes I get so wrought up being brushed, poked and pinned all day.

~Carol Alt

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