

# Giada De Laurentiis Quotes

*People, Thinking, Mother, Kids, School, Home, Fun, Children, Yoga, Pasta,  
Mom, Italian, Kitchen, Men, Long, Brother, Oil, Stress, Years, Cooking*

Pasta doesn't make you fat. How much pasta you eat makes you fat.

~Giada De Laurentiis

I spent time at my grandfather Dino's gourmet store where he brought in chefs from Naples to cook. I thought of them as rock stars.

~Giada De Laurentiis

The holidays stress people out so much. I suggest you keep it simple and try to have as much fun as you can.

~Giada De Laurentiis

Food brings people together on many different levels. It's nourishment of the soul and body; it's truly love.

~Giada De Laurentiis

I'm into very colorful food. Obviously lots of flavor, but I think we eat with our eyes first, so it has to look great. The presentation has to be great.

~Giada De Laurentiis

When I was a kid, for my birthday every year, my mother made me pasta bechamel, which is rigatoni with a white cream sauce.

~Giada De Laurentiis

My grandfather gave me inspiration to cook, and love food and flavors. My Aunt Raffie, gave me creativity and the inspiration to create new things. My mother inspires me to find simplicity in food.

~Giada De Laurentiis

I grew up in the kitchen, mostly with my grandfather, my mother and my aunt Raffy.

~Giada De Laurentiis

Opportunities present themselves and you have to enjoy the ride. All of

us get so worried about the next step that we don't enjoy the moment we're in right now.

~Giada De Laurentiis

You just need a little perspective. Warmed chocolate can give you that.

~Giada De Laurentiis

It's more intimate. Food can connect people in a forever sort of way.

~Giada De Laurentiis

I want my daughter to see a strong woman who goes after what she wants.

~Giada De Laurentiis

For a healthy alternative to buffalo wings, slide the bone of a human finger into a block of tofu and bake.

~Giada De Laurentiis

I have been blessed with a good, fun, and wonderful life, but I've also seen a whole lot of pain.

~Giada De Laurentiis

As long as you're eating well and moving your body every day, age is just a state of mind

~Giada De Laurentiis

Everything in moderation.

~Giada De Laurentiis

My mother and I, our favorite part of any baked pasta is the top, where the cheese gets crusty.

~Giada De Laurentiis

I'm comfortable in my own skin. I know I'm not going to ever be Cindy

Crawford or Elle MacPherson.

~Giada De Laurentiis

Don't expect too much from yourself. What I like to do when I have a day off is make various cookie doughs and freeze them. Then I always have that on hand if I need it.

~Giada De Laurentiis

I wasn't looking to get into TV. My family was in the movie business, so I was never interested in that world.

~Giada De Laurentiis

I always say to people that working full time and being a mom is probably the hardest job, because as a mom you think about your child 24/7.

~Giada De Laurentiis

There's nothing like a home-cooked meal - nothing! When people ask me what the best restaurant in L.A. is, I say, 'Uh, my house.' It's more intimate. Food can connect people in a forever sort of way.

~Giada De Laurentiis

Talking to other people while you're cooking, it doesn't come naturally.

~Giada De Laurentiis

Cooking for me is a way to wind down. It's different from cooking on camera, where you have to do everything twice, for a wide shot and a close-up.

~Giada De Laurentiis

I lost my brother when he was 30, and that was devastating for me. I don't know if I will ever get over it.

~Giada De Laurentiis

It's almost ingrained in people that, just like you can't be a smart model, you can't be a good-looking cook.

~Giada De Laurentiis

I'm most comfortable in T-shirts, but they have to have some style to them.

~Giada De Laurentiis

I don't eat a lot of anything. A little bit of everything, but not a lot of everything. Small meals all day long.

~Giada De Laurentiis

I think you can tell the food is close to my heart, too, because I'm doing what I do best.

~Giada De Laurentiis

Attitudes toward food have completely changed.

~Giada De Laurentiis

All men want to be treated like kings in a relationship, and I think if women don't indulge that sometimes, their men are likely to stray and look for someone who can give that to them.

~Giada De Laurentiis

I was so nervous to turn 40, but the last year and a half has been the most fun I have ever had.

~Giada De Laurentiis

Pretty much every time I try something different or do something in front of a live audience, I truly think they might throw peanuts at me.

~Giada De Laurentiis

I love to do yoga, even if it means getting up at 5:30 in the morning. It helps me breathe and stop all the chatter in my head. That can help

you get through everything.

~Giada De Laurentiis

In order to keep your husband, you have to make time for him. Rather than going out to dinner, I like to spend time for just the two of us.

~Giada De Laurentiis

If people are made to feel uncomfortable in the kitchen, they won't go in there. That's why I think children learning to cook can be such a wonderful thing.

~Giada De Laurentiis

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