

Can you give us some of your best, healthy eating tips?

Quest bars save me from my sweet tooth! I'm addicted to the Chocolate Chip Cookie Dough Quest bars and the people I work with on my production team usually end up addicted as well. Because of my sweet tooth, I constantly chew Trident Bubble Gum. I was at the Jurassic World premiere, and I ended up giving a piece to the person sitting next to me, and he became a fan too! I also use a home delivery meal service called Paleta, that I developed with my nutritionist, Dr. Bo Wagner.

