



Janet Jackson's Diet Secrets

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Janet Jackson has lost a whopping 60 pounds in the past seven months and is back to the fit figure she is best known for.

Janet Jackson's suddenly svelte figure is all the buzz across the country.

It's hard to believe that just seven months ago, Janet was tipping the scale at around 180 pounds. So how did the superstar, known for her amazing abs, go from flab to fab?

Janet's nutritionist, David Allen, knows her secret. He created three daily customized meals for the singer, every day for seven months.

Allen says that Janet's diet consisted of "a lot of lean proteins, a lot of vegetables high in fiber, no white flour, no sugar, things like that."

The well-balanced meals plus two nutritious snacks were prepared for Janet from Fresh Dining, a gourmet diet company based in Los Angeles.

Best of all, Janet didn't even have to leave her house! The food was packed inside an insulated bag, loaded into a van and delivered right to her front door.

Michael Bowen is the company's executive chef. He says Janet's meals never totaled more than 1500 calories per day, but the real trick is making healthy food taste great.

Fresh Dining is very popular among celebrities. Nicolette Sheriden and Tori Spelling have both lost weight on the plan.

Bowen told INSIDE EDITION about the challenge of preparing food for celebrities. "Celebrity clients are some of the most discerning clients in the world.," he says, adding "They can eat at any restaurant anywhere in the world, [so] it has to be as good as any French restaurant in Paris where they may have eaten just yesterday."

The program costs between 42 and 56 dollars per day. But for Janet Jackson that's a small price to pay to look like a million bucks.

TIPS

Here are some "Optimal Heath Nutrition Tips" from nutritionist David Allen himself :

1. Make sure that you start your day with a balanced breakfast within 1 hour of rising.
2. Avoid processed foods (white flour & white sugar).
3. Eat 4-6 correctly portioned meals per day instead of the typical 3 meals (portions depend on an individual needs and activity levels)
4. Try to get a minimum of 7-8 hours of sleep per night.
5. Drink everyday at least 1 ounce of pure water per every 2 lbs. of body weight.

For more information visit: <http://www.davidallennutrition.com/>

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