



Courtesy theINSIDER  
**Janet Jackson is celebrating 40 with a new CD and a smokin' body!**



**video**  
 Janet sits down with Lara!



Courtesy US Weekly Magazine  
**Us magazine's Janet issue was the highest-selling edition this year.**



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**Fresh Dining co-owners Todd DeMann and Mariana Rossano prepare only fresh, low-carb meals.**



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## Feature

June 15, 2006

### Janet Jackson Celebrates 'Control'!

When **JANET JACKSON** appeared on *Us Weekly's* recent magazine cover in a skimpy bikini, the June 5th issue flew off the shelves, making it the best-selling cover of the year! It even clobbered the sales of previous editions with **ANGELINA JOLIE**, and **NICK LACHEY** and **JESSICA SIMPSON**, on the cover.

Last night, Janet celebrated the issue's success along with the 20th anniversary of her first blockbuster album, *Control*, which has inspired an all-new record, called *20 Years Old*. Her first single with rapper **NELLY**, "Call on Me," drops on Monday.

"The inspiration came from music that inspired me 20 years ago and taking myself back to that time," Janet tells our **LARA SPENCER**. "I hope you guys like it!"

Janet may have just turned 40, but in her white jacket and tank top she still looks 20. She says she was amazed by the cover photo of herself, especially since she says she hates working out!

"I said, 'Goodness, that's definitely a big difference!' Janet says, adding, "If I can do it, they can. You have to have a wonderful trainer and someone who will drag you out of bed when you need it. **TONY MARTINEZ** has definitely dragged me out of bed and I've asked him to! I get very bored. One day it will be about tennis, the next day we'd hit balls at the batting cages. [It's about] getting my heart rate up, keeping it going."

It's also about nutrition. Enter Fresh Dining -- a popular L.A. catering service that has attracted the likes of such celebs as **ELLEN DeGENERES**, **DENISE RICHARDS**, and **TORI SPELLING**.

"Janet's been a client of mine and recently she came to me with some new goals," says the singer's nutritionist **DAVID ALLEN**. "So we got on a path to create a healthier lifestyle for her and I used Fresh Dining to help me facilitate some of the food to help Janet reach those goals."



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Photographed By: Jimmy Olson

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Fresh Dining incorporates the concept that people not only want to eat healthier<sup>1</sup> but partake in foods they will also enjoy.

“What we wanted to do was to create a premium service for people and allow them to experience food that they would experience in a restaurant, but in their home environment,” says Fresh Dining CEO TODD DeMANN. “They’re getting great portions and great food, so it makes it a lot easier for them to reach their nutritional goals.”

Adds company president, MARIANA ROSSANO: “If a celebrity is preparing for a film or the Oscars or Emmys or something like that, very often they have a short amount of time and we have to get the weight off of them quick and make them look healthy and beautiful.”

But Fresh Dining isn’t just for famous folks. “We try to target everybody,” says DeMann. “Anybody who really wants to reach their goals.”

“As far as we’re concerned, everybody’s a celebrity and everybody will get treated the same,” says Rossano.

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