

THE DAILY MAIL (UK)

## How Tom Jones turned caveman to shed two stone in just five months

Last updated at 9:12 AM on 21st June 2011

Being one of our biggest stars no longer suits Tom Jones. So the 71-year-old singer decided to slim down, losing more than two stone in just five months.

His new svelte shape is all down to a healthy eating plan known as 'the caveman diet', which advocates fresh raw foods over carbohydrates.

Oh, and he also gave up his usual bottle of wine with dinner each night. 'I was putting too much weight on,' he told Radio 2's Chris Evans.

The singer, performing here in 2009, said that Christmas puddings had helped push him over weight

'I didn't think I was going to and I left the working out for a bit, thought I'd keep a check on it.

'But with the Christmas puddings and cakes, before I knew it I was 230lb (16.4 stone) which was 30lb more than I should be.

'I couldn't get into my suits. That's when I thought: "This has got to stop".'

With help from a dietician and the U.S. diet book, ***Syndrome X: The Complete Nutritional Program to Prevent and Reverse Insulin Resistance***, he overhauled his diet.

The book suggests eating as much fresh food as possible including fish, chicken and vegetables, rather than processed carbohydrates such as pasta, pastries and cereals.

'It tells you to get back to what we used to eat when we were hunters and gatherers. Eat anything that's natural – meat, fish, veg,' he said.

He also gave up drinking for two months. 'The dietician asked, "how much do you drink?" I told him I like a bottle of red wine with my dinner. "To yourself?" he said.

'What I didn't tell him was I'd started off with a martini, had a cognac and a bottle of champagne too.'