

## Aguilera reveals her weight loss secret

Pop star Christina Aguilera, who has a lot of weight to return to her pre-pregnancy look, has revealed that her secret is a 90-minute workout five days a week and not having any white bread.

Aguilera gave birth to a son four months ago and has been regularly exercising and dieting. However, she said she was having difficulties avoiding sweets for which she developed a craving during pregnancy, reports [thesun.co.uk](http://thesun.co.uk).

Aguilera said: 'Oh, my god, candy! I had a huge craving for candy toward the end of the pregnancy, from Starbursts to Skittles. I actually took a picture of myself with my big belly in a little lingerie top, surrounded by bowls of the candy I like.'

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