

the List

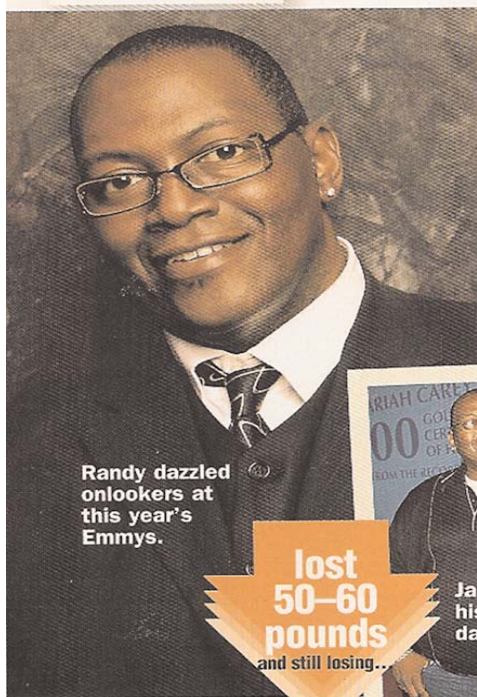
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AMAZING celeb slimdowns

The sweat! The salads! The surgeries! Hollywood's weight-loss winners



the List



Randy dazzled onlookers at this year's Emmys.

lost 50-60 pounds and still losing...

January 2003: his heavier days

5 randy jackson "I'm looking sexy!"

American Idol fans will see a slimmer, sleeker Randy Jackson next season.

After overindulging last Christmas, Randy decided to take drastic action with his burgeoning body. The reality TV judge began watching what he ate.

"I just cut back on portions and played more tennis," 47-year-old Randy said in March, having shed 20 pounds by working out three times a week. "It's not a diet. If I continue like this, it could become a way of life."

But his new healthy lifestyle didn't reap results fast enough, and in July the big "dawg" decided to go under the knife and have his stomach stapled.

Randy underwent a form of gastric bypass surgery at Southern California's Center for the Surgical Treatment of Obesity

and was fitted with a Fobi Pouch.

A spokesperson for Dr. Mal Fobi, who created the treatment, told *In Touch*, "It works because the pouch is so small that you feel fuller faster and don't want to eat as much."

Randy is jubilant since his surgery: "I'm feeling fine, I'm looking sexy. All the big areas are still there. I'm doing great. I'm looking forward to being very healthy. I'm going to resume my Speedo modeling career. I'm going to get it back," he jokes.

But sidekick Simon Cowell doesn't think Randy's ready to "reveal all" just yet. "It's like saying a hill is smaller than a mountain. A hill is still big," Simon quips. "For every pound he loses, he's losing 10 pounds of personality."

Although Randy won't reveal exactly how much he's lost — our experts estimate it's between 50 and 60 pounds so far — he looked slim and sexy in a Versace Classic suit at last month's Emmys. "I look really good!" he told *In Touch*.