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## NUTRISYSTEM CUTS CALORIES, JOBS



NutriSystem has cut jobs, but will not reveal how many people they let go. The Horsham, Pennsylvania's NutriSystem manufactures, markets and sells the NutriSystem Nourish Diet plan, a "send you the food" diet plan. The NutriSystem Diet is based on the Glycemic Index of Carbohydrates. By combining exercise, and frequent smaller portioned meals, the glycemic index diet is supposed to reduce hunger (due to a constant blood glucose). As of January 2009, singer Belinda Carlisle is now the primary spokesperson for NutriSystem products. Belinda's fee for her efforts has not been disclosed. She will be giving her new duties her full attention once various touring commitments have been met.

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