

# Celebrity News: Gordon Ramsay Lost 50 Pounds to Save Marriage to Wife Tana



By

[Karley Kemble](#)

Anyone on a weight loss journey has an individual reason why they want to get fit. For some, it's to build self-confidence, or to shred for a wedding. For celebrities like Gordon Ramsay, it's to save his marriage. In the latest [celebrity news](#), Ramsay was motivated to lose over 50 pounds after seeing a photo of himself with his wife Tana, reports [UsMagazine.com](#). Shocked by how overweight he was, Ramsey wondered how his wife stayed around, because she was "better-looking and more gorgeous" but "getting in bed with a fat f-k." Balancing his busy schedule with his personal life was challenging, but once

he started to put his goals at the forefront, he started to see success on the scale! We're so glad that the [celebrity couple](#) is still going strong.

## **In this celebrity news, Gordon Ramsay wanted to get fit for his wife. What are some ways fitness can help your relationship?**

### **Cupid's Advice:**

You may not think fitness has anything to do with your relationship, but Cupid has news for you! Check out Cupid's Advice and see how being in shape impacts your relationship with your spouse:

**1. Lowered stress levels:** Any form of physical activity helps clear your head. Whether you participate in a spin class, go for walk, or do some yoga, all have the ability to significantly reduce your stress levels. The rush of endorphins cause you to feel happier, which transfers over into your relationship, too!

**Related Link:** [5 Surprising Foods Your Favorite Celebrity Chefs Love to Hate](#)

**2. More confidence:** Sure, some days you would rather do anything else than work out, but have you ever regretted a good sweat afterwards? Our guess is probably no! In fact, your self-confidence will certainly be higher. When you feel good about yourself, you feel more worthy of attention and worthy of love.

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**3. Higher energy:** Building your stamina gives you more energy to do things you love! You'll be more eager to agree to a romantic late-night stroll, or early morning sunrise hike! You will also have more stamina for cardio-related bedroom fun (wink, wink!)

**How has fitness impacted your relationship? Leave us a comment below!**

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## 5 Surprising Foods Your Favorite Celebrity Chefs Love to Hate



By

[Noelle Downey](#)

When it comes to our favorite foodies, celebrity chefs may just take the cake. Whether you're curling up on the sofa to watch your favorite cooking show with your sweetheart on a date night or visiting famous cook's restaurants on a romantic getaway, we all love to experience the wonderful world of fine-dining and elevated cuisine. But even the chefs behind some of the most famous restaurants out there have foods that will make them turn up their nose in disgust. Whether it's something many of us might cringe to nibble on or a dish some might view as a culinary treat, these chefs take picky eating to another level with their hatred of these five key foods.

## **From the understandable to the weird and wacky, here are the top five foods your favorite celebrity chefs just can't stand.**

**1. Raw Red Onion:** Anyway who's a regular viewer of the Food Network sensation *Chopped* will be familiar with the debonair judge, Scott Conant. Whether he's critiquing chef's dishes after frantic timed rounds, managing one of his award-winning restaurants, or writing his next bestselling cookbook, Conant keeps busy making use of his incredible palate. But if you're serving a meal to this celebrity chef, make sure that you leave one key ingredient off the plate: raw red onions. Conant famously hates the taste of this raw vegetable, so much so that contestants on *Chopped* have gone out of their way to avoid serving it to the otherwise open-minded chef.

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**2. Airplane Food:** While all of us may occasionally turn up our

noses at the fare served on some low-budget airlines, one famously high-tempered celebrity chef absolutely refuses to let a bite of even a first-class offering pass his lips. Gordon Ramsay, famed chef on such food-centric reality TV shows as *Hell's Kitchen* and *Kitchen Nightmares*, has thoroughly damned airplane food, speaking more harshly of it than even perhaps some of the lesser dishes served up to him on his uniquely intense and competitive television programs. If you're looking to please this spiky-haired chef, try not to be the flight attendant bringing him his dinner!

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**3. Goat Cheese:** While it's a staple of some delicious salads, sandwiches, and more, goat cheese isn't the favorite food of every celebrity chef. In particular, Melissa d'Arabian, celebrity mom, television host, and cookbook author, who claims that goat cheese, "tastes like the smell of a manger!" If you're looking to keep on the good side of this Super Momma and her captivating culinary creations, make sure if you ever get the chance to give her a sample of your finest dining treats, no one of them incorporate the offending cheese she hates so much.

**4. Cream Cheese:** When it comes to another kind of offending dairy, cream cheese is next up on the list. Cooking Channel's very own Kelsey Nixon of *Kelsey's Essentials* fame has repeatedly shared her dislike for this unassuming spread. While thousands of people across America and beyond will reach into their fridge to retrieve this creamy addition to their morning bagel, Nixon turns up her nose, stating, "I refuse to eat cream cheese unless it's sweetened and found in some sort of frosting."

**5. Whole Fish:** While fish with the head and tail intact are often served in fine-dining establishments as a delicacy, some celebrity chefs swear that this particular type of culinary excellence is just too creepy to consume. *The Biggest Loser's*

chef Devin Alexander, famous for her take on healthy-version of contestant's favorite comfort foods, claims that she can't stomach any type of food that "looks back" at her. "I'm sorry," Alexander admits, "but fish filets only, please!"

**What do you think of these familiar foods that celebrity chefs can't abide by? Are any of your favorites on this list. Let us know in the comments.**

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## **Celebrity Baby News: Gordon Ramsay Is Expecting Fifth Child**







By

[Stephanie Sacco](#)

Fifth time's the charm for chef Gordon Ramsay and wife Tana who will welcome their fifth [celebrity baby](#) in September. According to [UsMagazine.com](#), Ramsay revealed his big [celebrity baby news](#) on *The Late Late Show with James Corden*. He said, "I'm really nervous," after finding out it's a girl. "Obviously, I'm happy with another girl. Four girls. Four weddings. Four Sweet 16's. Four boyfriends ... Um, so." In [celebrity news](#), at least in Ramsay's case, the more [celebrity babies](#) the merrier.

**This celebrity baby news shouldn't be a surprise at this point! What are some ways to keep your relationship strong for a big family?**

**Cupid's Advice:**

If you're with the right person, having kids isn't going to weaken your relationship. Parenting is a two person job. If you chose a partner that is family oriented and willing to step up, you're golden. Cupid is here to make sure:

**1. Family outings:** You'll still go on dates; you'll just bring the kids along. Take them to the zoo or an arcade so that you can all be a part of it. You can bond with your kids and still keep your partner close by. Hold hands while you take in the sights.

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**2. Family togetherness:** If you decide to stay in, have a game night or pop some popcorn and put a Disney movie on. Your partner can still spend just as much time with you if not more. Cuddle up on the couch while the kids surround you to remind your partner that you are there.

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**3. Family cooperation:** Leave the kids with Grandma or get a babysitter so that you can still have alone time. Go out on special occasions like anniversaries and birthdays to keep the spark alive. Remember you are in this together.

**Do you know how to keep a relationship strong when dealing with a big family? Comment below!**