

Janette Barber Biography

Janette Barber is a former TV Food Network Host and executive producer. She has been a spokesperson for Molly McButter where she created original low fat recipes and healthy eating tips for their website and ad campaigns. Janette wrote a year-long recipe column in the famed cook book section of First for Women Magazine, “Winning at Slimming with Janette.” Currently she creates healthy recipes for her blog (www.janettesblog.com) and is now in development with ElmLife on creating a web-based, interactive, artificially intelligent software guide. An animated version of Janette, herself, will host the guide and interact with users to help them develop better, healthier eating habits.

Janette has lost over 100 pounds and has maintained that loss for over twenty years largely by learning new ways to make favorite recipes so that they tasted fattening but were actually healthy. This was the concept behind her TVFN show, “Lighten Up! with Janette and Christina,” which she co-hosted with Martha Stewart producer, Christina Deyo.

Janette, a former stand up comic, is a 6 time Emmy award winning TV producer and writer and she is also the co-author of the USA Today Bestseller, “Breaking the Rules.”