

Aretha Franklin Talks Giving Up Ham Hocks for New Diet - Cleveland News - Fox 8

Written by Administrator

Wednesday, 16 February 2011 20:43 -

[Aretha Franklin](#) says she's back at "150 percent" and plans her first post-surgery concert in May.

Franklin said in an interview Wednesday with [The Associated Press](#) that she's set to perform at the Seneca Niagara Casino in Buffalo, N.Y., on May 28. It's the same month that she said [Wal-Mart Stores Inc.](#) will release her long-awaited album "Aretha: A Woman Falling Out of Love."

The Queen of Soul had surgery in December for an undisclosed ailment. Since then, the 68-year-old has revamped her diet, giving up her beloved chitterlings, pigs' feet and ham hocks in favor of a [Whole Foods](#) -type diet. She's lost weight and hopes to get down to a size 16.

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