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If you're following this season of [Dancing With the Stars](#), you've probably noticed the dancers' amazingly toned and strong bodies in their sexy and revealing costumes. If you're wondering how they stay fit and lean, here are some of the dieting secrets they shared in a recent issue of [Us Weekly](#).



[Melissa Rycroft](#) says, "I eat what I like in moderation and try to have a few small meals throughout the day."

[Julianne Hough](#) says, "I eat only until I'm full." She eats five small meals throughout the day, and during the show she tries to cut out carbs and sweets. She doesn't restrict herself entirely, though, and says, "If I want to have dessert, I'll have it. I know I'll work it off."

[Shawn Johnson](#) loads up on fruit and protein, but if she has an urge for chocolate she says, "I'll satisfy my craving and move on." She stays slim and muscular by dancing eight hours a day.

[Denise Richards](#) trained with her partner Makism Chmerkovsky and got her abs back after having two kids. She went from a size 26 waist to a 24 from all that training, and was still eating pizza and ice cream.

To see how the other dancers stay trim, read more.

[Kym Johnson](#) spends a lot of time doing core work to get her rock-hard abs. She also limits her carbs because she says, "I love fries and bread, but I see a real difference in my body when I don't eat them after 5 p.m." She'll still enjoy dessert when out to dinner with her boyfriend, but just a small portion.

[Lil' Kim](#) gets her meals and snacks from Freshology, a food delivery service. She eats a total of 1,200 to 1,400 calories a day, avoids heavy foods, and drinks a lot of water.

[Lacey Schwimmer](#) shed 10 pounds by ditching fatty foods and soda, and instead enjoys grilled chicken, steamed veggies, yogurt, and fruit. She recommends eating within an hour after working out.

[Cheryl Burke](#) dropped 10 pounds as well, by rehearsing eight hours a day, five days a week. She eats egg whites, whole grains, veggies, and lots of water. She also tries to avoid salt, and keeps snacks with her to avoid temptation.

[Karina Smirnoff](#) avoids meat but eats egg whites, fish, and salad. She has a tablespoon of olive oil on an empty stomach to help with digestion.

[Holly Madison](#) avoids liquid calories and drinks water instead.

[Edyta Sliwinska](#) sticks to 1,500 calories a day, eating foods such as cottage cheese, ground oats, berries, chicken salad, and cereal. She avoids pasta, bread, rice, and candy. She gets her toned legs from [dancing in heels](#).