

COSMOPOLITAN

**Cosmo's
50 Best
Relationship
Tips**

Sex That Brings You Closer

These Hot Moves Will Start a Bonfire in His Pants...and His Heart

**7 Yummy
Fat-Melting
Foods**

Love Your Life!

Sexy Little Tricks That Add Bliss

**How to Save
Your Ass at Work**

**Ashley
Tisdale**
Blows Off Her
Good-Girl Image

**Just Do
This on
Date #1
(and He's
Yours)**

**WHAT GUYS
CRAVE
AFTER SEX
(Besides Beer
and Pizza)**

FASHION EXTRA

New Ways to Wear the Clothes You Have

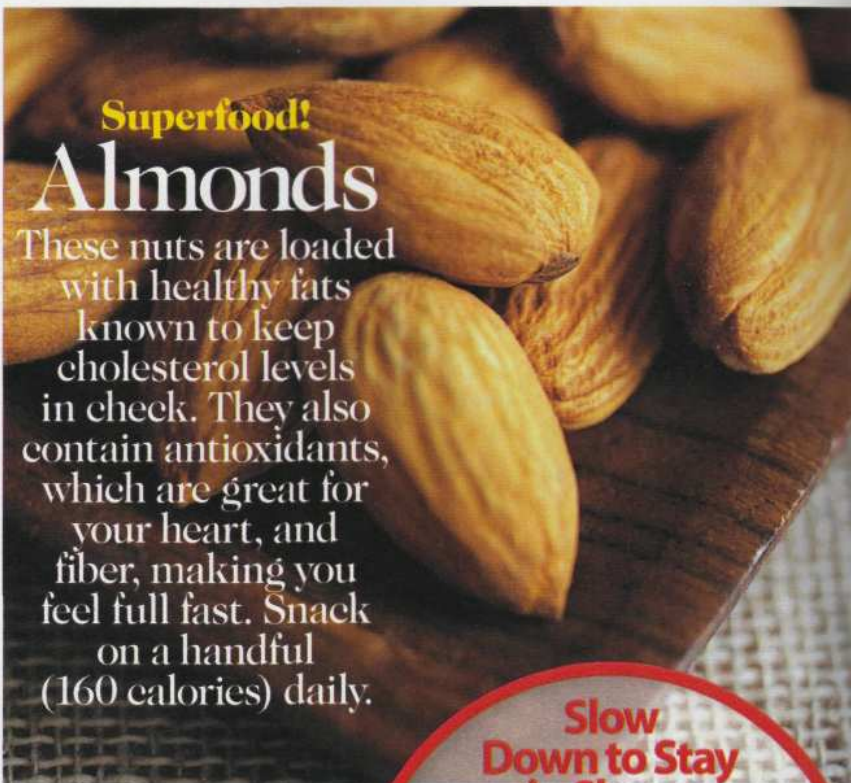


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cosmo life healthy sexy strong

Fast Fact

Buy fruits and vegetables that are already cut and peeled. Sure, they're a bit more costly, but you may be more apt to eat them if you don't have to prepare them yourself.



Superfood!

Almonds

These nuts are loaded with healthy fats known to keep cholesterol levels in check. They also contain antioxidants, which are great for your heart, and fiber, making you feel full fast. Snack on a handful (160 calories) daily.

Slow Down to Stay in Shape

Researchers found that people who consumed food quickly were two times more prone to being overweight than were those who ate leisurely. Pace yourself by chewing thoroughly, drinking between bites, and eating at a table rather than in your car or in front of the TV, which can lead to rushing.

Q&A

"Why do I crave sugary foods when I'm depressed?"

Because they're high in carbs, which raise levels of the feel-good brain chemical serotonin, says Heidi Skolnik, nutritionist at the Hospital for Special Surgery, in New York City. But the boost doesn't last long, and you end up reaching for more sweets. A better way to manage your mood: Take a walk or call a friend.

FOOD FIGHT



Turkey Wrap Sandwich vs. Turkey on Whole Wheat

Calories: 380

Fat: 9 grams

Low-fat turkey breast is a great source of protein. But the tortilla wrap itself packs about 300 of those calories and provides more surface area for high-fat condiments such as mayo and dressing.

Calories: 280

Fat: 4.5 grams

Here you get the same protein, but whole wheat offers four times more fiber. With less room for condiments, there's less fat. Get it sans mayo but with mustard to reduce fat and calories even more.



SOURCE: AMERICAN DIETETIC ASSOCIATION SPOKESPERSON DAWN JACKSON BLATNER, RD, AUTHOR OF THE FLEXITARIAN DIET