

**4 Naughty
Massages**
For Couples
Only!

What Sex Feels Like for Guys

Once You Know the Key
Arousal Triggers, You Can
Double His Satisfaction

**Ali
Larter**
Fun Fearless
Female of the Year

He's Hot... but You Have a Boyfriend

How to Curb the
Urge to Cheat

SEX BLOOPERS

You'll LOL at Bedroom
Romps That Went
Horribly Wrong

Get More Pleasure

The Secret to Savoring Every Moment

“I Invented the
Ugliest Undies
Ever...and Got
Top Celebs to
Wear Them”

8 Things in Your Closet That Make You Look Chunky

New Guy?

Our Classic
Seduction Trick Will
Keep Him Hooked
p. 108

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FOOD FIGHT



**Slice of
Cheese Pizza**

**Cheeseburger
(1/4 lb. of beef)**

Calories: 320

Fat: 12 grams

The crust doesn't offer much and cheese has saturated fat, but the cheese is a good source of protein and calcium. The sauce has vitamins A and C. Overall, it's lower in calories than the burger.

Calories: 510

Fat: 26 grams

Beef and cheese are good protein sources, but they also supply unhealthy saturated fat. The white-bread bun, lettuce, and tomato slice don't provide much fiber, vitamins, or minerals.

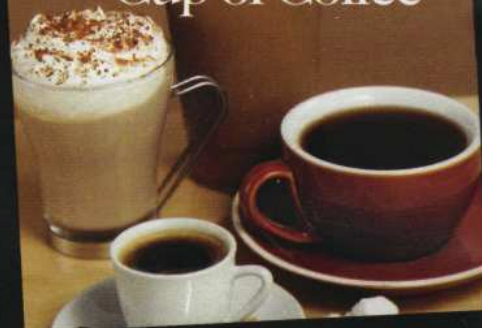
SOURCE: AMERICAN DIETETIC ASSOCIATION SPOKESPERSON DAWN JACKSON BLATNER, RD, AUTHOR OF THE FLEXITARIAN DIET

Q&A

"I'm 30, and I seem to gain weight more easily than I did in my 20s. Why?"

Blame your metabolism, which naturally slows a bit once you hit your 30s. Also, lifestyle changes that make you more sedentary as you age can lead to pound creepage, explains nutritionist Jackie Keller, founder of the meal-delivery service Nutrifit.

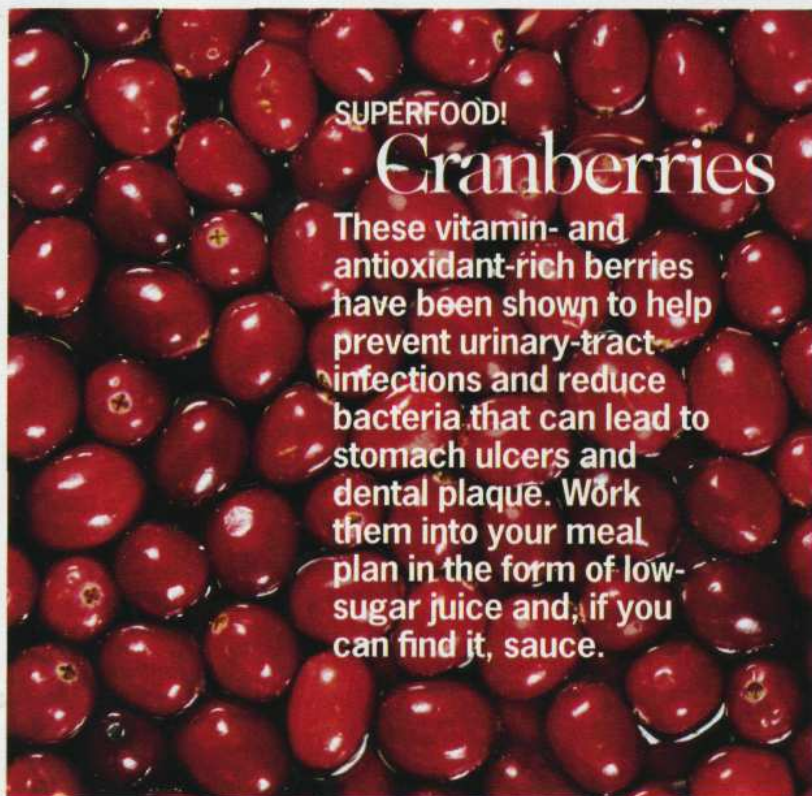
Savor Your A.M. Cup of Coffee



If you rely on a regular morning-java fix to jolt you awake and help you focus, here's some reassuring news: A new study of young women between ages 18 and 37 found that the caffeine in a cup of coffee appears to improve mental alertness safely and may even have an overall calming effect on your heart rate. But don't overdo it—one medium cup or mug of joe is enough to give you that brain boost.

Fast Fact

Follow a vegetarian diet? Then talk to your MD about taking iron supplements. The iron you get via eating mostly plant foods is difficult for your body to absorb.



SUPERFOOD!

Cranberries

These vitamin- and antioxidant-rich berries have been shown to help prevent urinary-tract infections and reduce bacteria that can lead to stomach ulcers and dental plaque. Work them into your meal plan in the form of low-sugar juice and, if you can find it, sauce.

(Pizza) Photographer's Choice/Getty Images. (Cheeseburger) iStockphoto.com. (Coffee) SVENO LINDBAEK. (Cranberries) Altrando BR/Getty Images.