

COSMOPOLITAN

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The
Sexy
Issue

SEX

HE CRAVES

We Help You Discover His Most Dirty-licious Fantasies—So You Can Deliver the Naughty Goods

Whitney Port

On Love, Lauren, and Endless Drama

Lose 5 lbs. in
Just 7 Days!

The Easy
Way to
Boost Your
Sex Drive

(We Stole a Few
Secrets From Guys)

Get Butt Naked!

50 Fun Things to Do Bare-Assed

3 Questions
That Get a Man
to Open Up

How to
Make
Choices
You'll Never
Regret

PLUS The Sexiest
New Hair Look

\$4.29



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FOOD FIGHT



Grilled-Cheese Sandwich



BLT Sandwich

vs.

Calories: 670

Fat: 46 grams

Fat alert: Each sandwich is typically made with two to four slices of cheese, plus butter or oil. But whole-wheat bread offers fiber, and cheese supplies half your daily value of protein.

Calories: 550

Fat: 34 grams

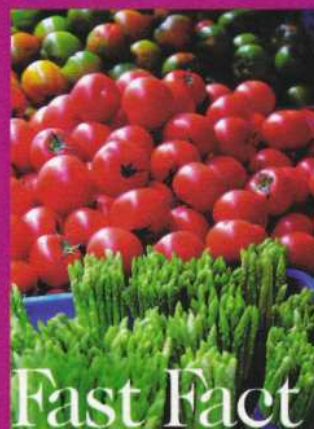
Keep the mayo to just a teaspoon and this is a lower-fat, lower-cal option. Whole-wheat bread, lettuce, and tomato have fiber, and four to five strips of bacon give you protein—though also saturated fat.

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

Q & A

“Will eating late at night make me fat?”

As long as you don't take in more calories than you burn off, when you eat has nothing to do with weight gain. Most people who eat late do so in addition to snacks and meals they've consumed throughout the day, and that leads to pound creepage, says Keri Glassman, nutritionist in New York City.



Fast Fact

The healthiest foods—dairy, lean meat, and veggies—are found along the perimeter of the supermarket. Shop here to avoid buying junk food.

Sugar Addiction: It's Real

If you've ever found yourself powerless to resist sweets, here's a possible reason why: Animal studies show that sugar bingeing triggers production of natural opiates in the brain the same way a repeated dose of morphine does. Once sugar is withheld, the brain enters withdrawal, spurring intense cravings.

METABOLISM BOOSTER Eat Breakfast

A healthy morning meal sparks your body's natural calorie-burning power, and it keeps your appetite controlled all day long. Any food combo that contains complex carbs with protein, such as scrambled eggs on whole-grain toast, is ideal.