

**347
FALL
LOOKS**

**SEXY
GAMES
TO PLAY
WITH
YOUR
GUY**


**Dianna
Agron**
*Glee's Bombshell
Talks Love, Loss,
and Success*

**How He
Knows
You're
The One**

Be a Tease

**THE SECRET
TO FULL,
FOXY HAIR**

**THIS SMILE
MAKES
PEOPLE DO
WHAT YOU
WANT**

Which Sexy Cover Is Your Fave? **This One?**  **or**

FAST FACT

Consuming crunchy, flavorful pecans may significantly jack up your body's levels of disease-fighting antioxidants. Crumble them onto salads, mix into snacks, or top ice cream with them. But don't overdo it: 10 whole pecans have around 200 calories.



**The Hidden Fat
 Trap Sitting
 in Your Cubicle**

It's your computer. People who ate lunch at their desk while distracted by an online game felt less full, and therefore ate more, than those who ate with their PC off, research shows.



**METABOLISM
 BOOSTER**

**Cold
 Water**

Your body has to heat the icy H₂O you drink, and that gives your metabolism a small jump start. It's nothing that will magically erase excess flab, of course, but it's still worth taking advantage of.

FOOD FIGHT

BLT Sandwich VS. Grilled Cheese Sandwich



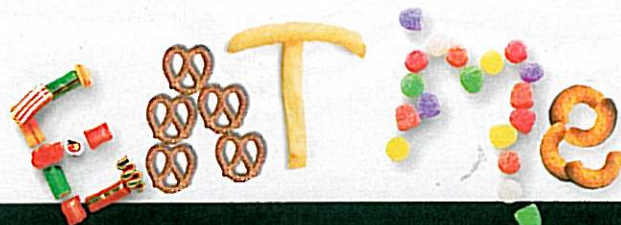
CALORIES: 720 FAT: 15 grams

The tomato slice and lettuce make this sandwich look innocent, but don't be fooled. Bacon plus mayo edge it into high-triple-digit calories. Downsize it to two bacon slices and hold the mayo to halve the cal count.



CALORIES: 550 FAT: 34 grams

Yes, it contains your entire daily allowance of saturated fat. On the plus side, this comfort-food staple offers protein from cheese and, if you get it on whole wheat with tomato slices, some fiber and vitamins A and C.



Q&A
**"Why is junk
 food so hard
 to resist?"**

Because it's loaded with ingredients that our bodies are hardwired to crave, says Amy Shapiro, RD, a New York City nutritionist. We're talking about huge amounts of sugar, which can have an addictive effect, plus tons of fat, which feels soothing as we taste and digest it.