

COSMOPOLITAN

JULY 2011

HIS 6 SECRET SEX SPOTS

Master Your Guy's
Biggest Below-the-Belt
Pleasure Triggers

50

Things
You
Should
Have Never
Stopped
Doing

What
Men
Crave in
July

Rihanna

She Finally Reveals
Her Deepest Feelings

YOUR BREAST MYTHS— BUSTED

#1: The
Boobgasm
Does Exist

Talking
Tricks
That
Draw
Him In
p. 98

\$3.99



cosmopolitan.com

PLUS Juicy New Lip Colors



FAST FACT

Never ditch all fat from your diet; it delivers vitamins and keeps skin glowing. Instead, cut trans and saturated fats, and make your meals 30 percent “good” fat—the kind in avocados, nuts, and olives.

METABOLISM BOOSTER

A Mini Cardio Burst

If you don't have time for a long routine at the gym, you can still jack up your body's furnace with 5 to 15 minutes of heart-pumping cardio several times a day: jumping jacks, a sprint around the block, or a brisk hike up and down stairs. Afterward, you'll torch calories at a slightly higher rate than if you had vegged on the couch.

SOURCE: CLINICAL EXERCISE PHYSIOLOGIST KELLI CALABRESE

The Weight-Loss Trick That Works

Eating breakfast is a proven way to shed pounds, keeping your energy cranked and cravings in check so you aren't tempted to binge later. Just make sure it's on the small side, about 400 calories or less (like a bowl of cereal and milk). A new study found that you're unlikely to adjust your lunch, dinner, and snacks to compensate for extra a.m. calories.



Q&A

“Why do I sometimes feel so tired after eating?”

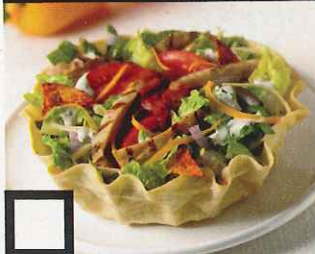
Blame starchy carbs for your food coma. “Carbohydrate-rich options, like pastries and pasta, can prompt the release of the brain chemical serotonin, which leaves you feeling relaxed and sleepy,” says Amy Shapiro, RD, founder of Real Nutrition NYC. You might also be consuming too much, and digesting all that chow is draining you of energy. Cutting back on portion sizes may help.

FOOD FIGHT

Chicken Taco Salad

VS.

Chicken Quesadilla



CALORIES: 910

FAT: 55 grams

The fried tortilla shell does a great job of holding lettuce, tomatoes, chicken, rice, beans, and cheese. Too bad it's a huge source of fat and calories—if you can order it sans the shell, you'll slash that stuff way down.



CALORIES: 530

FAT: 28 grams

When your taste buds are craving notoriously fattening Mexican food, this option isn't so bad. The soft corn or flour tortilla plus cheese is filling, and you'll get low-fat protein from the chicken and black beans inside.

SOURCE: STEPHANIE MIDDLEBERG, RD