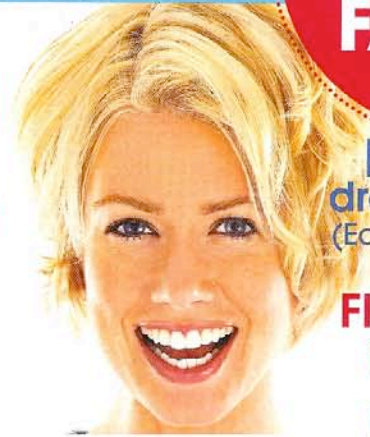


From **FAT** to **FIT!**

WHAT'S NEW 2010

Diet 2010



Drop a dress size (Easy 4-week plan) p. 130

Flat abs fast! p. 126

How fit



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WHAT'S NEW

Tasty Low-Calorie Grocery Buys

2010 Supermarket Sweep

Keep calories in check at home or at work with perfectly packaged meals, snacks, and more.

By Bonnie Tandy Leblang, R.D.



Q.bel Crunchy Crispy Dark Chocolate Wafer Rolls

Chocolate, on a diet? You bet (just see page 94 for more on this important topic). Treat yourself to a pair of these snappy, all-natural wafers dipped in dark chocolate. They're a great reason to skip the vending machine.

0.9-ounce package; \$1.39