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# COSMOPOLITAN

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HOW-TOS

## 8 sizzling sex lessons

your man needs to learn  
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## How to love yourself after a pig-out

Cosmo's no-guilt  
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# COSMO'S BIGGEST-EVER MEN SURVEY

# MEN EXPOSED

**INSIDE HIS MIND:** WHAT HE THINKS ABOUT  
FIRST DATES, FALLING IN LOVE, YOUR FRIENDS,  
FREAKY DIET HABITS AND WHEN CHEATING, ER, ISN'T

**INSIDE HIS PANTS:** WHAT SEX FEELS LIKE  
FOR HIM, HOW HE RATES HIMSELF (AND YOU)  
**PLUS** HOW TO HANDLE HIS MANHOOD (THE  
DEFINITIVE GUIDE TO GETTING A GRIP!)

## 7 STEPS TO ULTIMATE CONFIDENCE



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"Damn, if that hot waiter wasn't staring at me, I'd order another Banana Split"

How does this dancing queen stay so svelte? "I eat lots of salads and veg," says Tess Daly, 34. "I also love carbs - I have toast or cereal for breakfast. Basically, I eat whatever I want in moderation. I don't deny myself. Life's too short."

CELEBRITY DIET SECRETS

Everyone's talking about...

The carb comeback

Now dieters have turned away from the Atkins Diet, carbs are back on the must-try diet list, with experts looking for ways to make them more weight-loss friendly. The latest suggestion? Lemon juice or vinegar on chips, bread or rice is said to reduce your body's tendency to produce fat after a meal by impairing alkali-activated enzymes that help digest starch. This slower energy release from food equals a lower glycaemic-index (GI) meal. Someone pass the balsamic dressing...

**Cosmo's Diet Doctor**  
**Brigid McKeivith's verdict:**

**The pros:** "It's healthier and more balanced to eat carbs, whether you're on a diet or not."

**The cons:** "Portion sizes still matter, as lower GI doesn't mean less calories. Don't assume lots of vinegar makes it OK to eat chips all day."

**Is there anything in it for you?** "Lemon juice or vinegar are better choices than full-fat mayo. Bulk out a normal-sized portion of potato salad, pasta or chips with plenty of vegetables, too."



HAPPY WEIGHT SECRET

**THIS MONTH'S GURU IS JORGEN DE MEY, AUTHOR OF THE ACTION HERO WORKOUT: "DON'T BE EMBARRASSED ABOUT YOUR DIET WHEN EATING OUT WITH FRIENDS. JUST SMILE AND SAY, 'I'VE FINALLY DISCOVERED WHAT TASTES GOOD AND MAKES ME FEEL GREAT' AS YOU ORDER, TO FEEL IN CONTROL AND MOTIVATED."**

# Your 'make yourself lighter' menu

It's easier than you think to eat out without blowing out

So many people to see, so little time to diet? Eat out the smart way and you'll be losing pounds, not pals. Clinical nutritional therapist Susan Perry, from [www.smartnutrition.co.uk](http://www.smartnutrition.co.uk), suggests these smart selections as you work your way down the menu.

**BAN THE BREAD BASKET**

Declining this high-GI appetiser saves you at least 100 calories per roll, and by avoiding the blood-sugar peak, you'll eat less overall.

**START WITH SOUP**

A non-creamy, ideally vegetable-based soup will fill you up and make you likely to eat at least 100 calories less in your total meal.

**DOUBLE UP WITH FISH**

Trying to choose between fish, chicken or red meat? You can eat twice as much white fish as red meat, oily fish (tuna, salmon) or chicken for the same calories.

**TOMATOES ARE TOPS**

If you're eating pasta, stick to a tomato-based sauce and steer clear of cheese or cream bases.

**SAUCE ON THE SIDE**

Request your main course or salad is served with the sauce or dressing on the side. Then use just a couple of spoonfuls, so you can still enjoy the flavour, but consume far fewer calories.



**ASK FOR EXTRAS**

Go for a half serving of potatoes or rice, and replace the space on your plate with steamed vegetables or salad instead.

**DON'T SKIP DESSERT**

Your best bets are a fruit-based dessert, instead of a cream one, sorbet rather than ice cream, or something in filo pastry for the lowest-fat version of a baked goodie.

**COFFEE, NO CREAM**

Finish with espresso if you're craving caffeine - but skip lattes or liqueur coffees to end on a still-skinny high.



PHOTOGRAPH BY JONATHAN HARRISON FOR COSMOPOLITAN; TESS DALY: ANDREW HARRISON; JORGEN DE MEY: ANDREW HARRISON; BANANA SPLIT: ANDREW HARRISON