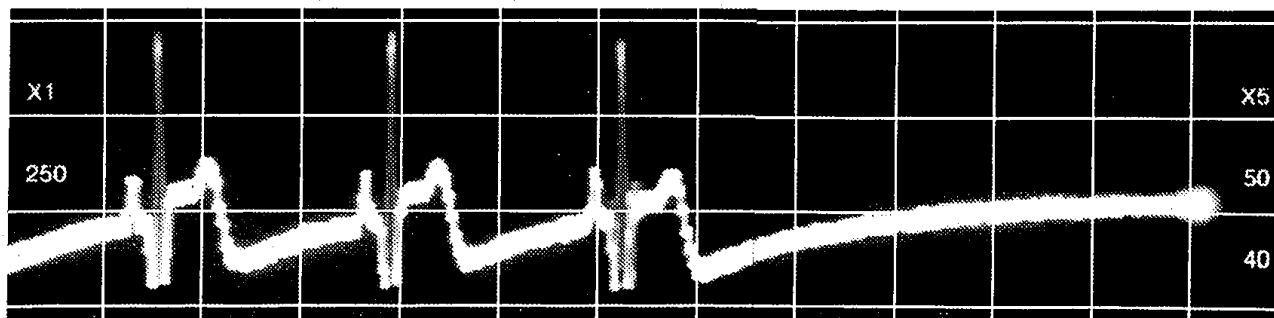


UNFORTUNATELY, THE WAY TO A MAN'S HEART REALLY IS THROUGH HIS STOMACH.



While your cooking was supposed to help you win someone's heart, it may also help you destroy it.

Because a diet that's too high in fat may increase the risk of heart disease

as well as certain kinds of cancer.

Fortunately, you can help reduce your risk simply by eating a low-fat diet containing lots of fruits and vegetables, whole

grain foods, lean meats, fish, poultry and low-fat dairy products.

Don't let yourself be counted among the thousands of people every year who literally eat their hearts out.