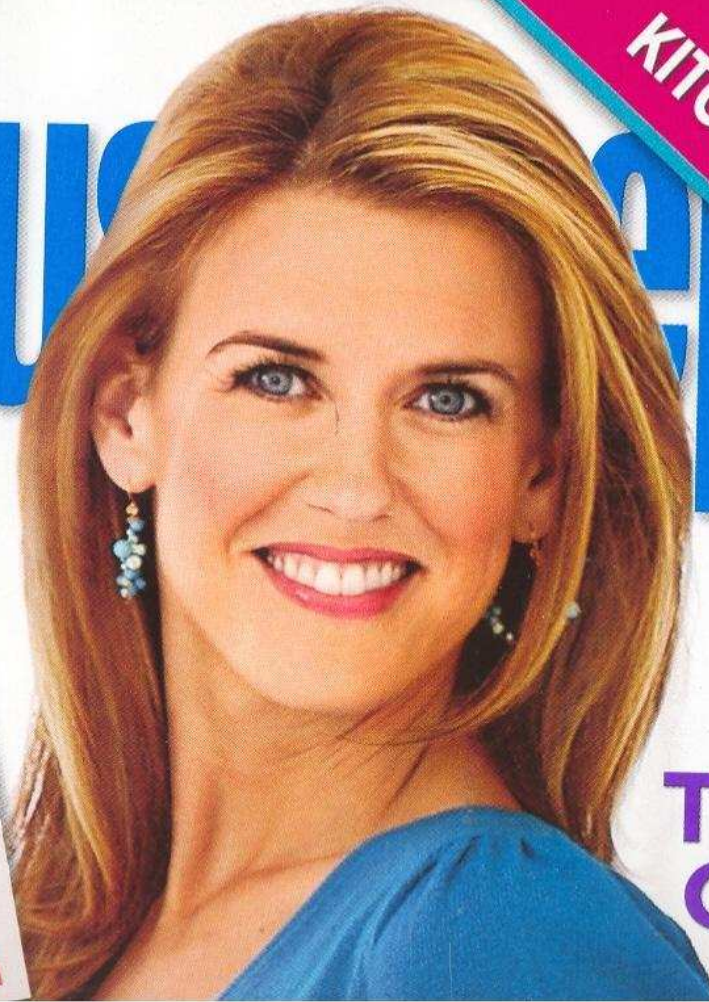


MARCH 2008

# Good Housekeeping

## "I LOST BIG!"

How five women dropped a total of




WIN A \$5,000 KITCHEN MAKEOVER P. 36

Haircuts That Take Off Years  
PLUS Best

Front cover above. Then from inside the magazine (page 47):

**PASTA WITH A SLIMMING TWIST** We're usually skeptical of new diet foods, but FiberGourmet Light Pasta won us over: It has 40 percent fewer calories than standard noodles (130 versus 210). The pasta was created with FiberFlour technology, so it's packed with zero-calorie fiber. We'd be lying if we said it tastes exactly like the real thing, but it has that same flavor and texture we love.

 [Click Here](#) Save calories! More diet-friendly substitutions at [goodhousekeeping.com/cravings](http://goodhousekeeping.com/cravings)



For more good ideas, visit [goodhousekeeping.com](http://goodhousekeeping.com)