

*Nothing tastes as good as being thin feels.*



*The first thing you lose on a diet  
is your sense of humor.*



*Food is like sex: when you abstain,  
even the worst stuff begins to look good.*

-- Beth McCollister



*If hunger is not the problem,  
then eating is not the solution.*



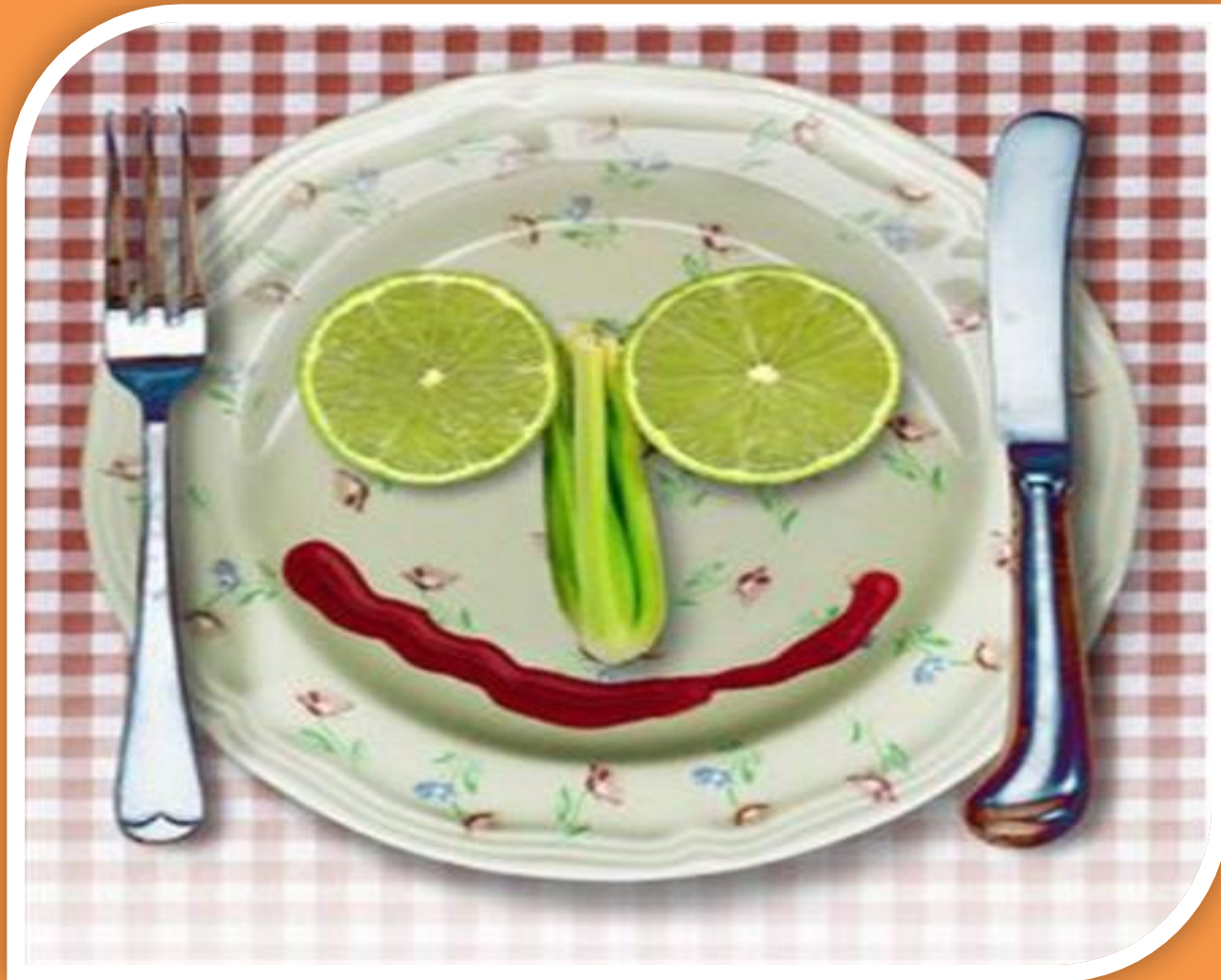
*Life itself is the proper binge.*

-- Julia Child





*Blessed are those who hunger and thirst,  
for they are sticking to their diets.*



*Dieting is wishful shrinking.*



*Bigger snacks mean bigger slacks.*





*I'm allergic to food. Every time I eat  
it breaks out into fat.*

-- Jennifer Greene Duncan



*Food has replaced sex in my life;  
now, I can't even get into my own pants.*



*A balanced diet is a cookie in each hand.*



*I have gained and lost the same ten pounds so many times  
over and over again, my cellulite must have déjà vu.*

-- Jane Wagner



# *Where do you go to get anorexia?*

-- Shelley Winters





*To lengthen your life, shorten your meals.*

-- Proverb



*You can't lose weight by talking about it.  
You have to keep your mouth shut.*

