

*Brain cells come and brain cells go,
but fat cells live forever.*

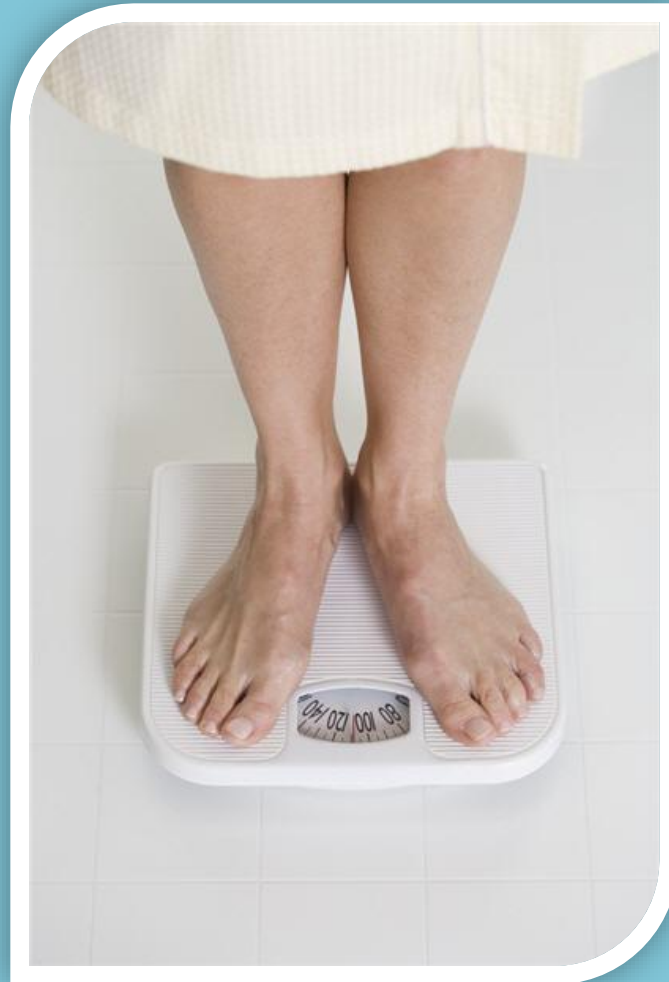


I am a nutritional overachiever.



*I'm not overweight.
I'm just nine inches too short.*

-- Shelley Winters



Dieters live life in the fasting lane.



Dieting is not a piece of cake.



The second day of a diet is always easier than the first. By the second day, you're off it.

-- Gore Vidal, American Novelist/Critic



*If you really want to be depressed,
weigh yourself in grams.*

-- Jason Love



Forget about calories - everything makes thin people thinner, and fat people fatter.

--Mignon McLaughlin, *The Second Neurotic's Notebook*



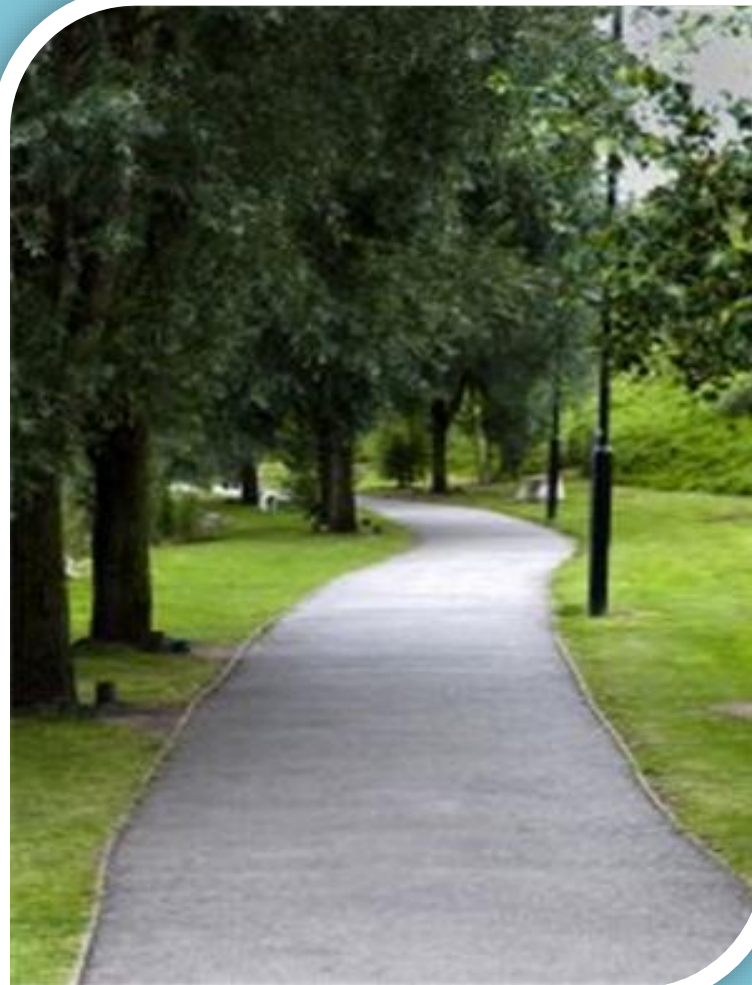
A diet is a plan, generally hopeless, for reducing your weight, which tests your will power but does little for your waistline.

-- Herbert B. Prochnow



*People say that losing weight is no walk in the park.
When I hear that I think, yeah, that's the problem.*

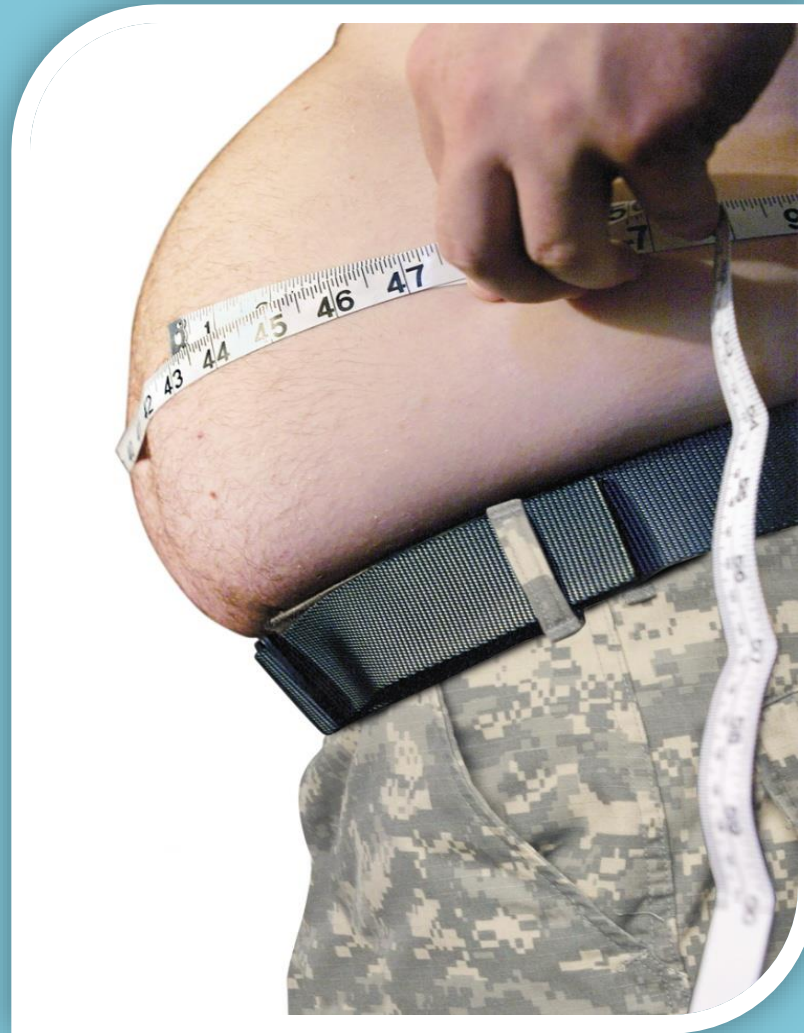
-- Chris Adams



*I'm on a 90-day wonder diet.
Thus far, I've lost 45 days.*



I'm in shape. Round is a shape... isn't it?



*I've been on a constant diet for the last two decades.
I've lost a total of 789 pounds. By all accounts,
I should be hanging from a charm bracelet.*

-- Erma Bombeck



My advice if you insist on slimming: Eat as much as you like - just don't swallow it.

-- Harry Secombe



It would be far easier to lose weight permanently if replacement parts weren't so handy in the refrigerator.

-- Hugh Allen

