

# The Pasta Diet



## The Pasta Diet and Your Health

ITALIAN PASTA DIET -- IT REALLY WORKS !!

- 1.. You walk pasta da bakery.
- 2... You walka pasta da candy store.
- 3.. You walka pasta da Ice Cream shop.
- 4.. You walka pasta da table and fridge.

**You will lose weight!**

**AND....**

For those of you who watch what you eat, here's the final word on nutrition and health.

1. The Japanese eat very little fat and suffer fewer heart attacks than the English.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than the English.
3. The Chinese drink very little red wine and suffer fewer heart attacks than the English.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than the English.
5. The Germans drink a lot of beers and eat lots of sausages and fats and suffer fewer heart attacks than the English.

### **CONCLUSION**

Eat and drink what you like.  
Speaking English is apparently what kills you