INE RATES

RATE BASE: 1,775,000

4-COLOR	GROSS RATE
PAGE	\$198,600
2/3 PAGE	\$151,000
1/2 PAGE OR DIGEST	\$114,900
1/3 PAGE	\$79,600

COVERS (4-COLOR ONLY)

2ND COVER	\$238,200
3RD COVER	\$228,200
4TH COVER	\$248,100

BLACK & WHITE

PAGE	\$141,900
2/3 PAGE	\$104,000
1/2 PAGE	\$82,200
1/3 PAGE	\$57,000

For Specs, visit

meredith.com/ad-specs

BLEED: No charge.

INSERTS: Limited availability. Please inquire.

COMMISSION AND PAYMENT TERMS: Agency Commission: 15% to recognized advertising agencies.

Payment Due: Net 10 days. 1.5% monthly charged on overdue accounts.

CONTRACT AND COPY REGULATIONS: Please refer to TERMS AND CONDITIONS.

For more information, please contact TIFFANY EHASZ, Publisher, at 212-455-1409 or tiffany.ehasz@meredith.com, or your *EatingWell* sales representative.