



Eat the foods you CRAVE!!!



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Applesauce Gets a Kick to the Core!

Spotted on Shelves...

Big Slice Kettle Cooked Apples - This conveniently pouched, chunky, home-style fruit comes in 16 AMAZING flavors. There are three different lines: Pure (simple picks like Natural and Cherry Vanilla), Fit (including Pineapple Passion Fruit & Fiber) and Luxe (with our favorite, Cinnamon French Toast!). Each package has 50 - 170 calories, 0 - 8g fat, 0 - 10mg sodium, 13 - 27g carbs, 2 - 5g fiber, 10 - 23g sugars, and 0 - 5g protein (PointsPlus® value 1 - 5*). FYI, the Banana Mango & Hemp Seed version is the only one with over 110 calories. At select Target locations - click to find!

Nature Valley Greek Yogurt Protein Bars - Yay for snacks with fiber and protein! These yogurty fruit-and-nut bars come in Strawberry and Mixed Berry, and each bar has 180 - 190 calories, 9g fat, 160mg sodium, 17g carbs, 3g fiber, 11g sugars, and 10g protein (PointsPlus® value 5*). These look like ideal emergency snacks...

Eggo Bites - OH WOW. These are tiny French toasts (in Vanilla or Cinnamon) and waffles that come in microwaveable pouches! Eat 'em on the go -- the waffles even have maple-syrup flavor cooked right in. We reiterate: WOW. Each pouch has 180 calories, 5g fat, 230 - 280mg sodium, 29 - 30g carbs, <1g fiber, 9 - 11g sugars, and 4g protein (PointsPlus® value 5*).

The Soda Controversy Continues...

While we're not huge fans of oversized full-sugar sodas, we're also not sure how we feel about legal bans on them, like the one awaiting approval in New York City. Well, the trend is catching on. A bill was proposed in Hawaii to prohibit the sale of sugar-sweetened beverages over 16 ounces AND bar the sale of sugar-sweetened drinks as a part of kids' meals. And a California state senator has proposed legislation to slap a warning label on sweetened beverages with 75 or more calories per 12 ounces. The label would read "STATE OF CALIFORNIA SAFETY WARNING: Drinking beverages with added sugar(s) contributes to obesity, diabetes, and tooth decay." WHOA. What do you think about this? Should the government be issuing restrictions and harsh warnings, or should it be up to individuals to exercise moderation (or not)? Let's chat over on Facebook...



Every Sip You Take, They'll Be Watching You...



Hello, Newman!

Newman's Own Branches Out with Greek Yogurt & Cereal!

What's new from Newman's Own, a.k.a. the maker of our FAVORITE salad dressing in all the land? Check it out...

Newman's Own Greek Nonfat Yogurt - Because anybody who's anybody is in on the Greek yogurt craze! In Strawberry, Pineapple, Black Cherry, Blueberry, and Peach, this stuff has BIG pieces of REAL fruit on the bottom. Each 5.3-oz. container has 120 calories, 0g fat, 50 - 60mg sodium, 18 - 19g carbs, 0 - 1g fiber, 15 - 17g sugars, and 12g protein (PointsPlus® value 3*). We're ALWAYS excited about a great new yogurt find...

Newman's Own Sweet Enough Cereals - A super-smart alternative to all the too-sugary cereals out there, these lightly sweetened cereals are all-natural and packed with whole grains. Vanilla Almond, Honey Flax Flakes, Flakes 'n Strawberries... They all sound good to us! Especially since each 3/4-cup serving has just 100 - 110 calories, 0 - 1g fat, 80 - 130mg sodium, 24 - 25g carbs, 2 - 4g fiber, 7 - 8g sugars, and 2 - 3g protein (PointsPlus® value 3*).

The Buzz...

How could those single-cup coffee brewers be any better? With BIG cups and foam that's practically calorie-free! VertuoLine, coming soon from Nespresso, will serve up authentic espresso as well as "American-style large-cup coffee," both with crema, a foam made from the coffee itself. Fancy, fancy business! ***It's coming... It's getting closer... The Hungry Girl Diet hits store shelves on March 25th, which means it's nearly PRE-ORDER PROMO TIME! Do NOT miss a special email WEDNESDAY with the details on this year's book promo. Hint: You only need to buy ONE copy of the book to receive more than \$30 worth of freebies!!! Stay tuned... Book tour dates coming soon, too. WOHOHO! ***Boston Market steps up again! This time, they've lowered the sodium in several popular menu items. The mashed potatoes now have 26 percent less salt, and the sodium in the poultry gravy has been halved! Click to read up on the rest of the changes, and check out the "550 calories and under" meals before you order! ***We love yogurt, and a new study has found the probiotics in yogurt may aid weight loss in women. Yay for that! Sorry, guys -- the probiotics had no noticeable effect on the men's weight. And that's all we've got. HG out!



Just Brew It!



Make sure your friends know to look out for Wednesday's pre-order promo! Click "Send to a Friend," and pass around this useful info.

HG News You Can Use! Coffee-mate Natural Bliss ROCKS. Simple ingredients, simply delicious! Try it in our Blendy Vanilla Bliss recipe... Only 135 calories and SO GOOD.

CHEW ON THIS: Today, February 24th, is National Tortilla Chip Day. Sure, we love store-bought baked tortilla chips, but have you ever made 'em yourself? SO EASY!

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