



Low-Calorie Cinnamon-Bun Snacks, Food Trends 2014, Weight-Loss Benefits



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NEWS



Bite-Sized Buns!

Spotted on Shelves...

New York Style All Natural Sweet Swirls Cinnabon Baked Snack Crisps - WOWOWOWOW!!! Anyone with a weakness for cinnamon buns should step up and meet their [new favorite snack](#) -- sweet, spiced, buttery, and amazing. Have 7 pieces for 130 calories, 5g fat, 150mg sodium, 19g carbs, 1g fiber, 3g sugars, and 3g protein (**PointsPlus**® value 4*). [Click to find!](#)

Coffee-mate Natural Bliss All-Natural Coffee Creamer in Cinnamon Cream Flavor - More sweet cinnamon goodness! [This liquid creamer](#) is SO yummy. A 1-tbsp. serving has 35 calories, 1.5g fat, 5mg sodium, 5g carbs, 0g fiber, 5g sugars, and 0g protein (**PointsPlus**® value 1*). Measure it out, because over-pouring is easy. [Find it](#) in the dairy aisle.

Seasonal Flavors! Outshine Fruit Bars in Grapefruit and Blood Orange - Just in time for dreary winter days, there's some seriously cheery citrus hitting freezer cases. These [pucker-ific bars](#) are SO GOOD. Each one has 80 calories, 0g fat, 0mg sodium, 19g carbs, 0g fiber, 18g sugars, and 0g protein (**PointsPlus**® value 2*). They're only around for the winter, so try 'em soon. We'll be eating ours indoors...

Exciting Food Trends for 2014!

Trend predictions are popping up left and right in the food world! Here are a few we'd definitely like to see come true...

Heirloom Veggie Revival - Think of them as [retro veggies](#). Kale has already made a huge boom, so will other old-school veggies follow suit? Perhaps salsify (a root vegetable; not a Harry Potter spell to conjure up fresh salsa!) will be next.

Low Tea, a.k.a. Mini Meals - If you start getting hungry late in the afternoon, [this concept](#) might be good for you. Have a small meal or light snack a few hours before dinner. These [protein-packed two-ingredient recipes](#) would be perfect, as would our [Smokey Salmon Lettuce Wraps!](#)

Spice of Life - [The folks over at McCormick](#) are forecasting boosted popularity in chilies. Also on the rise: Indian, Brazilian, and regional Mexican flavors. Yum, yum, yum...

Swanky Sweets - Campbell's Culinary & Baking Institute says to look for [sophisticated spins on desserts](#), including "fresh takes on fruit." Think our [feta-stuffed strawberries](#) fit the bill?

Beyond Burgers - Campbell's also predicts burgers with innovative toppings and beef alternatives. This [unconventional HG recipe](#) layers meatless burger patties with eggplant slices and saucy tomatoes... Trendy and TREMENDOUS.

HG Trend Prediction! Hundreds of thousands of people will lose weight while eating delicious super-sized meals and snacks with [The Hungry Girl Diet](#), launching in March! [Click for more info...](#)



Look What's Trending!



The Scale Factor...

New Reasons to Watch Your Weight (The Healthy Obesity Debate and More)

Have you heard the term *healthy obesity*? It's a phrase used to describe overweight people who aren't experiencing health problems typically associated with carrying extra weight. Well, [new research analysis](#) presented in the *Annals of Internal Medicine* suggests that even overweight and obese people who have good cholesterol and blood pressure levels may be at risk for adverse long-term outcomes. Some health professionals have [reported the contrary](#), but we're going to keep an eye on the scale just in case. Need another reason to shed some pounds? A high body mass and large waistline have been associated with hearing loss. [Study findings](#) suggest that obesity may affect blood flow to the ear and that moderate physical activity reduces the risk for loss of hearing. Sounds like it's time for a brisk walk...

The Buzz...

Many people complain that eating healthy costs more, and that may be true... but not *that* much more. **According to a new review of several studies, a healthy diet costs only an average of \$1.50 more per day than an unhealthy diet.** Not bad! (Sure, it adds up if you're factoring in a family of four, but the investment is worth it and not as steep as you might have thought.) ***We're nuts about nuts here at Hungryland, and it looks like everybody else is as well! **The NPD Group found that nuts ranked in the top 10 snack-oriented convenience foods** chosen by Americans looking after their health and weight needs. We recommend [single-serve packs](#) to keep portions in check! ***NASA has a new mission: **to put plants on the moon.** The theory is to test the lunar environment for humans -- if plants can survive there, maybe we can too. Among the first up? Basil and turnips! Sounds delicious... *****And in further technological advances, Applebee's patrons will soon be able to order food directly from a tablet computer on their table.** [The tablets](#) will be available in over 1,800 locations by the end of next year. We like not having to flag down a server, but this makes it WAY too easy to impulse buy crazy appetizers and desserts... And that's all we've got. *HG out!*



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CHEW ON THIS:

Today's a good one... December 16th is National Chocolate-Covered Anything Day. [Here's a whole roundup](#) of no-guilt choco-covered goodies!

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We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising policies](#).

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