



News



Pastry-Flavored Perfection!

Spotted on Shelves...

**Dreyer's/Edy's Slow Churned Limited Edition Bakery Treats Light Ice Cream** - Sometimes we wonder if the Dreyer's/Edy's peeps have a window into our brains, because this is basically the ice cream of our dreams. Low in fat AND it tastes like baked goods? WOWOWOWOW! Try [Coffee & Cookies Delight](#), [Cinnamon Bun Fun!](#) (the HG favorite!), and [Luscious Red Velvet Cake](#). Each 1/2-cup serving has 110 calories, 2.5 - 3.5g fat, 40 - 50mg sodium, 18 - 19g carbs, 0g fiber, 13g sugars, and 2 - 3g protein (**PointsPlus**® value 3\*).

**Old El Paso Stand 'N Stuff Soft Flour Tortillas** - Flat-bottomed hard-taco shells are smart, and this [soft-taco version](#) is brilliant! A pair of tortillas has 160 calories, 6g fat, 330mg sodium, 24g carbs, <1g fiber, <1g sugars, and 3g protein (**PointsPlus**® value 4\*). Fill 'em with your favorite no-guilt Mexican goodies, and enjoy!

**Applegate Naturals Uncured Pepperoni** - Delicious pepperoni that's both natural AND guilt-free? Mega score! In both [turkey](#) and [pork](#) varieties, a 1-oz. serving (about 16 pieces) has 40 - 50 calories, 2 - 3.5g fat, 350 - 360mg sodium, 0g carbs, 0g fiber, 0g sugars, and 3 - 5g protein (**PointsPlus**® value 1\*). Look for them at stores like Whole Foods! We've tried 'em, and they're crazy good...

New Fast-Food SHOCKERS, Plus DIY Swaps!

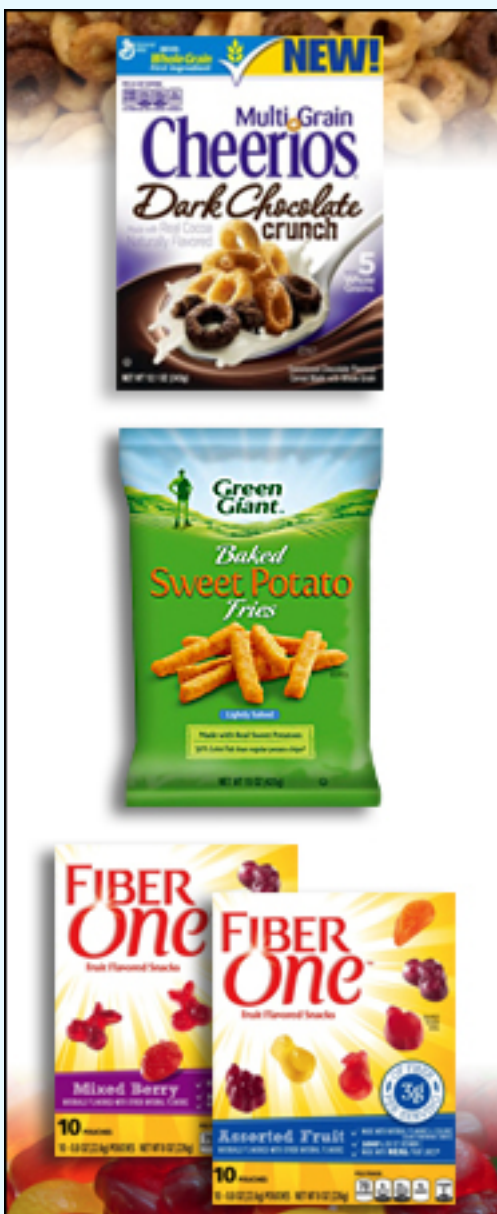
**Subway's Fritos Chicken Enchilada Melt** - Subway's latest sandwich sounds mighty tempting, but a six-inch sub has 580 calories and 26g fat. BOO. Instead, toss some shredded (or finely chopped) skinless chicken breast with red enchilada sauce. Pile that onto a 100-calorie flat sandwich bun or light flatbread, sprinkle with a little shredded reduced-fat Mexican-blend cheese, and top with a small handful of Fritos. Much better!

**Jack in the Box's Bacon Insider** - JTB's new burger features a bacon-infused beef patty, bacon slices, and bacon mayo. Dare we say... that's too much bacon! Especially considering this burger packs 729 calories and 44g fat. Skip the creamy condiment, and try this [Bacon Cheeseburger Patty](#) topped with center-cut bacon or turkey bacon on a light hamburger bun. A squirt of ketchup seals the deal...

**Burger King's Chicken and Waffle Sandwich** - The stats aren't in yet on this test-market waffle 'wich, but we're gonna assume they won't be pretty. Skip out, and simply add another waffle to our [Plate-Lickin'-Good Chicken & Waffles](#). Yum, yum, yum!



Flops and Swaps!



Fifty Shades of Yum!

General Mills Adding 50 New Products! (Promising Picks)

**Yoplait Light (with Dessert Mix-Ins!)** - We can't wait to get our spoons into these: Key Lime Pie (with graham cracker crumbles), Boston Cream Pie (with chocolate flavored crumbles), and Coconut Cream Pie (with graham cracker crumbles). Each 6-oz. container with crumbles has 170 calories and 2 - 2.5g fat (**PointsPlus**® value 5\*). Mmmm!

**Multi Grain Cheerios Dark Chocolate Crunch** - Here we have a cereal that's [both deliciously decadent and nice 'n nutritious!](#) A 3/4-cup serving has 110 calories and 1.5g fat (**PointsPlus**® value 3\*). Look for HG recipes featuring this stuff in the near future...

**Green Giant Baked Sweet Potato Fries** - Because we don't always have time to make [Bake-tastic Butternut Squash Fries](#), there are these ready-to-eat crunchy snacks. In Original and Lightly Salted, a 1-oz. serving (about 28 fries) has 130 calories and 4g fat (**PointsPlus**® value 4\*). Not bad!

**Fiber One Fruit Flavored Snacks** - [Fiber-boosted fruit chews](#) are here! In Assorted Fruit and Mixed Berry, each pouch has 70 fat-free calories and 3g fiber (**PointsPlus**® value 2\*). Yum for everyone!

[Click here](#) to see ALL the new products General Mills is rolling out. Weeeeeeee!

The Buzz...

**What's the latest development in the ongoing yogurt boom? SAVORY YOGURT!** Yup, [Blue Hill Yogurt](#) comes in flavors like Beet, Carrot, and ginger-spiced Butternut Squash. We're intrigued (and a little horrified!). A 6-oz. cup has 100 - 120 calories and 4 - 6g fat (**PointsPlus**® value 3\*). Track 'em down, if you dare... \*\*\***The hottest food trend on the horizon? Printable products.** As in printing out custom-designed food. Reportedly, [Barilla](#) is working on the perfect 3D printer to churn out custom pasta shapes, and [Hershey's](#) is looking into 3D chocolate printing. Want something printed in chocolate now? UK company [Choc Edge](#) will sell you your very own 3D printer for the low price of about \$4,720. Um, we'll just wait for Hershey's to get on it! \*\*\***Follow your nose... Research from the Monell Chemical Senses Center found that people can actually smell differences in foods' fat content.** [Subjects sniffed](#) milk samples and the results showed a definite ability to detect different levels of fat. WOW! \*\*\***Lastly, when it comes to condiments, which one is top dog in America?** MAYO! Yup, Americans spend more on mayo than on any other condiment. [Statistics also show](#) that hot sauce is on the rise. [Click here](#) for HG's top condiment picks! And that's all we've got. *HG out!*



Veggie Yogurt? Very Interesting!



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Here at Hungryland, we LOVE Wonderful Halos. And we REALLY love what the brand is doing to help end hunger. The folks at Halos are teaming up with Feeding America, the nation's largest organization dedicated to fighting domestic hunger, to provide more than 1.3 million meals and support the BackPack program. Celebs (HG Lisa included!) will design and donate backpacks to help raise additional funds. THAT ROCKS! [Follow Wonderful Halos on Facebook](#) for all the latest info!



Start off the week right -- click "Send to a Friend" to share this news.

**CHEW ON THIS:**  
Happy Oatmeal Monday! Yup, it falls on the second Monday in February, which is TODAY. [Click](#) for some super-delicious growing oatmeal bowls!

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