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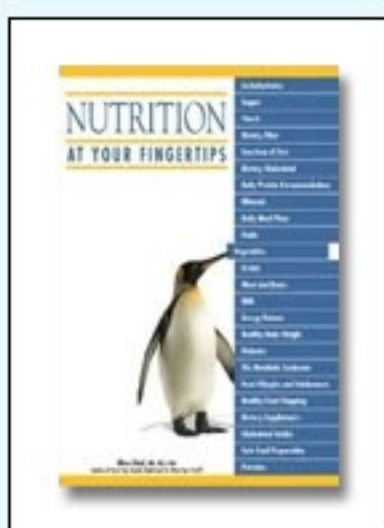
TUES

WED

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NEWS



Things You Should Know About!

Nutritional Info NOT Found on a Box!

Need new ideas for getting fit and food-informed? Good, 'cause there's a TON of stuff coming your way...

Nutrition at Your Fingertips - This super-resource book, by registered dietitian Elisa Zied, comes out tomorrow (you can [pre-order now](#) for a great price). It's essentially an easy-to-use guide for all things food and nutrition, from superfoods to food-allergy symptoms. IMPRESSIVE!

The 90-Second Fitness Solution - Ever heard of a "vook"? Now you have! It's one part video, one part book (doy), and there's a new one out there from renowned trainer Pete Cerqua. *The 90-Second Fitness Solution* has 13 videos and 170 pages of info, including Pete's super-speedy workout routines as well as diet & lifestyle tips. It can be downloaded onto your computer, iPhone, or iPod Touch.

"Lose It!" - Check out [this popular, free, health & fitness application](#) for iPhone and iPod Touch users. The super-organized app is basically an electronic food journal on-the-go. It helps you track how many calories you've eaten, how much you SHOULD be eating, the amount of exercise you've done, etc. It's rated pretty highly, so if you're into the whole app thing, check it out! And it's FREE!!!

Whew -- we're exhausted. Hope reporting helpful info burns lots of calories...

Flatbread or FATbread?

We've talked/written your ears/eyes off about the rush of flat sandwich breads on the market: [Arnold Select/Oroweat Sandwich Thins](#), [Pepperidge Farm Deli Flats](#), and now [EarthGrains 100% Natural Thin Buns](#), which are high in fiber and low in fat with 100 calories (POINTS® value 1*) per bun, like the others. Well, here's a pretty important heads up for you. There's a product out there called [International Fabulous Flats Sandwich Flats](#). It looks exactly the same as the others BUT... it has about 75% MORE CALORIES than the ones by brands we love! Granted, said higher cal copycat doesn't have HORRIBLE stats: Each Sandwich Flat has 170 - 180 calories, 1.5 - 2g fat, 33 - 35g carbs, 5g fiber, and 6g protein (POINTS® value 3*). And it's actually really good -- chewy, nicely spiced, and very fresh-tasting. But we're bringing these unexpected nutritionals to your attention, so that you don't mistake Sandwich Flats for the nearly identical, lower calorie versions. Be careful out there!



Flat Is Where It's At!



You'll Go Ape Over Em!

Spotted on Shelves...

Funky Monkey Snacks, New Flavors - Three all-new varieties of ["Fruit That Crunches!"](#) have been flung our way by our primate pal. The DELICIOUS, freeze-dried, no-sugar-added, all-natural fruit snacks now come in Applemon (apple with cinnamon), MangOJ (mango with orange juice), and Pink Pineapple (pineapple with guava). Each 1-oz. package has 90 - 110 calories, 0g fat, 23 - 26g carbs, 3g fiber, and 0 - 1g protein (POINTS® value 1 - 2*). We love that Funky Monkey... and his little hat, too! [Click, click, click](#) for the where-to-find 411.

Cedarlane All Natural Egg White Omelettes and Breakfast

Burritos - Heads up, lovers of freezer-aisle breakfasts! Cedarlane has whipped up a handful of [nuke-n-go morning meals](#). Choose from three types of Egg White Omelettes: Spinach and Mushroom; Green Chile, Cheese & Ranchero Sauce; and Uncured Turkey Bacon, Vegetable & Cheese. Each omelette has 240 - 300 calories, 10 - 13g fat, 18 - 21g carbs, 1 - 2g fiber, and 18 - 24g protein (POINTS® value 5 - 7*). There are ALSO two kinds of Breakfast Burritos, filled with scrambled egg whites, vegetables, and cheese -- one also includes uncured turkey bacon. Each burrito has 290 - 300 calories, 9g fat, 37 - 39g carbs, <1g fiber, and 15 - 16g protein (POINTS® value 7*). Yum!!!! [Click here](#) to track 'em down.

Trident Layers - Yup, gum has found its way into "Spotted." Why? Because this is some of the BEST and most unique out there. Not only is it GORGEOUS and stripey, but it also comes in two very fun flavors: [Wild Strawberry + Tangy Citrus](#) and [Green Apple + Golden Pineapple](#). (We're kind of obsessed with the green apple/pineapple stuff.) And it has less than five calories per sugar-free piece. Look for it by the checkout line at your local supermarket.

The Buzz...

MixMyGranola makes YOU a granola designer. [Go to the website](#), pick a granola base (we like the low-fat kind -- big surprise!), and select exactly what you'd like in your mix -- there are more than 70 different ingredients, from fruits and nuts to caffeine powder and gummy bears! PLUS, at any point in the building process, you can check in with the nutrition calculator to view the stats on your granola-to-be. [Order your own mix NOW](#) and get a 30% DISCOUNT when you enter promo code: [hungrygirl](#). (Expires midnight 11/5/09.) YAY! ***If you're obsessed with [Laughing Cow Light](#) like we are, you may have noticed some copycats (or should we say, copyCOWS) popping up on shelves. Both Sonoma Jacks and [Swiss Knight](#) are making wheel-packed cheese wedges with similar stats. As far as we can *taste*, no one has come close to replicating the sheer PERFECTION of Laughing Cow Light. [Thoughts?](#) ***FACT! That grinning jack-o-lantern bucket full of Halloween leftovers could contain 200 pieces of bite-sized candy -- about 10,000 calories! Don't let the sugar-packed celebration go on until Christmas. Ditch the candy, humans. Take it to work, give it to visitors... just let it go. That's all we've got. *HG out!*



Granola for Control Freaks!

CHEW ON THIS:

Today, November 2nd, is Day Two of National Fun with Fondue Month. Grab a copy of [Hungry Girl 200 Under 200](#) and whip up [some Peachy-Cream Fruity Fondue](#) or [some Just Fondue It](#). Then have fun dunking things in celebration!

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