

# NUTRITION NEWS

## An Easier Way To Keep Those Pounds Off

(NAPSA)—Each year, promises to eat healthy and lose weight top Americans' New Year's resolutions. That's no surprise since the latest studies by the U.S. Department of Health and Human Services report that in the year 2000 more than 30 percent of American adults, or 59 million people, were obese.

If you are among the thousands of Americans who can't seem to keep those pounds off, but don't want to change your lifestyle, you're in luck.

These award-winning recipes from [Overweightpeople.com](http://Overweightpeople.com) will start your own personal menu of entrees and snacks that are low in fat, low in sodium, and low in preparation time.

### Low Fat Banana Nut Bread

- 2 tsp. Cinnamon
- 2¼ cup Pastry Flour
- 1 tsp. Baking Soda
- 1 tsp. Salt
- \*1½ cup Fruit Juice Reduction
- 3 Ripe Bananas
- 2 Med. Eggs
- ⅛ cup Vegetable Oil
- ¼ cup Apple Sauce
- ½ cup Chopped Walnuts

Grease a standard bread pan with non-fat cooking spray. Pre-heat oven to 325 degrees. Combine all dry ingredients and hold aside, combine all wet ingredients, except bananas. Place bananas in mixing bowl and mix at slow speed alternating wet and dry until all ingredients are added. (Slowly blend. Do not over mix). Pour into pan and bake 25 to 35 min.



**When meals are designed for you personally, you can keep those extra pounds off.**

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\*1 12 oz. can apple juice concentrate simmered on med/high heat until it reduces to approx. 1 cup. The remainder can be saved, covered in fridge.

### Skinny Waldorf Salad

- 1 cup Diced Apples
- 1 cup Drained Mandarin Oranges
- 1 cup Diced Celery
- ½ cup Dried Cranberries
- ½ cup Chopped Walnuts
- 1 cup Non-fat Cool Whip
- ¼ cup Low-fat Mayonnaise
- ½ tsp. Cinnamon

Blend together Cool Whip, Mayonnaise and Cinnamon. Then fold in all other ingredients. Do not chop apples too early, they will turn. For best results chop and blend apples just before serving.

For more low-fat, low-sodium, and great-tasting recipes like these, and other information, visit [www.overweightpeople.com](http://www.overweightpeople.com).