

# Nutrition News

## Hints To Help You Win At Losing

(NAPSA)—If you've long feared you've a slim chance of slimming down, these do's and don'ts may prove easy to swallow:

- Don't give up your favorite foods. Just adjust the portions. A serving of meat should be about the size of a deck of cards; one of fruit or vegetables, about the size of a tennis ball.

- Don't gobble. The more slowly you eat, the faster your body realizes it's full.

- Do get the recommended five to nine servings of fruits and vegetables a day. They can fill you up without filling you out as much as other foods can.

- Don't give up protein. Researchers recommend a diet higher in protein and moderate in carbs for weight loss.

- Do exercise. Walk more, take the stairs and try to get in at least 20 minutes of vigorous exercise at least three times a week.

- Don't get discouraged. Even if you slip up or your weight loss reaches a plateau, sticking to your diet and exercise regimen will pay off in the end.

- Do eat several small meals a day. Studies show four to five meals or snacks can help control appetite.

- Don't forget to reward yourself. New clothes to fit your slimmer self or a fat piggy bank you can fill with the money you'd otherwise spend on snacks can lead to non-food-related satisfaction.

- Do drink plenty of water and other low-calorie beverages, such as fruit juice. For instance, you can get fat-free, cholesterol-free Sun Shower 100 percent Nectarine Juices, with no added sugar or preservatives. They're less acidic than orange juice, high in potassium, beta-carotene, vitamin C, phytonutrients and antioxidants,



**Drink (fruit juice) to your health and happiness.**

and have only 90 calories per 8-ounce serving—which equals two servings of fruit. There are eight flavors: Nectarine, Nectarine Berry, Nectarine Mango, Nectarine Acai, Nectarine Pomegranate, Nectarine Grape Orange and Stamina Superfood.

You may care to try one in this satisfying smoothie:

### Sun Shower Smoothie

**8 oz. Sun Shower 100 percent Nectarine Juice (any flavor)**  
**1 cup plain yogurt**  
**½ cup ice**

**Pour Sun Shower 100 Percent Nectarine Juice, yogurt and ice into a blender. Blend until smooth. If desired, add additional fruit.**

### Learn More

For more recipes and information, visit [www.nbjuiceworks.com](http://www.nbjuiceworks.com).