

Nutrition News

Losing Weight Without Lightening Your Wallet

(NAPSA)—There are some inexpensive ways by which the 56 percent of Americans who consider themselves overweight might tip the diet scales in their favor.

Still, people in the U.S. spend more than \$2 billion on diet plans and products each year—often only to experience “diet fatigue” from having too few choices of food and flavor.

So what’s a cost-conscious dieter to do? Think hybrid. That means using the general concept of your preferred diet plan—low-carb, high-fiber, low-fat, etc.—and adapting that to a range of selectively chosen, affordable foods.

For instance, you can help ensure you have a healthy ratio of carbs to protein in your diet by adding a protein bar to your daily regimen. thinkThin bars contain 20 grams of protein—the most our bodies can absorb in one meal. They’re also naturally sugar free, contain an 18-vitamin/mineral blend and have ingredients that help provide lasting satiation, sustained energy, and strength-building capabilities.

When combined with a good mix of fruits, nuts, vegetables, whole grains, seafood and lean meat, the bars could help you ensure an all-around lasting weight management program.

It might also be a good—and affordable—idea to boost your fiber intake. Many Americans don’t get the much-needed 25 to



A “hybrid” approach to diet plans might be a smart way to lose weight and keep it off.

38 grams of fiber the USDA recommends they eat each day, often leaving them feeling sluggish and possibly slowing any progress they might see from their diets.

Try to supplement a few high-fiber, whole grain foods, such as oatmeal, certain fruits and different types of breads, into your daily diet. You can tell how much fiber a food has by checking its label. And remember, according to the USDA, most whole grain products are low in fat, unless fat is added in processing, preparation or at the table.

Finally, remember to drink plenty of water, since water aids in nutrient absorption and detoxification.

For more information, visit www.thinkproducts.com.