

Nutrition News & Notes

Quick Ways To Zone In On Easy Diets

(NAPSA)—If you're like most Americans, you'd like to lighten your load. In fact, according to the NPD Group's recent Eating Patterns in America report, 61 percent of Americans today say they would like to lose at least 20 pounds. About 25 percent of us are already on a diet. However, many people say they don't have time to prepare healthy, balanced meals—meals that are key to helping people lose weight.

A staggering 92 percent of individuals consume some type of ready-to-eat foods at home on a daily basis. Stove-top use is down 18 percent and microwave oven use has doubled to 20 percent. Perhaps it's no wonder that more and more of us are turning towards natural, diet-conscious ready-made foods such as Cedarlane's "Zoned" frozen food line.

Zone In For Wellness

One of the most popular dietary plans today is Dr. Barry Sears' Zone Diet. Some of Hollywood's elite, including actresses Jennifer Aniston, Sandra Bullock and Renee Zellweger, have lived and breathed the "Zone" lifestyle. Since it was introduced over 10 years ago, millions of men and women have become faithful followers of Dr. Sears' simple concept: Eat the right combination of



New types of frozen entrees can help people stick to their diets.

foods—protein, carbohydrates and fat—all in moderation. This allows sugar to be released slowly into the bloodstream, helping maintain blood-sugar and insulin at consistent levels throughout the day. The result? According to Sears, it's a feeling of satisfaction and fullness, which helps you eat less and feel better.

How can you adopt the "Zone" lifestyle, eat healthy, fulfilling meals, and still have time for everything else? This is where the right kind of prepared food comes in.

Two Worlds Become One

Under the direction of Dr. Sears, Cedarlane Natural Foods chefs worked to develop natural, wholesome and "Zoned" frozen foods. The results allow weight-conscious folks-on-the-go the easy convenience and affordability of a frozen meal, while also experiencing the healthy "Zone" lifestyle.

Using medical research from Zone Labs and healthy ingredients, their goal was to create a new line of products that not only tastes good, but also incorporates the Zone Diet's dietary requirements.

"Our alliance gives consumers many choices now to help manage their weight as well as receive the proper ratio of ingredients in their meals to maintain proper hormonal balance," explained Dr. Sears. Another advantage of the partnership? A diet plan that originally catered to the elite and individuals with higher incomes is now available to virtually anyone who wants a "Zone" lifestyle—without having to empty their wallets.

Keeping It Tasty

How do you choose the right frozen meal? For many of us, the deciding factors are simple: Which one tastes the best, and how easy is it to prepare? The recipes for Cedarlane's "Zoned" products were carefully prepared and tested to ensure high quality and great taste. The line offers delicious, savory and creative entrees such as Spinach & Mushroom Omelettes, Ranchero Breakfast Burritos, Eggplant Parmesan, Roasted Vegetable Pizza, Enchilada Pie and Vegetable Lasagna.

To learn more, visit the Web site www.cedarlanefoods.com.