

Narrator: WANT TO CUT YOUR GUT FOR GOOD THIS YEAR? I'M RISE JILL MILLER. WE ALL MAKE RESOLUTIONS, BUT THE TOUGH PART IS STICKING TO THEM. NOW, WITH A FEW TASTY TIPS, YOU CAN FINALLY WIN THE BATTLE OF THE BULGE. FOR EXAMPLE, SAY CHEESE BY CHOOSING SMALLER PORTIONS OF FULLER FLAVORED CHEESES.

MARLENE KOCH, REGISTERED DIETICIAN AND BEST SELLING AUTHOR OF "EAT MORE OF WHAT YOU LOVE" HAS MORE TRIMMING TIPS:

Marlene: GET THE CRISPY CRUNCH OF FRIED FOODS BY OVEN FRYING AT HIGH HEAT. OR, SWITCH THINGS UP A BIT BY CHANGING YOUR PASTA TO DREAMFIELDS. IT'S HIGHER IN FIBER AND LOWER IN DIGESTIBLE CARBS WHICH HELPS KEEP HEALTHY BLOOD SUGAR LEVELS, AND BELLIES, IN CHECK. BEST OF ALL, IT TASTES JUST LIKE THE TRADITIONAL PASTA WE LOVE. YOU DON'T NEED TO FEEL DEPRIVED TO WHITTLE YOUR WAIST.

Narrator: AND GIVE YOURSELF A BREAK WHEN IT COMES TO WEIGHING YOURSELF. IF YOU WEIGH YOUR FOOD INSTEAD, YOU'LL KEEP PORTION SIZE REASONABLE AND KEEP YOUR WEIGHT IN CHECK. FOR DELICIOUS RECIPES AND HEALTHY PASTA DISHES, VISIT DREAMFIELDS FOODS DOT COM.