

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.