

### Quote of the Week

You don't drown by falling in the water. You drown by staying there.

- Unknown



# Fat to Fab



ISSUE 15

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## Food For Thought

**8 MOST FATTENING EASTER TREATS!** I saw this article on NEWSWEEK.COM and thought I would share some of their findings! Remember - even though it's a holiday, it's not about the food. It's about the reason for the season.

EXERPT FROM <http://www.newsweek.com/id/124447?GT1=43002>

- 1. Peeps.** A few of these fluffy, sugar-filled treats can add up quickly. Go through a row of four bunnies and you're at 130 calories. Peeps are fat-free but do weigh in heavy on the carb count--each little rabbit has 8 grams of sugar alone, adding up to 32 grams in a serving of four.
- 2. Jelly Beans.** These can be your worst foe or your best friend in the Easter basket, depending on how many you eat. Each individual bean is pretty low in calorie count, with usually around 5 or 6 calories, but munching through a handful or worse, an entire bagful, of Jelly Bellys adds up quickly. The recommended 35-bean serving comes in at 140 calories from 37 grams of sugar. To avoid jelly-bean overdose, it's probably best to grab a handful and then keep the Easter basket out of reach.
- 3. Cadbury Chocolate Eggs.** These eggs may look tiny, but their calorie count is anything but. A handful of 12 eggs comes with 190 calories and 8 grams of fat. You might want to skip over these high-cal eggs if you come across them on the hunt.
- 4. Cadbury Creme Egg.** It's possibly the quintessential Easter treat, but most people won't be surprised to find out that the creamy egg packs in the calories. The 1.2-ounce egg comes with 150 calories, 5 grams of fat and 25 grams of carbs. If you're looking for an excuse to indulge, there is a slight silver lining: the tasty milk chocolate comes with 40mg of calcium, which is about 5 percent of the recommended daily value.
- 5. Reese's Peanut Butter Egg.** This egg slightly edges out its creme-filled rival in the unhealthy Easter-egg competition. All three varieties of the Reese's egg--milk chocolate, fudge and white chocolate--have a calorie count of 180. The fat content weighs in around 10 grams, double that of the Cadbury Creme Egg, with the white-chocolate egg the worst, at 11 grams. Stick to the traditional Reese's Peanut Butter Cup, which, though it lacks the festive Easter element, has nearly half the calories of its egg-shaped relatives.
- 6. Lindt Chocolate Carrots.** In a sea of eggs and bunnies, chocolate carrots are one of the more unusual Easter candy options--Lindt only started offering them seven years ago. Sadly, they have little nutritional value in common with their vegetable counterparts: a box of four carrot-shaped chocolates has 210 calories.
- 7. Hershey's Hollow Milk Chocolate Egg.** This might come as the biggest surprise: one hollow Hershey's egg (4.65 ounces) has more than three times as many calories as the Cadbury Creme Egg. The shell alone has 570 calories. Start munching on the four Hershey's kisses included inside and you're up to a whopping 660 calories and 41 grams of fat. This may be one of the few Easter offerings that makes a Reese's Peanut Butter Egg look like health food.
- 8. Large Chocolate Bunny.** Not surprisingly, the bunny reigns as king when it comes to Easter calories. But the calorie count may still raise a few eyebrows: the average seven-ounce rabbit clocks an impressive 1,050 calories. Smaller bunnies are better--rabbits of the one-ounce variety only rack up 140 calories.

## Spread the Word...Please!

Hey gang! Would you please take a few minutes and forward my newsletter to anyone you think would be interested in my journey? I'm trying my hardest to get the word out to more and more people!

## Weekly Weigh In

**Previous Weight: 221.0 lbs**

**Current Weight: 220.4 lbs**

**Weekly loss/gain: - .6 lbs**

**62 Week Total Loss: 152.0 lbs**

**PHEW! I was totally expecting a gain this week as it's my normal week to gain. I actually lost .6 of the .8 I gained last week, so I'm EXTREMELY happy about that! I should see a nice loss next week!**

## Sponsorship Central

### Current Sponsors:

Pounds 151 - 155: Kevin Washington  
Dawn Mays  
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### Upcoming Sponsors:

Pounds 156 - 160: Andrea Lawson  
Tony DiGuida  
161 - 165: Mike & Linda Dunn  
Sherri Sadon

**THANK YOU TO  
ALL MY SPONSORS.**

## Recipe of The Week:

Clip & add to your recipe box!

### Jill's Dill Dip (inspired by a recipe from Jill Turec)

#### Ingredients

3 oz softened fat free cream cheese  
8 oz reduced fat sour cream  
1 .7-oz packet dry Italian dressing  
1 4-oz can of tiny shrimp, drained and patted dry

**Servings: 10      POINTS® Value: 1**  
**(3 level Tablespoons in a serving)**

#### Instructions

It is VERY IMPORTANT not to over mix this dip!  
Combine softened creamed cheese, sour cream & dry salad dressing slightly with a fork. Add drained shrimp and mix with and mixer JUST until blended ... about 30 seconds. It will be lumpy (that's the shrimp!)  
LET REFRIGERATE OVERNIGHT.

1 serving = 3 MEASURED & LEVELED tablespoons. I mean REAL measuring spoons....not the "tablespoon" that came with your flatware set!

## Chewin' the Fat

**I keep cutting back on how much I eat, but I can't seem to lose this weight. I'm starving all the time. Why won't my diet work?**

One of the biggest misconceptions in weight loss is that you have to

starve yourself to lose weight. Your body is a vehicle. Your vehicle needs gas! If you don't eat, you don't the energy your body needs to function properly. That means it will start to shut down and go into starvation mode and hold on to all the fat reserves it can to keep from starving. If you are on Weight Watchers, be sure to eat all your points every day but be sure to get in all your "Good Healthy Guidelines." If you are not following the Weight Watchers program, then you'll need to visit a fitness/nutrition specialist and find out exactly how many calories and fat grams you should be eating every day. Be sure to eat them all for optimal weight loss! That's why I like Weight Watchers, they have done all the math for me!

Please E-Mail me your questions and I'll answer them here.

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*Happy Easter & Welcome Spring!*