

Quote of the Week:

"Arriving at one goal is the starting point to another."

- Fyodor Dostoevski



Fat to Fab



ISSUE 79

AUGUST 2, 2009

Food For Thought

They can't keep well enough alone! Back in January I introduced you to the Kahiki 1 Point Egg Rolls, the Kahiki 3 Point Chicken Tempura and the Kahiki 4 Point Chicken Fried Rice.

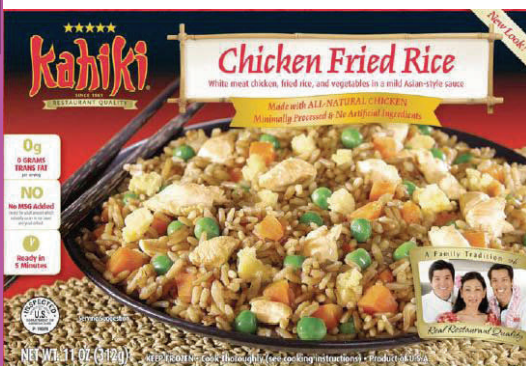
Well, it pays to read the label, even if you buy it all the time. A very astute reader informed me that the nutritionals for the Tempura Chicken had changed ... drastically. So that sent me on a mission to Shop 'n Save to see



what else may have changed. Here is what I found... my beloved Veggie Egg Rolls (according to the box) are still 1 Point! YIPPEE!! The Chicken



Fried rice is still 4 points for 1/2 the box. HOWEVER, the Tempura Chicken must have been too good to be true. Even though the website still says it's 3 Points, the box says 230 calories and 15 grams of fat...or 7 points per serving instead of 3 Points! WOOOOOAH! So, the lesson here is,



even though you THINK you know what the Points is for a certain food, you need to keep reading the labels, at least every so often, to make sure that you aren't silently sabotaging yourself.

IN THIS ISSUE

Food For Thought	1
Product Review	2
Pregnancy Update	2
Pregnancy Sponsors	3
Humor is Healthy	3
Recipe of the Week	3
Chewin' the Fat	3

SURGERY FUND TOTAL

\$00,687.06

Thank you for your continued donations!

Disclaimer:

This newsletter is in no way affiliated or endorsed by Weight Watchers International. It is simply a motivational tool that I offer to my subscribers.

Product Review

Who likes yogurt? I love it! Well, Hungry-Girl.com had updated that Fiber One Yogurt by Yoplait had changed their formula on their yogurt. I was nervous to try it until my “Step Sister” Tracy tried it and said they are really good. You now get 5 grams of fiber for one 4 ounce serving. This makes the 4oz cup ZERO points. I know when I was at my lowest Points level while losing, those 0 point snacks (that weren’t veggies) were very hard to come by. So this is great! Now it’s not a dairy serving like the 1 Point Weight Watcher yogurt, and it’s only 4oz, but if you eat it with some fruit, or mix it into your oatmeal (like I have told you about many times) it’s a great 0 point inclusion! Be on the lookout. Also, if you subscribe to the Pillsbury online newsletter, you can get coupons for the Fiber One yogurt right now through the Pillsbury website. They only come in a 4 pack and only in 4 flavors, Vanilla, Strawberry, Peach & Key Lime, but you still can go to the 1 point Weight Watchers yogurts for all your other flavors. Let me tell you....the peach is AWESOME! Chunks of peach right in the yogurt! YUM!!



Pregnancy Update

Since I had gestational diabetes with Alex, instead of starting with the 1 hour glucose tolerance test, they threw me right into the 3 hour test. What is the 3 hour test? Well, it starts with a 12 hour fast, then bright I got my fasting blood draw, then they made me drink 12 ounces of the most awful tasting orange goo. I can only compare it to drinking orange soda syrup. It’s so sickening sweet. Blech! Next, I get a blood draw every hour for 3 hours. Besides the gestational diabetes, they are also checking me for anemia. I have been taking some new prenatal vitamins that have a higher level of iron in them. But I’m still getting some dizzy spells. They have been coming lately after I’m done with my Zumba class (yes, I’m doing lower impact than I normally did). It’s not during my glass that I have the problem...it’s when I start stretching after it’s over when my heart rate begins to drop too fast. I was hoping to make it through August, but if this continues, I will have to change those plans. Thank goodness I have back-ups ready! Have I mentioned I haven’t eaten since 7pm last night? I did? Well, I’m STARVING! Once I get the test results, I will, of course, let you all know. I have my next doctors appointment on Tuesday late afternoon, hopefully the results will be in by then. Thanks again for all your continued support. It’s truly appreciated. Oh, I would like to introduce you to baby Michael Lee.



Pregnancy Sponsors

Week 28: Dawn Mays

Week 29: Sharon Eberspach

Week 30: Lisa Ciasca

Week 31: **OPEN**

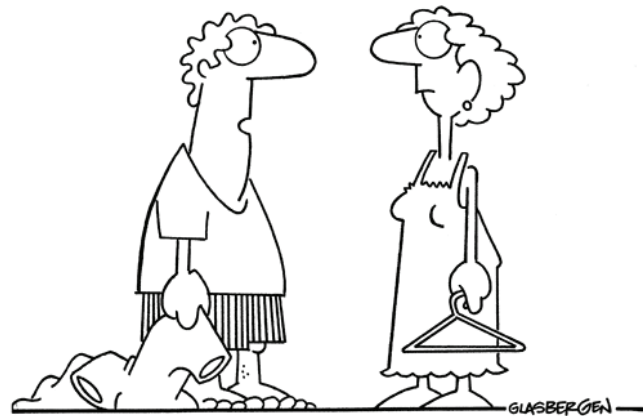
Week 32: Tracy Trego-Buttry

Week 33: **OPEN**

Week 34: **OPEN**

Email me to sign-up for a week.

(There's still room!)



"If the middle class is shrinking, why do I have to keep buying bigger pants?"

Recipe of The Week:

Clip & add to your recipe box!

Ingredients

Servings:
POINTS® Value:

Instructions

**ANY
SUGGESTIONS??????**

Chewin' the Fat

What does a typical menu for you?

Well, I'm a little boring when it comes to breakfast & lunch. Typically I'll have a bowl of oatmeal. I prefer 1/4 cup with 1/2 cup water, microwaved for 1 1/2 minutes, then I'll either add my yogurt or 1 table-

spoon of sugar free maple syrup. I always add a little bit of cinnamon, sometimes some vanilla and always some sweetener. Then I'll have a piece of fruit a couple hours later. For lunch I'll typically have the same thing all week. More than likely it will be a sandwich on 1 pt bread of some sort with lean lunch meat, fat free cheese, mustard, sometimes lettuce & tomato, I usually have some pretzels or baked chips, some more fruit, or maybe some sugar free pudding. I have another snack around 3:30. Then for dinner I'll have something in the 7-11 Point range. On days I Zumba, I eat more points because I burn so much, I have to be sure to eat back my activity points (at least while I'm pregnant). I'll then have a snack again around 9pm. I hope that helps!

Please E-Mail me your questions.
tracie@sponsormyweightloss.com

Summer is coming to a close. Get out and enjoy!