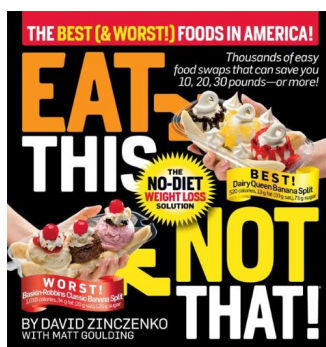


## "To Eat This Food or to Not Eat This Food? That is the question."

As apart of our on-going wellness communications, we will be sending out weekly helpful facts and tips about food and how your can choose which foods to help you eat healthier! The source of these facts and tips come from the book "Eat This, Not That!" written by David Zinczenko with Matt Goulding. Zinczenko is a regular contributor to the Today show and has appeared on Oprah, 20/20, and PrimeTime Live.



### Facts of the week: 12/15/2010

**Morning Breakfast** - Studies have shown that people who take time for a morning meal consume fewer calories over the course of the day, have stronger cognitive skills, and are 30% less likely to be overweight or obese.

**Skiping Breakfast** - People who skip breakfast are more likely to drink alcohol and smoke, and they're less likely to exercise.

### Tip of the week: 12/15/2010

**Start the day off with** - Fiber (from whole grains), lean protein (from eggs, low-fat dairy, or peanut butter), and some vitamins and minerals (from fruit), you're in great shape!

### Facts of the week: 12/8/2010

*Fact 1: The Cereal Conundrum: "Lightly sweetened"* - Example: Kellogg's Smart Start Cereal - the word "lightly" could mean 14 grams of sugar from 5 different sources, all which adds up to a cereal with more added sugars per serving than Fruit Loops, Frosted Flakes or Apple Jacks. Since "lightly" is not regulated by the USDA, it may mean just more added sugars.

*Fact 2: The Fat Fake Out: "25% less fat than regular peanut butter"* - Example: Smucker's Reduced Fat Creamy Peanut Butter - Smucker's has indeed removed some of the fat from the peanut butter, but they've replaced it with maltodextrin, a carbohydrate used as a cheap filler in many processed foods. This means you're

trading the healthy fat from peanuts for empty carbs, double the sugar, and a savings of a meager 10 calories.

**Tips of the week: 12/8/2010**

*Tip 1:* A cereal with less than 10 grams of sugar per serving (and ideally less than 5), with at least 3 grams of fiber. Look at cereal as a sugar-to-fiber ratio; you want a ratio no higher than 2 to 1.

*Tip 2:* The real stuff: no oils, fillers, or added sugars. Just peanuts and salt.

\*Source: "Eat This, Not That!" by David Zinczenko with Matt Goulding\*