

# The GR<sup>2</sup> Weight Loss Challenge



## Weeks 5-6 Newsletter: GR<sup>2</sup>eat Bars, Snacking Tips and Portion Control

### GR<sup>2</sup> Control® GR<sup>2</sup>eat Bars Are Really GREAT!!

By the looks of the large cookie and potato chip aisles in most grocery stores, snacking seems to be a national past time. And yet so many of us remember our mothers telling us not to eat between meals or it will spoil our appetite. Experts agree that compared with three large meals, small mini-meals equally spaced throughout the day result in greater weight loss with less overall calories consumed. On the run with little time to plan and prepare a snack? Reach for a GR<sup>2</sup> Control GR<sup>2</sup>eat Bar!

Formulated as part of the GR<sup>2</sup> Control Weight Loss Program, the GR<sup>2</sup> Control GR<sup>2</sup>eat Bar is a perfect mini-meal for the following reasons:

- It delivers Glycemic Response Control with the perfect balance of protein, fat, and carbohydrates to provide your body with energy-producing nutrients while keeping you off the Glycemic Roller coaster, out of the “insulin trap,” and in the fat-burning “control zone.”
- It's high in protein. The GR<sup>2</sup>eat Bar contains 15 grams of high quality protein from multiple sources, providing all 22 amino acids involved in human nutrition.
- It's low in calories. The GR<sup>2</sup> GR<sup>2</sup>eat Bar is consistent in size with just 150 calories, making portion control a snap.
- It's low in carbohydrates. The GR<sup>2</sup> GR<sup>2</sup>eat Bar only contains 10 grams of “sugars,” and most of these come from “glycemic edge” fructose.
- It's healthy. Unlike some packaged foods, GR<sup>2</sup> GR<sup>2</sup>eat Bars contain no trans fatty acids. It contains only 4.5 fat grams per bar, and less than 5 mg of cholesterol.
- It's convenient. Each GR<sup>2</sup> GR<sup>2</sup>eat Bar comes individually wrapped. Keep them in your car, in your desk at work, in your purse or briefcase, and in your gym bag. Just grab and go!

And most importantly...

- It's delicious! Available in two universally tasty flavors – Creamy Caramel and Luscious Lemon – GR<sup>2</sup>eat Bars are a wonderful alternative to candy bars and other high fat and sugary snacks. And they're not just for weight loss. Kids love them as an after school treat or as a between-class energy bar.

And remember, unlike many other healthy snacks, GR<sup>2</sup>eat Bars are never out of season, so you can have them at your fingertips year 'round.



## Portion Control – The Secret To Weight Loss Success

Are you someone who can eat just one potato chip and walk away? If you are, then go ahead and enjoy just one. But if you're like most people, you're probably better off avoiding the chips altogether. More than just controlling what we eat, the secret to weight loss success lies in controlling how much we eat. According to the National Heart, Lung, and Blood Institute Obesity Education Initiative, portion distortion over the past few decades has been a major contributor to the obesity epidemic in North America. Consider the following:

- Twenty years ago, a typical bagel was 3 inches in diameter and about 140 calories. Today, a typical bagel is twice the size at about 6 inches in diameter and 350 calories, the equivalent of about 3 slices of bread!
- Twenty years ago, a portion of chicken stir fry was 2 cups and about 435 calories. Today, a take-out container is more like 4 1/2 cups and about 865 calories!
- Twenty years ago, a spaghetti dinner was 1 cup spaghetti with sauce and 3 small meatballs or about 500 calories. Today, it's about 2 cups of pasta with sauce and 3 large meatballs, or about 1,025 calories (double the size!) It may look like it's a single serving but it's really 2 or even 3 servings. And often we eat the entire amount.
- Twenty years ago, a cup of coffee in an 8-ounce porcelain cup with 2 sugars and a splash of whole milk was about 45 calories. Today, a 16 oz. mocha coffee on the go made with whole milk and mocha syrup is a whopping 350 calories. Wow. Is it any wonder we're gaining weight?

Meals on the GR<sup>2</sup> Control Program should be sensible and portion controlled. A good rule of thumb is to choose medium sized-food plates and fill half with fresh vegetables or salad. 1/4 of the plate should be a 1/2 cup of cooked starch such as pasta, rice, potatoes or beans. The other 1/4 should be a 2 or 3 ounce serving of protein, equal to about the size of the palm of your hand. If you must have seconds, go for more salad or vegetables. Learn to read labels and pay attention to serving sizes (see insert for guidelines). Avoid fried foods and fats such as butter or margarine, full-fat dairy products, full-fat salad dressings and cream soups and sauces. Choose egg beaters over regular eggs. If you drink alcohol, enjoy it—like with sweets—sparingly.



### Grains

Cooked pasta or oatmeal = 1/2 cup  
Whole-wheat bread = 1 slice  
Whole-wheat crackers = 6 whole



### Meats and Beans

Cooked skinless poultry or fish = 3 ounces  
Cooked lean meat = 1 1/2 ounces  
Cooked legumes or dried beans = 1/2 cup  
or about the size of an ice cream scoop  
Egg = 1 medium



### Vegetables

Raw leafy vegetables = 2 cups  
Raw vegetables, chopped = 1 cup  
Chopped, cooked or canned  
vegetables = 1/2 cup



### Dairy

Low-fat or fat-free milk or yogurt = 1 cup  
Part-skim mozzarella cheese = 1 1/2 ounces  
or about 1/3 cup shredded

## Tips On Snacking

Snacks or mini-meals, as we like to call them, offer you the freedom and flexibility to choose mid-day foods that are nutritious, filling, and give you the energy you need to keep your 'fat furnace' burning all day long. A good rule of thumb in selecting your mini-meal foods is to choose food combinations that are naturally low in fat and contain protein and fiber. Protein helps us to feel satiated longer than a carbohydrate alone and fiber helps us to feel full. For times when you want something different than a GR<sup>2</sup>eat Bar, why not try one of the following suggestions:

- Sliced nectarine with 1/2 oz. (2 Tbsp) chopped hazelnuts
- 1 oz. nuts (approx. 10 roasted almonds or 9 cashews, or 11 pistachios, or 16 peanuts)
- 1/2 large apple with 1/2 cup reduced calorie cheddar, Colby, Muenster, or Swiss cheese
- Low fat cheese and red pepper spread on 2 celery stalks
- Fresh fruit kabob (grapes, pineapples, strawberries, tangerines, etc.) with an 8 oz. glass of skim milk
- 1 slice Prosciutto with 1 cup melon ( or melon with 2 slices of lean ham)
- 1/2 Cup of low fat cottage cheese with berries
- 1 hardboiled egg with a slice of toasted whole grain bread

- 1 cup plain nonfat yogurt with berries
- 1 slice whole grain bread with 1 slice of lean meat or low-fat cheese, lettuce, tomato and onion
- 1/2 pear with 1 oz. wedge of brie cheese
- 2 cups raw vegetables with 1/2 cup salsa on low-fat sour cream dip
- 1 cup vegetable soup (see recipe from weeks 1 – 2 newsletter)
- Vegetable salad with low-calorie salad dressing
- 1 cup Roma tomatoes with 1/2 low-fat mozzarella cheese, basil, and lemon juice



### Quick and Easy Homemade Hummus

A good source of protein and fiber, hummus makes a great mini-meal when partnered with dipping vegetables.

#### Ingredients

- 1/4 (15.5 ounce) can garbanzo beans, drained
- 1-1/4 teaspoons lemon juice
- 5/8 clove garlic, peeled and crushed
- 1 teaspoon tahini
- 1/8 teaspoon crushed red pepper

#### Directions

Place garbanzo beans in a food processor and blend into a spreadable paste. Mix in lemon juice, garlic, tahini and crushed red pepper. Blend until smooth, using more lemon juice if consistency is too thick. Serves 4. Yields 4 1/2 cup servings.

Source: AllRecipes.com



### Nutritional Information

#### Quick and Easy Homemade Hummus

Servings Per Recipe: 4

Amount Per Serving

Calories: 34

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Total Fat: .9 g

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Fiber: 1.1 g

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Protein: 1.3 g

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Carbohydrate: 5.5 g

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