



A NOTE FROM DR. POWELL, MD

Is your motivation lacking?

Summer season still seems far away, it's still cold enough to stay cozy on the couch, and most of your new year's resolutions have probably been abandoned. But you better get ready to rally! Whether you're looking for a kick in the pants or not, March is roaring in like a healthy-eating lion with its National Nutrition Month status. Instead of aggressive weight loss goals and dietary overhauls like you may have attempted in January, take a different approach for the month of March—and we think you'll love it. These are six Sneal® size tips to accomplish this month.

EAT 6 SNEALS
daily, 2-3 hours apart

Don't skip your
MORNING SNEAL

Stock up and
PLAN AHEAD

**6 SNEAL®
SIZE TIPS**

Pick the
SMALL PLATE

Watch your
PORTION SIZE

TURN OFF DEVICES
and go for a walk

FEATURED PRODUCTS



Lily Seed Pops

Premium grade Makhana Lily Seed Pops gently oven roasted with organic ingredients. 100% vegan and contains zero sugar, gluten, dairy, soy, or grains.



Protein Wafels

Packed with 10g of protein, wholesome oats and organic honey! Rip Van Wafels Protein Wafels makes an ideal sneal® for your on-the-go lifestyle. Each wafel is packed with 6 grams of fiber and only 5 grams of sugar with the taste of a candy bar.

Monthly Sneal® Savings

**10%
OFF**

Use code **MARCHNEWS20** online at CarbEssentials.net or present this coupon at a CarbEssentials Store location near you for 10% off your next product purchase.

*Must present coupon to redeem 10% off. Cannot be combined with any other offers. Can only be used once per customer. Redeemable at the following locations; Redding (Mon, Wed, Sat) & Chico (Tues, Thurs, Fri) ONLY. Coupon Expires 3/31/20



EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



Don't Fall Prey to Portion Distortion



According to the National Institutes of Health, a "portion" is how much food you choose to eat at one time, whether in a restaurant, from a package or in your own kitchen. A "serving" size is a specific amount of food or drink such as a cup of yogurt or a slice of bread. Many foods that come as a single portion actually contain multiple servings. The Nutrition Facts label on packaged foods—on the backs of cans, sides of boxes, etc.—tells you the number of servings in the container. Sometimes the portion size and serving size are the same, but sometimes they are not. Over the past few years portions have grown significantly in restaurants, as has the frequency of Americans eating out. Big portion sizes can mean you're getting more food than your body can stomach to maintain a healthy weight. Learn how much to put on your plate to help control how much you eat.

NATIONAL NUTRITION MONTH

It starts with a single step...

Eating healthier is often best achieved by starting small – not trying to change everything overnight. National Nutrition Month is the time of year to get perspective and focus on issues pertaining to your nutrition and health. Taking charge of your health contributes to overall well-being; as well as losing weight or maintaining your ideal weight, which reduces risks of chronic illness such as heart disease and diabetes.

ST. PATRICK'S DAY SNEAL DEALS

Pitchers of green beer, corned beef and cabbage, and festively-decorated shamrock sugar cookies; it's hard to celebrate St. Patrick's Day without the tempting Irish fare and green treats. However, you can still celebrate St. Patrick's Day without gaining those unlucky pounds. Enjoy **17% OFF** online at carbessentials.net, Tuesday, March 17th on your purchase of \$75 or more! Shop online with the coupon code **STPATY20** + enjoy free shipping (excluding liquids)!





Measure up

How much do you eat? Here is a easy way to measure portion size:

3oz. meat =
deck of cards

1 tsp. oil =
quarter in diameter

1 cup raw
veggies =
light bulb

1 medium fresh fruit =
tennis ball

1 bagel or roll =
6oz. can tuna

Bigger isn't better

The best deal for your wallet, doesn't necessarily mean it's the best deal for your waistline.

Combo	Jumbo	Deluxe	Colossal
Ultimate	Supersize	Tub	Supreme
Kingsize	All you can eat	Value Meal	Biggie

DID YOU KNOW?

- Americans are the heaviest of people in developed countries. The U.S. Surgeon General called obesity a national epidemic.
- Consuming an extra 100 calories daily for a year, without using them up can lead to a weight gain of 10 pounds.
- The number of overweight people in the world – 1.1 billion – now equals the number of undernourished people.
- Every gram of fat = 9 calories.
- Every gram of carbohydrate or protein = 4 calories.
- With each decade as we age we need 100 fewer calories per day.
- 61 percent of Americans are overweight.
- 10 calories in a day (2 hard candies) of unexpected energy puts on an extra pound a year.

Portion Distortion

What you're served



1/2 lb. cheeseburger, french fries, tomato slice, lettuce, 3/4 cup ketchup.
1,345 calories
53 grams fat

What's one serving



1/4 lb. cheeseburger, with half the french fries, and 2 tbsp. ketchup, lettuce and tomato.
685 calories
33 grams fat

Everyday excess

What your served:
Jumbo popcorn (30 cups, unbuttered)
1,600 calories, 108 grams fat

What one serving:
3 cups popcorn, unbuttered
165 calories, 9 grams fat



What your served:
Large 4oz. bagel, plain
220 calories, 3 grams fat

What one serving:
1.5oz. bagel, plain
120 calories, 1 gram fat



What your served:
24oz. soda = 310 calories, 0 grams fat
What one serving:
12oz. soda = 155 calories, 0 grams fat



What your served:
40 tortilla chips = 400 calories, 20 grams fat
What one serving:
10 tortilla chips = 100 calories, 5 grams fat



What your served:
5oz. chocolate chip cookie
700 calories, 20 grams fat

What one serving:
1oz. chocolate chip cookie
140 calories, 4 gram fat



What your served:
4 slices of 14" pepperoni pizza (12 slices)
920 calories, 31 grams fat

What one serving:
2 slices of 14" pepperoni pizza (12 slices)
460 calories, 18 gram fat

